**Going to Stay at Home**

* A dementia training program for the primary carer and the person living at home with dementia

I am writing to inform you about a new project being undertaken by HammondCare and funded by the Australian Government Department of Health and Ageing.

*Going to Stay at Home* is a replication of successful research conducted at Sydney’s Prince Henry Hospital in the 1980’s. In this research, 96 couples (person with dementia and their primary carer) attended training and positive effects were found over 8 years of follow up, including lowered psychological stress, better general health for carers and increased time until placement of the person with dementia in residential care (Brodaty et al, The Prince Henry Hospital Dementia Caregivers Training Programme, Int J Geriatr Psychiatry, 1997, 12, 183-192).

*Going to Stay at Home* will be based in HammondCare’s brand new residential facility at Miranda. There is no cost to attend. The project is a week long, carer education program that provides intensive and comprehensive training targeting all three recognised types of intervention to reduce carer strain, including psychological support, provision of education and developing support systems.

*Going to Stay at Home* is targeted to:

- People with a confirmed diagnosis of dementia
- People living at home with a primary carer
- People with dementia who understand basic English
- Carers who are able to communicate (verbal and basic written skills) in English
- Carers and the person with dementia willing to participate in the evaluation of the project

Courses are conducted in small groups of six couples. Carers and the person with dementia will live in for one week. While carers receive training the person with dementia will receive a fully supervised program of ‘brain training’ and pleasant respite activities. The person with dementia should have ACAT approval for residential respite care. The program commences in March 2013 and is funded to run until October 2013.

For more information or to make a referral to the *Going to Stay at Home* project:

- Email: gtsah@hammond.com.au
- Phone: 0406 429 640

Yours faithfully

Julie Paterson
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