



Holistic Wellness Approach to Dementia

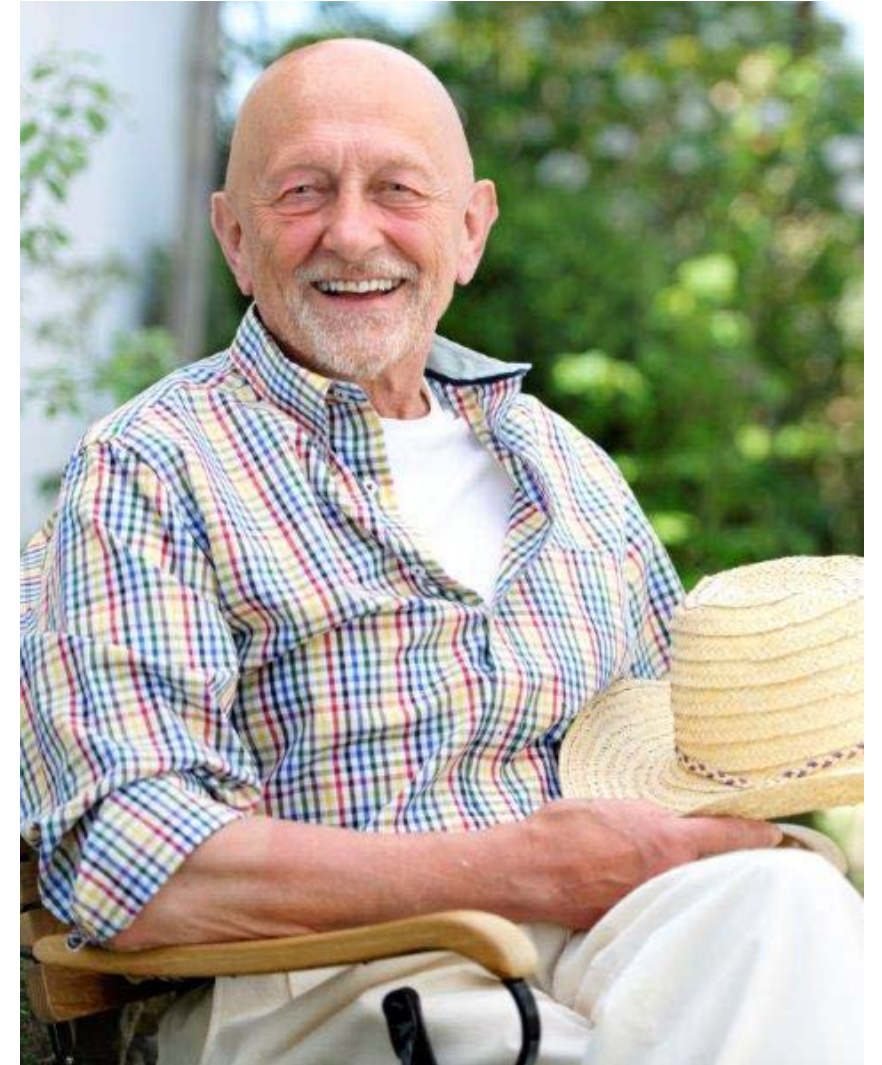
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Our philosophy

- Valuing every person
- Every person is treated with the same respect and compassion



Holistic wellness approach to dementia

Focuses on the whole person –
body, mind and spirit





Our commitment

- The most vulnerable people
- Older people who are living with dementia
- Being a voice to those who are no longer heard





**Recruitment and
education**

Use of technology

Place like home

**Lifestyle
opportunities**

**Holistic
Wellness
Approach to
Dementia**

Exercise

**Pastoral care and
spiritual wellbeing**

Appetising food



Recruitment and education

- Based on values and attitudes



Place like home

- “Smaller is better” concept



Living area at our Keon Park home

Calming effects of exercise

- At Keon Park home, residents have access to a private gym and personal trainer



99-year-old resident working out at our Keon Park home's gym, supported by a personal trainer

Appetising food

- Healthy options
- Ambient dining
- SCCV nutritionist



Appetising and appealing food at our Dandenong home

Pastoral care and spiritual wellbeing

- Spiritual needs do not change because someone is living with dementia
- Pastoral care team



Lifestyle opportunities

- Access a broad range of lifestyle opportunities
- Volunteer support



Residents from our Dandenong home on a fishing outing



Use of technology

- Electronic tablet
- MP3 player





Holistic wellness approach to dementia

- Sees
- Knows
- Values the whole person





Thank you

