The Aged Care Ground Floor Dementia and Delirium Ward (ACG-D) is a 15 bed aged care unit that specialises in the care and management of older people with delirium and dementia.

**What is dementia?**
The word dementia describes the symptoms of a number of conditions that affect the brain. Of all the causes, one of the most common is Alzheimer’s disease. Symptoms of dementia can include changes to memory, thinking skills, behaviour and personality.

**What is delirium?**
Delirium is a medical condition that causes a change in thinking skills and, or behaviour. There are many different things that can cause delirium including infection and disease. It can have a short or long course.

**Contact information**
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**Further information:**
www.fightdementia.org.au

Aged Care
Ground Floor Dementia & Delirium Ward

*Specialising in the care of people with delirium and dementia*

If you would like to provide feedback or request a copy of this information in a different format, contact us at patient.information@alfred.org.au
Important information for visitors

People with delirium or dementia may display behaviours that can be confronting for some people.

We understand that this can be particularly difficult when this behaviour is out of the ordinary for your loved one. Behaviours can include:

- Wandering
- Repetitive behaviours and speech, such as yelling out and the use of inappropriate language
- Agitation and aggression (verbal and physical)
- Significant changes to social behaviour

Although these behaviours can be confronting it is important to remember the person behind the behaviour. Our staff are skilled in managing these behaviours.

What you can do to help

- Bring in personal items such as photos, family albums or personalised history books. These can create a sense of familiarity and distraction.
- Bring in familiar day clothes to reinforce a daytime routine.
- Let us know about the patient’s likes and dislikes so we can build these into conversations and daily routine.
- Bring in music along with headphones and a device to play it on.

- Please ensure that items such as glasses, hearing aids and dentures are in the ward with the patient. Label all clothing and personal items.

Activities on our ward

We have a garden and an activities room that patients and families can use. Our experienced Activity coordinators organise group activities that help patients socialise and keep physically active.

- Groups currently include:
  - Exercise group
  - Newspaper group
  - Art, music and movie groups
  - Lunch and dinner groups
  - Family members are welcome to attend.

About our team

There is a specialist multidisciplinary team in ACG-D. You may see some or all of these professionals while on the ward.

Doctors

Our team of doctors are specialists in geriatric medicine. They have expertise in dementia management. Regular consultations are also provided on the ward by Psycho-geriatricians, Neurologists and other specialists as required.

Nurses

Our nursing staff are skilled at providing high quality health care to people with delirium and dementia.

Social Worker

Social workers provide emotional support around a range of issues, such as adjustment to illness, change in lifestyle, accommodation options, grief and loss.

Physiotherapist

Physiotherapists assist people to optimise their mobility through practice and gentle exercises. They also focus on reducing a person’s risk of falling.

Occupational Therapist

Occupational Therapists assist people to retain existing function as well as develop independence in daily living tasks.

Dietitian

Dietitians work to ensure that people receive adequate nutrition to maintain their weight and muscle strength and to maximise their recovery and independence.

Speech Pathologist

Speech pathologists work with people who have communication as well as swallowing difficulty.

Advance Care Planning

We offer an Advance Care Planning service. Please ask the nurse in charge for further information and a brochure.