Innovation, Applicability and Transferability

Australian iSupport for Dementia project

Caring Futures Institute

The Caring Futures Institute at Flinders University of South Australia was launched in August 2019. The World Health Organisation (WHO) iSupport for Dementia online training program is being adapted for the Australian context by the institute.

iSupport is an evidence-based online dementia education and skills training program for family carers. It includes five learning modules and 23 learning units. The content targets the learning needs of carers throughout the whole trajectory of their journey.

Resthaven supported the pilot study of this project, led by Prof Lily Xiao of the Flinders University Caring Futures Institute.

During the pilot study, family carers engaged with Resthaven Community Services tested a set of on online education modules. The aim was to educate the carers in understanding what dementia is, how it impacts on a person, and how carers can better support both themselves and the person they care for.

Outcomes

Feedback from the pilot study indicated that user-friendly access to iSupport from multiple platforms, including computers, tablets or smartphones, was desirable.

The iSupport was accepted as a self-learning tool for carers.

A trained facilitator was needed to engage carers in online peer support to share their learning experiences.

Carers indicated that they would use the iSupport as a comprehensive dementia care index. It is an ideal learning tool to bring family members together to learn and help each other.

This project was summarised in the December 2019/January 202 Australian Journal of Dementia Care – *Adapting iSupport for Australian Carers* pp 12-13.
https://journalofdementiacare.com/decemberjanuary-2019/

For more information about the Australian iSupport project, visit
www.flinders.edu.au/caring-futures-institute.

Below: Resthaven Community Respite Services Coordinator, Gillian Schulze, shows family carer, Richard Hamson, the iSupport program during the pilot study.