
Media Release

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Dementia Care Program to Assist People From Culturally Diverse Backgrounds

Resthaven is currently undertaking an innovative palliative care project aimed at enhancing the quality of life of for people with dementia and their carers. The project, funded by the Commonwealth Government, has a particular focus on increasing awareness in culturally and linguistically diverse (CALD) communities.

The project aims to increase the understanding of older people with dementia, their carers, family and staff, and providing education about advance planning and end of life care, including enabling people to die at home if this is their preference.

It is hoped the project will 'bridge the gap' in dementia education within CALD communities, as dementia can be a difficult topic for older people from culturally diverse backgrounds, and is usually misunderstood, feared, and reluctantly discussed.

This may make it harder for the individuals and families affected by the illness to adjust to the diagnosis, access existing supports and learn to live with the condition.

Resthaven is committed to improving aged care services within CALD communities, and also employs a specialist Dementia Officer, who trains and supports staff in developing a deeper understanding of dementia, using a person-centred approach that emphasises the uniqueness of each individual and pays due respect to the importance of cultural background.

Resthaven also offers all staff internal cultural awareness training to develop their cross cultural competency.

Resthaven employs Multicultural Project staff who work with culturally diverse communities in Adelaide on a number of projects. This includes raising awareness of dementia through information sessions, bilingual resources and radio presentations on multilingual German and Serbian radio programs.

Serbian radio programs in particular have captured the interest of the community and proved the vital role ethnic radio plays in informing and empowering older people from culturally diverse backgrounds.

For more information on Resthaven's Multicultural Programs, phone (08) 8433 0307, or email mzachariasz@resthaven.asn.au, or jkuhne@resthaven.asn.au.

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