

A Guide to Cognitive Impairment & Dementia Care for Aboriginal & Torres Strait Islander Peoples

Concerns about

memory or

thinking

Risk factors

present

Cognitive screening

FULL CLINICAL ASSESSMENT

An Overview for Primary Health Care Teams

HEALTH CARE

Regular, multi-disciplinary primary health care including social & emotional wellbeing, acute health care & chronic disease management

Dementia-specific care including regular review & timely specialist referral

> Coordination & case management

Strengthening protective factors

Social & emotional wellbeing & cultural connection **Education & learning** Healthy diet, healthy weight Not smoking Moderate or no alcohol Good hearing Physical activity & exercise

Reducing risk

Preventing diabetes, stroke, high blood pressure, kidney disease, head trauma, depression, social isolation

COMMUNITY

Grahics by Sherry Johnstone | Gunditimara

Optimise quality of life **Maintain** function **Maximise** comfort

END-OF-LIFE CARE

Preparation

Care

Support

Consider palliative care services

CARERS & FAMILY

Health care Support services Education & information Advocacy & companionship

PERSONAL PREFERENCES & DECISION MAKING

Now and in the future

At all stages of cognitive capacity

Consider decision makers and powers of attorney (finances, wills)

Advanced care planning & directives

COUNTRY

KINDNESS, COMPASSION

ENGAGEMENT, TRUST, HEALTH LITERACY

WHOLE PERSON, WHOLE OF LIFE

EAIRNESS, EQUITY, EVERYONE

HIGH QUALITY HEALTH CARE, EVIDENCE-BASED GUIDELINES