

Uniting



Uniting War Memorial Hospital

Get ready for iREADi

Integrated Rehabilitation
for Early Stage Dementia.



Introducing iREADi

Integrated Rehabilitation for Early Stage Dementia (iREADi) is a rehabilitation and education program designed to improve the knowledge, skills and confidence of older people with early-stage mild dementia and their family and carers.

iREADi aims to improve the participation, wellbeing, and quality of life of people living with early-stage mild dementia.



iREADi delivers 2 components in parallel:

- A 9-week group **education course** with presentations from the MOD Squad (see ahead), and opportunities to get to know others in the group who are also adjusting to living with a new diagnosis of dementia
- Interdisciplinary **rehabilitation** focused on the attainment of 1 or 2 important life goals, as identified by the person living with dementia (PlwD) and their main carer.

How is iREADi different?

- The traditional dementia case management approach is usually bio-medical, reactive, problem-focused, and intensive. It's typically provided to people with moderate-stage dementia. Directed by the clinician's priorities, it's initiated once problems have already developed.
- The iREADi approach is bio-psycho-social, anticipatory, rehabilitation-focused, and time-limited. It's provided to people with early-stage dementia via a multi-disciplinary **Management of Dementia team** (known as the MOD Squad)¹. Directed by the PlwD's own life goals, iREADi is designed to improve their knowledge, skills and confidence (and those of their carers) to live a good life despite their new diagnosis, and to minimise the development of avoidable problems down the track.

¹ The Uniting War Memorial Hospital does not currently provide dementia case-management.



How we work together

- A Dementia Clinical Care Co-ordinator (DCC) is the first point of contact for referrers, and is the single point of contact for the referred PlwD and their carers.
- Following a clinical assessment by the DCC, their support and care needs, and their top priority life goals, are identified.
- If appropriate for iREADi, the PlwD and/or their carers² are enrolled in the next available 9-week iREADi education course.
- In parallel, an individualised interdisciplinary rehabilitation intervention is developed to help the PlwD and carer to attain their most important 1 or 2 life goals.
- Referrals to other supports, such as on-campus or community-based dementia services, are organised as needed.
- After-hours and weekend phone support is available through our Geriatric Flying Squad if required.

² Carers may be able to attend the iREADi education course with or without the PlwD.



What the iREADI MOD Squad offers

- **Medical support** – including geriatric assessment, general health, wellbeing, and medication advice.
- **Nursing** – including nursing assessment, care co-ordination, dementia education, health coaching, and future planning, carer support.
- **Clinical psychology and neuropsychology** – clinical and neuropsychological assessment and advice, goal-focused cognitive rehabilitation, psychoeducation, emotional and behavioural management strategy advice.
- **Speech pathology** – comprehensive assessment of communication and behavioural intervention which may include therapy directed approaches, compensatory strategies, communication partner training and/or education and support.
- **Social work** – psycho-social evaluation and support, navigation of services and health care system advice, linkage into community programs and services, relationship and community connection and support, social peer-support group guidance.
- **Physiotherapy** – individual and group therapy, exercise coaching, frailty management, home enablement programs.
- **Occupational therapy** – functional assessment and advice, environmental and community access and enablement, aids and equipment advice, driver assessment.
- **Dietetics** – nutrition enhancement and education to optimise physical and emotional wellbeing.
- **Continence nursing** – assessment of continence issues and management, and treatment strategies to improve quality-of-life impacts.
- **Health justice** – legal support if required as part of the MDT approach.



Catchment area

We serve people living in the **South Eastern Sydney Local Health District (SESLHD)**.



Referral criteria

To qualify for referral, potential clients must:

1. Have a diagnosis of only **mild, early-stage dementia** - not moderate or severe-stage dementia (recommended scores on cognitive screening: MMSE 21-24/30; ACE-III 65-76/100; MoCA 15-20/30; RUDAS 21-24/30)
2. Be able to participate in a group weekly education program for about 2 hours at a time (with a tea break in the middle), and to actively engage in a goal-focused rehabilitation intervention
3. Live in the SESLHD service area
4. Be 60 years or older (with exceptions considered for younger onset dementia clients and Aboriginal and Torres Strait Islander people, who can be 45 years or older)
5. Have newly diagnosed early-stage dementia that requires post-diagnostic support from at least 2 disciplines, with a focus on improving community participation and quality of life, not just medical management
6. Live in the community (not in a residential aged care facility).

Referral details required

1. What date was the client formally diagnosed with dementia?
2. What type of dementia has the person been diagnosed with?
3. What are the likely quality-of-life or functional life goals that the client is being referred for?
4. Has the client received dementia support here or elsewhere in last 6 months? If so, please describe.
5. Does the client have a carer who can support them in engaging with the iREADi program?
6. Please provide details (including the dates and scores) of any recent cognitive screening or assessment results.

Referrals for iREADi (via the MOD Squad) are available through **NNARC** and will be triaged for suitability. Referrers and clinicians are encouraged to ring and discuss prospective referrals during business hours.

Dementia Care Co-ordinator (MOD Squad)

Wednesdays, Thursdays and fortnightly on Tuesdays

Email: christine.senderivanov@health.nsw.gov.au

About Uniting

Uniting NSW.ACT is responsible for the social justice, community services and chaplaincy work of the Uniting Church in NSW and the ACT.

We provide care and support for people through all ages and stages of life, with a focus on people experiencing disadvantage and vulnerability.

Our purpose is to inspire people, enliven communities and confront injustice.

We value diversity and always welcome everyone exactly as they are.

Get in touch

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