



Would you like to participate in a new therapeutic program for people with dementia and carers?

Canberra Health Services and the University of Canberra are currently recruiting participants for a new program to evaluate its effectiveness for people living with dementia and carers.

- The program is called **SPICE: Sustainable Personalised Interventions for Cognition, Care & Engagement**
- **SPICE** includes: physical activity, nutrition assessment, group activities, education and carer support
- **SPICE** runs over 12 weeks at the University of Canberra Hospital with some services provided at home
- You will have access to a range of allied health professionals and you may withdraw at any time
- The design of the **SPICE** program has been informed by Dementia Australia Advocates and supported by a grant from the Dementia Australia Research Foundation
- To participate in the program all you need to do is contact the SPICE team

Want to be part of SPICE?

To express your interest contact Dr Nathan D’Cunha at 02 6206 8585 or 0437 709 355

or email nathan.dcunha@canberra.edu.au



Who is eligible to join SPICE?

You are eligible to join the program if:

- you are a person living with dementia and have a spouse, carer or family member who will take part in the program with you, and
- you live in the community (your own home, with family or in an independent living unit).

What will the SPICE program involve?

- You will need to participate in a short screening process which can be conducted by telephone, video call or in-person.
- You will be asked to provide your consent to be involved in the SPICE program.
- You and your program partner will participate in the 12 week SPICE program together.
- You will be asked to participate in relevant assessments (physical tests and questionnaires) required to develop your individualised program as well as contribute to the evaluation of the program.
- You will interact and have access to a range of allied health professionals during the program.
- The program involves a combination of health activities, including:
 - Exercise
 - Diet and nutrition
 - Group activities
 - Improving your participation in activities that you want to do
 - Social, emotional, and psychological support and skill development for carers
 - Home-based education and skill development to improve activity participation and support positive behaviour management (COPE[®] program)
- You will also receive advice and support to help you continue these activities after the program.

When can I start?

- The study is enrolling participants now. Your start time may vary.
- To assist with the evaluation, you may be asked to wait up to 14 weeks before starting the support program.

When will the program sessions be run?

- You will need to be available to attend **two 2.5 hour sessions each week on Wednesdays and Fridays from 1.00 - 3.30pm** for the duration of the 12-week program at the University of Canberra.
- We understand that things happen, and it may not be possible to attend every session due to unforeseen circumstances. But, please let us know if you are aware of any time where you will not be available during the 12 weeks.
- Additional sessions will be conducted with you at your home, at a time that suits you.
- The total time commitment is approximately 70 hours over the duration of the study (no more than 6.5 hours per week).

What will the evaluation of the SPICE program involve?

- The evaluation will assess whether the support program has any beneficial effects on physical function, memory and quality of life.
- To do this, the SPICE evaluation team will ask you to participate in physical tests and questionnaires before and after the program and on 2 or 3 other occasions. They will also ask for your feedback on the program when it ends. The physical tests and questionnaires will take approximately 30-45 minutes to complete.

What if I change my mind?

- Participation in this program is **voluntary**. It is completely up to you whether or not you participate. You can withdraw at any time

There is no cost to participate in the program. You will be eligible for a \$100 gift voucher to Coles or Woolworths at the end of the program.