

## SSRG Workgroup Meeting Workgroup: Dementia Date: 1 March 2016

Present: Sally Warnes, Kate Kenning, Gill Schulze, Rob Crouch, Krystyna Kahmann, Terry Hales

Apologies:

Agenda Items	Discussion	Actions
Welcome and apologies	Welcome and apologies	
Previous minutes & business arising	<ul> <li>Previous minutes accepted</li> <li>No business arising from the previous minutes</li> </ul>	
Partnership project with CPN and SSRG: Dementia and Driving	Discussion about the Wollongong tool that is being used in the project launched by SIS to educate GP's about dementia and driving based in the Northern suburbs. The tool is based on the Ottawa Personal Decision Making Guide.  • Does this booklet create more questions than it answers?  • There does seem to be too much information in some parts	

- The person with dementia would have to be supported to work though the booklet it sometimes doesn't refer back to what it is about (see page 2)
- Page 14 is particularly good re support it is self-empowering
- The research of the Wollongong decision making tool was with 12 participants 9 males and 3 females, mean age was 74.4
- Could we possibly repeat the Northern Dementia and Driving project in the South? Could we wait until our resources are finalised before implementing it and they could be used to compliment the booklet?
- Rob is going to try and get the RGH Gerontologists to give feedback on the booklet
- The booklet information can be used to inform the resources we are producing

General discussion about the resources we will be developing:

- We probably don't want to use the work dementia in the resource use a softer term like memory loss
- Krystyna reported that she receives a number of phone calls from people who ask about transport options if they give up driving

Brainstorming information under the headings of Warning signs, Solutions and Carer Conversations:

## **Warning Signs**

Have had a near miss or an accident with a pedestrian or a cyclist

Avoiding peak hour

Not being able to judge where the white line is at traffic lights

Driving more slowly

Victim of road rage

Choosing not to reverse

Foot on the brake the whole time

Daydreaming at traffic lights

Missing traffic signs – not giving way

Parking incorrectly – losing the car!

Hitting curbs – using the touch parking method!

Sally to speak with SIS re the possibility of duplicating the project in the South

Sally to share this information with Stacey (CPN) and give to Kat (In White Space)

Scraps or dents on the car, fence post, mailbox or garage

Increased anxiety when driving, particularly when driving somewhere new or driving at night

Failure to notice road works on the side of the road

Bad judgement making right hand turns

Driving too fast or too slow

Not reading the road and what's happening around you

Receiving traffic fines

Avoiding round-a-bouts

Merging incorrectly

Not staying in identified lanes – straddling the lanes

Needing someone to go with you as a co-pilot / Never driving alone

Often saying 'that was close'

Moving into the wrong lane

Confusion causing you to go the wrong way

Getting lost in familiar places

Car accidents

Going through a red light

Using the accelerator instead of the brake

Stopping in traffic for no apparent reason

## **Solutions**

Re-connecting with friends and family

Financial rewards

Give the car to a grand-child

Connecting with Council transport

Connecting with public transport

Companion card

Cab vouchers

Opportunity for getting more physical exercise

Leaving driving on a positive note - with a good driving record

Making your own decision is empowering

My Aged Care and Carer Gateway to access transport assistance

Proof of age card

Some social clubs provide transport

	Use home delivery Acknowledge the loss and grief  Carer Conversations Choosing the right time and the right environment to bring the topic up Be straight forward and respectful Avoid 'you' messages and blaming Use 'I' messages Ask questions like: 'Have your driving habits altered?' or 'How do you feel about your driving?'	
Information Sharing	Krystyna (City of Mitcham) – Will invite Sarah Jarvis to the next meeting. She works at City of Mitcham, is an OT and has done a research project on dementia and driving. She is also a qualified driving assessor.  Rob (AASA) - Grand Designs "Are we there yet?" International Dementia Conference 16 & 17 June 2016, being held in Sydney Adelaide Memory Walk & Jog – Saturday 19 March at Colley Reserve, Glenelg Rob distributed Memory walk shoe laces to group members Family Carer Program @ Mitcham: 21/4/16 to 12/5/16 Distributed fact sheet about Dementia Link workers  Gill (Resthaven) – The Shed group is to open on Thursdays so will be available every day of the week. Concern about carers under the age of 65 as they are receiving less support due to the focus on the care recipient in CHSP services.  Kate (ECH) - Programs are quite full but still make contact. Kate will be coordinating the Victor Harbour program as well as Happy Valley – focusing only on centre based respite and no longer doing in home respite.  Terry (City of Onkaparinga) – Respite available in the Onkaparinga area. There are vacancies in the men's group being run from Christies Beach RSL.	Krystyna to invite Sarah to next meeting

Election of	Krystyna has been elected chairperson of the Dementia workgroup	
Chairperson		L

Next meeting date: Tuesday 5 April 2016
Time: 2.00 - 4.00 pm, Venue: Committee Room, City of Mitcham