



Dementia Australia

Providing support, information and services for people living with dementia, carers, family and health professionals

National Dementia Helpline – 1800100500

<https://www.dementia.org.au/>

Dementia Support Australia (DSA)

Dementia Support Australia (DSA) provides the Dementia Behaviour Management Advisory Service (DBMAS) and Severe Behaviour Response Teams (SBRT) nationwide. Dementia Support Australia offers a free national service operating 24/7 365 days a year.

24 hour Helpline 18000699799

<https://www.dementia.com.au/>

Carers Australia

Carers Australia is the national peak body representing Australia's unpaid carers, advocating on their behalf to influence policies and services at a national level. It works collaboratively with partners and its member organisations, the Network of state and territory Carers Associations, to deliver a range of essential national carer services.

Phone 1800242636

<https://www.carersaustralia.com.au/>

RACGP Silver Book

Medical care of older persons in residential aged care facilities (Silver Book) aims to provide GPs and other health professionals including residential aged care nurses, with a resource for delivering quality health care in residential aged care facilities.

<https://www.racgp.org.au/clinical-resources/clinical-guidelines/key-racgp-guidelines/view-all-racgp-guidelines/silver-book>

RACGP Red Book—Guidelines for preventative activities in general practice—Dementia

<https://www.racgp.org.au/clinical-resources/clinical-guidelines/key-racgp-guidelines/view-all-racgp-guidelines/red-book/preventive-activities-in-older-age/dementia>

My Aged Care—Dementia Resources

<https://www.myagedcare.gov.au/getting-started/health-conditions/dementia>

Cognitive Screening Tests

Standardised Mini-Mental State Examination (SMMSE)

Frequently used in general practice as included in most popular medical software programs. MMSE score require for prescribing dementia medications on PBS

<https://www.ihipa.gov.au/sites/default/files/publications/smmse-tool-v2.pdf> - <https://www.ihipa.gov.au/sites/g/files/net636/f/publications/smmse-guidelines-v2.pdf>—explanation of scoring

GPCOG

The GPCOG is a reliable, valid and efficient instrument to screen for dementia specifically in a primary care setting. The GPCOG score is not influenced by the cultural and linguistic background of a person making it an invaluable screening tool especially in multicultural patient settings.

<http://gpcog.com.au/>

Kimberley Indigenous Cognitive Assessment (KICA)

The Kimberley Indigenous Cognitive Assessment (KICA) was developed in response to the need for a cognitive screening tool for older Indigenous Australians (45 years plus) living in rural and remote areas. The KICA tool was named after where the original research was conducted and comprises of a number of sections and assesses the person and carer. The KICA tool is now widely used in remote or rural locations across Australia.

<http://kams.org.au/wp-content/uploads/2015/04/KICA-Tool-2006.pdf>

Rowland Universal Dementia Assessment Scale (RUDAS)

The Rowland Universal Dementia Assessment Scale (RUDAS) is a short cognitive screening instrument designed to minimise the effects of cultural learning and language diversity on the assessment of baseline cognitive performance.

https://www.dementia.org.au/sites/default/files/20110311_2011NSWRUDASscoring_sheet.pdf - the test

<https://www.dementia.org.au/resources/rowland-universal-dementia-assessment-scale-rudas> - information and links to tests in Chinese and Italian

Montreal Cognitive Assessment (MoCA)

The MoCA is well validated and covers a number of cognitive domains. If repeat tests are required, two alternative versions are available with instructions on the MoCA Test website. The tests are also available in many different European and Asian languages.

<https://www.mocatest.org/paper/> (Free registration required)



GP Management Plans

Dementia specific GP management plans for Stages 1, 2 and 3 dementia

<https://www.dta.com.au/gp-management-plans/>

Courses and Education Resources

Dementia in Practice: A podcast for GP's by GP's

A series of podcasts available on all popular podcast platforms

<https://dta.com.au/general-practitioners/#podcast>

Demystifying dementia: A practical course in the diagnosis and management of dementia

Hours: 3

<https://dta.com.au/online-courses/demystifying-dementia/>

Dementia in primary care: Recognising and managing behavioural and psychological symptoms and comorbidities

Hours: 1 | RACGP: 2pts | ACCRM: 1 hrs

<https://www.thinkgp.com.au/education/dementia-primary-care-recognising-and-managing-behavioural-and-psychological-symptoms>

Dementia Training Australia GP webpage—GP Dementia Resources training and education support

<https://dta.com.au/general-practitioners>

Dementia in diverse groups—On-demand webinar

Hours: 1.5 | RACGP: 3pts | ACCRM: 2 hrs

<https://www.thinkgp.com.au/education/dementia-diverse-groups-demand-webinar>

GP Supervisors Australia - Webinars:

Diagnosing dementia

Managing dementia

Advanced (Stage 3) dementia

(NB Search through archive listing at bottom of page in link below)

<https://gpsupervisorsaustralia.org.au/webinars/>

Courses and Education Resources (continued)

Changed behaviours associated with dementia utilising a stepwise patient centred approach to management—On demand webinar

Hours: 1 | RACGP: 2 pts

<https://dta.com.au/resources/changed-behaviours-associated-with-dementia-utilising-a-stepwise-patient-centred-approach-to-management/>

Teaching plans for GP supervisors to use with their registrars

(NB Enter term Dementia into search function to find teaching plans on dementia)

<https://gpsupervisorsaustralia.org.au/teaching-plans/>

Wicking Dementia Research and Education Centre - Understanding Dementia MOOC

<https://www.utas.edu.au/wicking/understanding-dementia>

Wicking Dementia Research and Education Centre - Preventing Dementia MOOC

<http://www.utas.edu.au/wicking/preventing-dementia>

Dementia Training Australia - other online courses

<https://www.dta.com.au/online-dementia-courses/>

Driving and dementia resources

<http://www.profjoe.com.au/all-cases-list/driving-with-dementia/>

<https://www.dementia.org.au/resources/dementia-and-driving-vic>



LinkedIn