



Younger Onset Dementia

How Brightwater supports clients and families living with Younger Onset Dementia.



Living with Younger Onset Dementia

You've been living with or supporting someone with Younger Onset Dementia (YOD) and are searching for support to stay connected to what matters most. We partner with individuals and families living with Younger Onset Dementia to ensure you feel connected to the support services available.

While Younger Onset Dementia is rare, and presents unique challenges, many people with Younger Onset Dementia live engaged, fulfilling lives post diagnosis. We aim to help people to live their best possible lives, whatever that means to them.

We strive to keep clients engaged by encouraging continued participation in enjoyable and meaningful activities, mental stimulation and social connection.

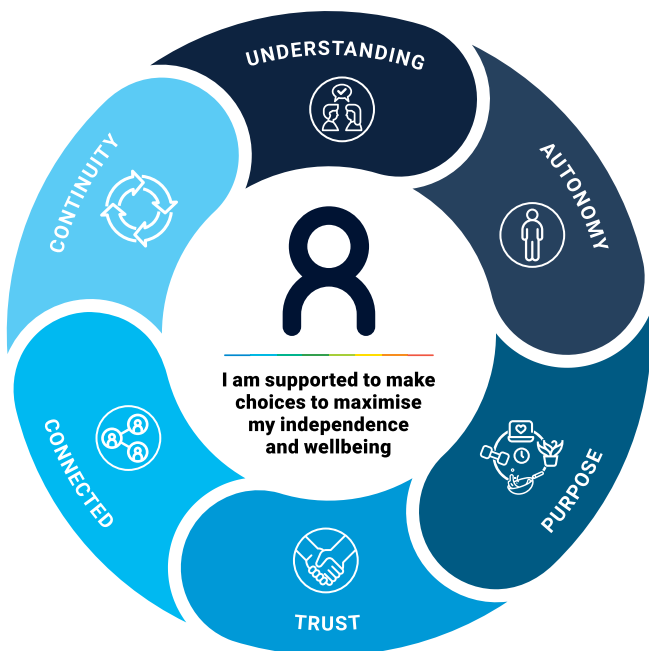
Focusing on reablement, every client is supported by a circle of supports, a collaborative approach and relationship centred care. As families navigate Younger Onset Dementia they have access to a range of services and accommodation options, and expert multi-disciplinary allied health team delivering support over the course of disease progression.

Brightwater's Model of Care

Brightwater has developed a customised Model of Care for Younger Onset Dementia in collaboration with people with living experience of Younger Onset Dementia. This specialist approach acknowledges the unique experience of Younger Onset Dementia and the role of carers and families.



Model of Care



How We Can Help



Brightwater works in partnership with clients living with Younger Onset Dementia to ensure they remain connected to what matters most while navigating Younger Onset Dementia.



When Olivia received her diagnosis, she informed Brightwater that she wished to remain connected to her family, friends and volunteering at her community garden. She also wanted to continue to cook with her family.



Brightwater's **speech pathologists** assessed Olivia and were able to provide communication training and support for Olivia, her family and friends. With a range of communication supports, Olivia was able to continue her rich social life.



When the **occupational therapist** visited, they assessed Olivia's home, her strengths and challenges, and provided a plan and modifications so Olivia can continue to cook her favourite meals with her family.



Her **physiotherapist** was able to assist Olivia with exercises to ensure she could continue to volunteer at her community garden. Daily activities to improve balance and gait helped to maintain her mobility, reduce her risk of falling and extend her endurance. Ensuring she can participate fully in the gardening activities.



Olivia's **positive behaviour support practitioner** worked with Olivia, her family and community to understand the changes taking place, which were impacting on Olivia's wellbeing and quality of life. Olivia's practitioner supported her with strategies to better meet Olivia's needs and improve her wellbeing.



With a **multi-disciplinary allied health team** wrapping around Olivia and her family, Olivia was able to continue participating in the activities she loved most.



As her Younger Onset Dementia progressed, Brightwater was able to adjust Olivia's supports to accommodate her changing needs. Her family and friends were provided with education to understand the changing aspects of Olivia's dementia.



If Olivia ever required additional **accommodation support**, Brightwater would also be able to offer specialist Supported Independent Living. As part of the Brightwater Younger Onset Dementia residential community, Olivia's family would have the opportunity to connect with other similar families with lived experience with Younger Onset Dementia.

Support Available

Brightwater offers a range of dementia specific support and programs, including:

Therapies

- Brightwater's allied health professionals are trained to provide a range of evidence-based, dementia specific services which include the following programs:
 - COPE (to collaborate with and educate the primary caregiver, including a dementia enabling environment assessment);
 - GREAT Cognitive Rehabilitation (to provide an individual approach to maintain independence as well as engage in everyday activities);
 - Communication Partner training (to teach care givers how to have meaningful interactions with the person with dementia).

The team work collaboratively with individuals and families to deliver dementia aware services such as Functional Capacity and Sensory Assessments, Housing Reports and Communication Partner Training aimed at rehabilitation and reablement.

Positive Behaviour Support

- Our Positive Behaviour Support practitioners are trained to provide dementia specific environmental, social and individual skill-building strategies to enable clients to have their wants and needs met.

Supported Independent Living

- Located in a quiet area of Kingsley, Brightwater's Supported Independent Living home is a community home designed specifically for individuals living with Younger Onset Dementia. Our dementia-enabling designed home offers a supportive environment for 5 clients.

Support Coordination

- Dementia aware support coordination connects clients and families with the services they need most to address the unique challenges of Younger Onset Dementia. Brightwater's support coordinators receive specialist training on dementia to ensure clients can experience the full benefits of their NDIS plans.



About Brightwater

Brightwater is a not-for-profit organisation, supporting people living with neurological, psychosocial, complex disabilities and older people to live a more independent life. We support people whose lives aren't always easy. We don't simply aim to make their lives better. We aim to help people to live their best possible lives, whatever that means to them.

We can help make things less complicated by helping you understand the NDIS system, identify how you can best utilise your funding, provide a multi-disciplinary team and allow you to experience the full benefit of your plan.

If you are interested in Brightwater's Younger Onset Dementia approach, you can contact us by:

- Visiting brightwatergroup.com/younger-onset-dementia
- Emailing welcome@brightwatergroup.com
- Or calling us on 1300 223 968



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