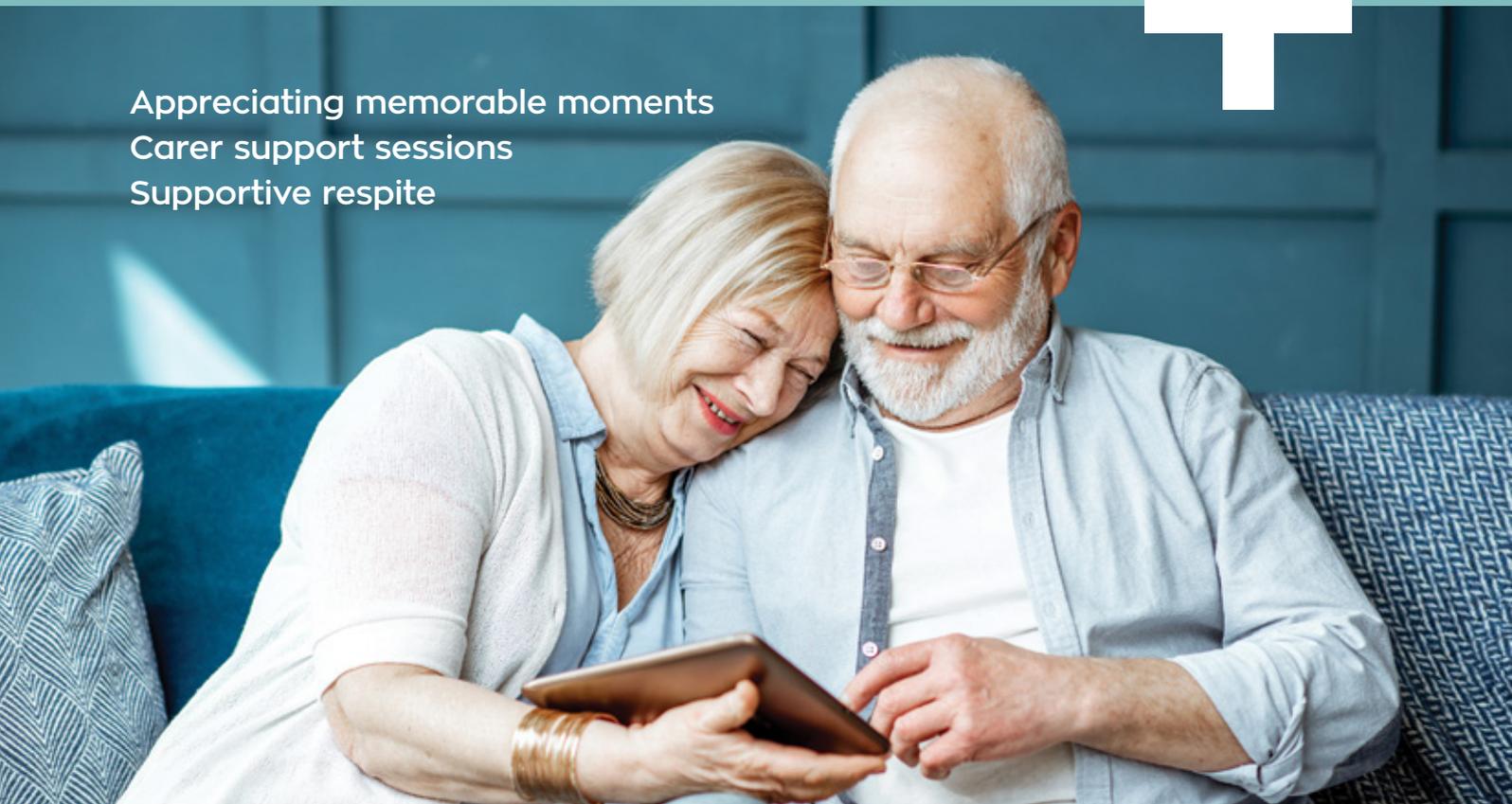


Helping families enjoy fulfilling relationships

Appreciating memorable moments
Carer support sessions
Supportive respite



Living with dementia

Living with dementia presents the challenge of continuously adjusting, whether it be to behavioural changes, emotional frustrations or skill loss. It is important that the person living with dementia continues to stay active, participates in activities they enjoy as well as prioritising social interactions. A large factor in living a fulfilling life with dementia relates to the support network and environment that surround the individual, staying connected to loved ones and accepting support is integral in reducing stress and loneliness.

We Understand Dementia

The Dementia Services Team at Southern Cross Care (SCC) are at the cutting edge of delivering highly tailored dementia support for families, carers and people living with dementia. The multidisciplinary team comprises of a mental health nurse practitioner, a registered nurse with extensive experience in management and dementia care, as well as an occupational therapist.

The team uses an adaptable care approach to consider and appreciate clients' personality traits, learning preferences, availability, life experiences, and understanding of dementia. Through improving awareness, knowledge, skill and support for clients, a truly personalised care plan can make all the difference for the individual.

About dementia

Dementia is the term used to describe the symptoms of a large group of illnesses which cause a progressive decline in a person's functioning. Dementia commonly impacts the cognitive functioning of a person living with dementia, presenting difficulty when it comes to memory recall, problem solving, language and communication.

It is important to recognise that although dementia most commonly affects older people, it is not a normal part of ageing. Everyone experiences dementia differently, the onset and progression of symptoms can often be unpredictable, characterised by changes in mood and behaviours that may seem unusual or out of character. For the person living with dementia, dementia progression is typically accompanied with feelings of frustration towards the loss of control.

Dementia Services

Southern Cross Care provides a range of dementia services, from respite care, in-home dementia support and residential aged care facilities. We have specifically designed residential facilities that cater to high level dementia care, offerings a warm and homely environment, socialization, planned activities and spacious rooms.



Respite Care -

We believe this is an essential service for people caring for someone who is living with dementia. SCC's Dementia Services Team work closely with the person living with dementia and their family to acknowledge that it is common to feel confronted and overwhelmed. The key to quality relationships for both parties is to have a support network that can promote an understanding and appreciation through empathy and perspective.



Centre Based Respite Care -

When first attending a respite centre, the person living with dementia will be provided the opportunity for a personalised plan. A qualified support person who can see things from their view, will help them to express emotions through words and actions, as well as identifying new skills and responsibilities that make the individual feel accomplished. All clients who attend our respite centres will have a personalised plan developed and shared with their carer or family so that they can better manage strategies to recreate the quality relationships that we all seek. This is available through a private fee-paying service or a government funded home care package.



Carer Support Sessions -

For carers, a support figure can be invaluable in listening to your concerns, offering coping strategies for the loss you are experiencing and practising effective responses to reduce levels of distress. This will be tied into the personalised plan when attending the respite centre. This is available through a private fee-paying service or a government funded home care package.



Respite in the home -

Once you and your loved one have experienced and learnt about how to enjoy your new-found quality of life and relationships, you may wish to explore carer support in your home. This is available through a private fee-paying service or a government funded home care package.

Respite Centres

Southern Plus East Fremantle
15 Wolsely Road
East Fremantle, 6158

Tony Quinlan Respite Centre
84 Collick St
Hilton, 6163

Donovan Respite Centre
138 Lewis Rd
Forrestfield, 6058