

DRTA Innovator's
Seminar Series ...



CST – Cognitive Stimulation Therapy: what you must know and why

21st February 2018
9:15am registration for 9:45am start

Session will conclude with a networking lunch
from 12:30 – 1:30pm

**At Mercure Sydney Hotel, Railway Square,
George Street, Sydney**

Join DRTA key members, International CST experts Dr Gary Cheung and Dr Kathy Peri and DRTA Vice President, Group Diversional Therapy Manager, Living Care, TAFE teacher and CSU lecturer, Toni Wallwork to find out just what you REALLY need to know!



www.diversionaltherapy.org.au

 **Diversional
Recreation
Therapy**
AUSTRALIA

Dr Gary Cheung is an old age psychiatrist. He completed his undergraduate medical training at the University of Otago, New Zealand and specialist training with the Royal Australian and New Zealand College of Psychiatrists. He currently holds a joint appointment between Auckland District Health Board as a community old age psychiatrist and the University of Auckland as a Senior Lecturer. He is the Director of Academic Programme for the Auckland Regional Psychiatric Training Programme. His main research interests are suicide in older people, cognitive screening, postgraduate psychiatry training, and translating cognitive stimulation therapy for people with mild to moderate dementia.

Dr Kathy Peri is a registered nurse, senior lecturer and Research Fellow at the School of Nursing, University of Auckland, New Zealand. In 2015 she completed her doctorate evaluating the effectiveness of physical activity intervention to promote independence for older people living in aged care. She is currently involved in a number of studies including improving medication compliance using health robots, dementia pathways in primary care and how organisational culture impacts on care delivery in aged care. Kathy was DON in Christchurch, during the earthquakes and was recently awarded a grant to study the impact of the Canterbury earthquakes on the quality of life in community dwelling older people over the age of 75.

CST is an evidence-based, non-pharmacological treatment - an accepted psychological therapy for older people with a clinical diagnosis of mild to moderate dementia. It is designed to engage the participants, improve quality of life and enhance social and cognitive wellbeing. It can successfully be delivered in residential aged care, community settings and even individually with slightly modified techniques. The professional, correct delivery of CST, in an aged care facility addresses many of the Accreditation Standards set out in Standard 3 by the Australian Aged Care Quality Agency including Person Centred Care.

CST is the only non-medical/pharmacological intervention that is recommended by the UK Government's National Institute for Health and Clinical Excellence for people with mild to moderate dementia.

Register Now!

Registration includes morning tea and a light working lunch
Easiest quickest way to register? GO ONLINE to SELF-REGISTER NOW!

www.diversionaltherapy.org.au/events

Or contact enquiries@diversionaltherapy.org.au

Name: _____

Organisation Name: _____

Postal Address: _____

State: _____ Postcode: _____

Phone W: () _____

Mob: _____

Email: _____

Special requirements (dietary, medical or other) _____

I require (please tick): All prices inclusive of GST

- Non Member Early Bird Rate (Paid before 31 December 2017) \$199.00
- DRTA Member Rate \$199.00
- Non Member rate (Paid after 31 December 2017) \$249.00

Go to DRTA Website to register directly - remember to log in if you are a member for those special member rates! www.diversionaltherapy.org.au/event-calendar

OR pay by

Direct deposit to: Commonwealth Bank

Account name: Diversional Therapy Australia BSB: 062 281

Account number: 1031 8600

Please include your FAMILY NAME followed by the INITIALS of your first names i.e. SMITH J.D in the deposit details.

Direct Deposit - Transaction # _____

Credit Card - Visa/Mastercard _____

Name on Card: _____

Card No.: _____

Exp: / _____

Signature: _____

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HOW TO FIND THE MERCURE SYDNEY HOTEL

Situated on Railway Square next to Central Station in Sydney's CBD, it is the closest CBD hotel to Sydney Airport (15 mins). Multiple public transport options are at the doorstep and underground parking is available.

DRIVING FROM SYDNEY AIRPORT: Follow O'Riordan St and turn left into Botany Rd (sign says City / Redfern). Turn left into Henderson Rd (sign says City / Redfern), then right into Wyndham St, (sign says City / Redfern) which becomes Gibbons St, then Regent St. You will see the hotel on your left, turn left into Little Regent St.

FROM PARRAMATTA RD: Follow Paramatta Rd until it becomes Broadway. You will see the hotel on your right hand side, however you cannot turn right. You will need to go past the hotel and straight down Pitt St. Take your first left turn into Rawson Place, then first left again into George St. At 2nd set of traffic lights, look for sign to Parramatta / Liverpool / Broadway and turn right. Just past Railway Square, take your first left into Little Regent St

FROM ANZAC BRIDGE: Follow motorway off bridge to signs saying City Centre / Eastern Suburbs. At 6th set of traffic lights, turn right at KFC, into George St. At 9th set of traffic lights, look for sign to Parramatta / Liverpool / Broadway and turn right. Just past Railway Square, take your first left into Little Regent St.

FROM SYDNEY HARBOUR BRIDGE: Follow signs to City South / Darling Harbour. Take Bathurst St exit. At 4th set of traffic lights, turn right at KFC, into George St. At 9th set of traffic lights, look for sign to Parramatta / Liverpool / Broadway and turn right. Just past Railway Square, take your first left into Little Regent St.

TRAIN - CENTRAL STATION: From the rear entry / exit of the hotel, cross over to Lee St at the traffic lights located behind Michel's Patisserie. Continue along Lee St past the Medina Hotel and then looking to the right you will see the large clock tower located directly above Central station. Proceed directly towards the Clock Tower and enter the station. About a 5 minute walk.

CAR PARKING There are 8 levels of car parking available onsite

IMPORTANT - CONDITIONS AND REGISTRATION See Website

CANCELLATION POLICY To be eligible for a 75% refund, cancellations must be submitted in writing prior to 7th February 2018. No refund will be made for cancellations after this date. If a delegate is unable to attend due to work or personal circumstances, a substitute is welcome to attend in their place, please notify the DRTA of the change ASAP to ensure all documents have correct names on them.

Stephania Bejma, DRTA National Education Co-ordinator and CST Trainer will be available to answer questions about DRTA's experience with CST and the in-house training options now available stephania@diversionaltherapy.org.au

