

## Group Structure

- 90 minute session twice a week for 7 weeks.
- Small group numbers
- Consistent and trained staff

### Sessions include:

- Physical games
- Current affair discussions
- Creative activities
- Money management
- Team quizzes

And many more fun activities.

### 1:1

For clients unable to access the community centre but have clear needs; whether to aid cognition or help their carer put in place some strategies around the home to manage cognitive and behavioral issues in the home.

We are dedicated to being patient centred and will best try and accommodate our clients needs as much as possible.



## Aged and Community Care Program

### Contact Us

Anyone can make a referral.

New referrals can be made by contacting:

**The Referral Co-coordinator**

**Mind Matters Program**

**Tel: 97927912**

**e:gdchsaged&community@monashhealth.org**

**Subject: Mind Matters**

If English is not your first language and you would like assistance, you can get in touch by calling the



**Telephone Interpreter Service on:**

**Tel: 131450**

Use of the interpreter service will be funded by the Community Health Service.

There is a small fee for this service. However, no client will be disadvantaged due to inability to pay. Please speak to a staff member if payment causes hardship.

Jointly funded by the Commonwealth and Victorian governments under the HACC Program

**MonashHealth**

**Greater Dandenong  
Community Health Service**

122 Thomas Street  
Dandenong 3175

Phone: 9792 7912  
Fax: 9792 7759

**MonashHealth**

**Greater Dandenong  
Community Health Service**

**Aged and Community  
Care Program**

# Mind Matters



Keeping your brain in gear

## What is the

The **Mind Matters** program, has been developed in response to the needs of people living with cognitive change in the community.

Symptoms of cognitive change can be many and varied. Often problems with memory are most easily identified. But other symptoms too can be equally concerning for the individual and their family.

Once a diagnosis has been made, the question often is, "What does cognitive change mean for me in terms of how I live my life".

The mind matters program aims to respond to this need by assisting individuals to understand

- ◆ What this diagnosis means for the individual and their family
- ◆ How they are specifically impacted in day to day independence
- ◆ What strategies may be useful in compensating for these impacts

### How can we help?

- ◆ Individualised assessment,
- ◆ Support and education for individuals and their families,
- ◆ Carers support
- ◆ Referral to appropriate supports
- ◆ Liaison with primary medical practitioners

## Cognitive Stimulation Therapy?

In addition to our broader service, under the mind matters program our team run a **Cognitive Stimulation Therapy Group**. This is an evidenced based treatment for people with mild to moderate dementia.

CST was designed and developed in the UK following extensive evaluation of research evidence. CST is an intervention for the treatment of cognitive symptoms and maintenance of function.

Sessions aim to actively stimulate and engage people with dementia, whilst providing an optimal learning environment and the social benefits of a group.

For more information about this therapy, please go to these helpful links:

<http://www.cstdementia.com/>

<http://www.fightdementia.org.au>

### Group Eligibility:

Not everybody is suited to this therapy group.

Participants should live in the City of Greater Dandenong.

Participants need to be able to communicate in a group without additional support and have a diagnosis of dementia.

Our staff will meet with you to determine if the group we offer will meet your needs.

## Group Aims:

- **To maximise the cognitive capabilities of people with mild to moderate dementia**
- **To Increase social stimulation and relationships through group work**
- **To improve quality of life**
- **To have fun!**



**Cost: \$5 per session**

**Transport: Own. If transport is a problem, please discuss with staff**

**Venue: 95 Noble Street, Noble Park**

**Enquiries: 97927192**