

General Practice Team

The General Practice team should schedule regular consultations to provide management and support to maintain health and function and minimise decline. The areas of need below should be considered and a Chronic Disease GP Management Plan or Chronic Disease Team Management Plan used as required.

One service should have responsibility for case management and coordinating all health and non-health services for people with dementia. Currently no service is funded to provide this coordination.

Need (in the first six months)

- information about dementia
- adjustment to diagnosis (anticipatory grief)
- additional or complex medical management
- mild to moderate behavioural symptoms*
- mild depression or anxiety*
- severe, distressing behaviours*
- moderate to severe depression or anxiety, risk of suicidal intentions/thoughts, self-harm*
- communication difficulties
- help with daily function and independence
- help with exercise or mobility
- aged care services
- services for people with dementia onset <65 years

Need (as required)

- assessment of safety to drive
- peer support
- carer support and services

Refer To

- Dementia Australia and Forward with Dementia website
- counselling through Dementia Australia or privately
- geriatrician, psychogeriatrician, or other medical specialists
- Dementia Support Australia, or local dementia specialist
- Mental Health Management Plan, refer to clinical psychologist or Dementia Support Australia
- Dementia Support Australia, Older Persons' Mental Health Service or Geriatric Services
- Older Person's Mental Health Service
- speech pathology
- occupational therapy
- physiotherapy or exercise physiology
- My Aged Care
- National Disability Insurance Scheme (NDIS)

Refer To

- roads authority or occupational therapist driving assessor
- Dementia Australia or Dementia Alliance International
- Carer Gateway and Dementia Australia

Important: All providers (including Dementia Australia, geriatricians, psychogeriatricians, neurologists, Dementia Support Australia, local dementia specialists, clinical psychologists, Older Persons' Mental Health services, Geriatric services, speech pathologists, occupational therapists, physiotherapists, exercise physiologists, roads authority, occupational therapist driving assessors, Dementia Alliance International, Carer Gateway, community aged care services and service providers accessed through the National Disability Insurance Scheme), should provide written feedback to the GP team with the consent of the person with dementia or person responsible. The GP may need to request this feedback if not routinely provided.

*Explorations for behaviour and mood:

- Identify behavioural and mood symptoms.
- Exclude physical factors such as infections, medications, untreated pain, constipation etc, consider delirium.
- Identify psychosocial and environmental factors such as triggers, over or understimulation, carer approach and stress, etc.