



What is Dementia Care?

Dementia care is a specialist area of care and services designed to focus on activities of daily living, promote achievement, joy and occupation. At Moran Aged Care we continually evolve our practices, programs and systems to ensure that we deliver best practice dementia care services to our residents. We have a dedicated dementia care environment, program and team dedicated to supporting those in our care to continue to live purposeful lives.

Who needs specialist Dementia Care?

Typically it is those with a diagnosis of dementia who are unable to achieve an acceptable level of contentment, enjoyment and independence without a supported environment.

It is likely that these people are unable to live successfully in an environment where they are integrated with people who do not have dementia. Often these residents are independently mobile and are assessed as requiring the support of a secure environment as they are at risk of wandering or getting lost.

What Facilities & Accommodation Are Available at Moran Aged Care?

Some residents who are living with a diagnosis of dementia may require the services of a specialist dementia unit. Our Moran homes offer specialist units which are similar in terms of furnishings and fittings to the rest of the home but are differentiated by the provision of additional areas which are decorated in calming colours, provide soft music for relaxation and have a specialised program and team to support and engage our residents.

Are the Dementia Areas Secure?

Moran Aged Care provides security and safety for all residents. Access to all residential floors is by security pass only however, our specialist dementia units have additional security for resident safety and family peace of mind which is especially important for those with wandering tendencies. We also have secure outdoor areas that are easily accessible to our dementia residents and their families.

What is included in the Dementia Care Program?

Meaningful activities – we engage residents in meaningful activities that are familiar to them like housework, gardening and discussion that focus on memories and resident interest. This kind of activity helps to provide a sense of accomplishment and purpose and helps residents to maintain their self esteem and connection with others

Physical Exercise – engaging residents in activities like stretching, dancing, gardening and walking, anything that is physically stimulating will extend the time that a person with dementia can remain physically independent.

Mental Exercise & Stimulation – we tailor activities according to the abilities and interests of the individual. We know from experience that the more enjoyable it is, the more beneficial it will be. Mental exercise can include games, puzzles, books, storytelling and more.

Social & Community Contact – maintaining social skills and community contact is very important to resident wellbeing. We provide opportunities for residents to get out and about via local café walks and shopping centre visits. Our residents are accompanied by staff at all times on these outings.

Namaste Program – this program was developed in America to improve quality of life for people living with dementia. Namaste provides emotional and physical comfort to people with dementia. The essence of Namaste is the recognition that people with dementia still have the capacity to feel, respond and to feel meaningful emotions and relationships. At Moran we use Namaste program techniques to provide sensory stimulation, massage, music and aromatherapy sessions to our residents.

We have a specially designed Namaste area within our Dementia Unit that is designed to establish the ideal atmosphere for residents to receive sensory treatments including:

- Massage (hand, foot and head)
- Aromatherapy
- Warm Towels
- Music and sensory stimulation through a range of equipment.

Premium Dining Menu – All our meals are prepared by in-house by a chef. Our menu provides a choice of three hot dishes, excluding porridge, at each breakfast e.g. eggs, bacon, sausage (each counts as one dish). Two main courses plus entree/soup and/or a choice of desserts at lunch and dinner and a selection of snacks and non alcoholic beverages available 24/7 additional to water, tea/ coffee, juices, fruit and biscuits. We also have a program of BBQ's/special occasion meals and social and cultural events throughout the year.

Trips & Outings – we have a scheduled program of regular local outings specifically for our dementia program residents. Our destinations are risk assessed for safety and accessibility and are chosen to promote reminiscence and to gain meaningful positive responses from residents. For example a visit to an old neighbourhood, place or activity can evoke memories and often reminds residents of whom they are, where they came from and of the important influences in their life.

The cost of the trips and outings are included in the program but residents will be required to pay for food and beverages if appropriate whilst they are out and about. Note: Special Activities as detailed in the Additional Services Menu are not included in the Dementia Care Program daily fees.



What about Nursing Care?

Our care teams here have a passion for working with dementia residents and have undergone additional training which is tailored to best practice dementia care, lifestyle and services to enable them to enhance the care that they offer.

Additional Services – What are they?

We have created a range of additional services that we offer to all residents at Moran Aged Care; these services are completely optional and are charged on a user pays basis. See Additional Services Menu.

How Do I Book and Pay for Additional Services?

These can be booked by our care teams or at reception. Unless specified otherwise, all additional services will be added to your monthly account or if you make a regular monthly booking we can arrange for this to be paid by an automatic direct debit.

How much does the Dementia Care Program Cost?

The daily cost of the Dementia Care Program is \$36.00 per day and is paid by monthly direct debit.