

**VISION**  
**2020**

Creating dementia  
friendly villages for  
older Victorians  
in need.



**OLD COLONISTS'**  
ASSOCIATION OF VICTORIA



Dementia is the single greatest cause of disability in Australians aged 65 and over.

**WE HAVE A PLAN**

## OUR COMMITMENT TO DEMENTIA FRIENDLY VILLAGES

For the past 150 years, the Old Colonists' Association of Victoria (OCAV) has been at the forefront of providing affordable housing and appropriate support for older Victorians in need.

Ageing is changing. People are living longer often with chronic conditions and diseases, such as dementia, that can be managed well with effective support. Dementia is the single greatest cause of disability in Australians aged 65 and over.

As part of our Vision 2020, supporting people with dementia is of increasing importance for OCAV in the context of ageing in place policies, the growing number of people with dementia, and our growing waitlist.

As a leading Victorian retirement living and aged care provider, we are committed to enabling our residents with dementia to continue to have social engagement, access to respite and support options when they need it, and to be able to live independently for as long as possible.

In the absence of a significant medical breakthrough:



**104,622**

Victorians with dementia in 2017



**134,486**

estimated increase by 2025



**280,241**

estimated increase by 2056



**\$3.7 billion**

expected cost to economy in 2017



**\$4.7 billion**

expected cost by 2025



**\$9.4 billion**

expected cost by 2056

## OUR SEVEN-POINT PLAN

OCAV has drawn on the advice and expertise of Alzheimer's Australia (NSW)<sup>1</sup> in the development of its seven-point plan to create dementia-friendly villages.

Our overall approach is to provide a caring and understanding environment together with a comprehensive care and education program that allows residents to age in place for as long as they can before transitioning into aged care if required.

The plan comprises:

### 1 ENGAGEMENT PROGRAM

We will engage regularly with residents, families and powers of attorney to ensure there is awareness and understanding of how we work with a resident who is exhibiting signs of dementia. We will also provide information sessions for residents and families on how to deal with dementia.

### 2 RESIDENT AGREEMENTS AND COMMUNICATIONS

We will review resident agreements and communications to ensure that existing and new residents are clear on what OCAV will and will not provide in independent and assisted living. This includes managing expectations about the level to which staff are involved in the care of independent residents with early stage dementia.



### **3 EDUCATION PROGRAM**

All staff and volunteers working with OCAV will take part in a dementia education program. This will include compulsory professional development and formal training sessions run by organisations with specific expertise in dementia.

### **4 INTIMATE KNOWLEDGE ABOUT LOCAL DEMENTIA SERVICES**

All staff will have up to date information about local dementia services and that relevant information is available to residents / families at each village.

### **5 EFFECTIVE MONITORING SYSTEMS FOR RESIDENTS WITH DEMENTIA**

Our aim is for all residents to age in place for as long as possible, including those residents with dementia. We will monitor residents with dementia at regular intervals through both human touchpoints and the use of technology.

### **6 IDENTIFYING AND MANAGING 'AT RISK' DEMENTIA SUFFERERS AND THEIR TRANSITION TO RESIDENTIAL CARE**

Our staff will be trained to identify and manage 'at risk' dementia sufferers. This includes education for staff, residents and families about the early signs of deterioration and when it is appropriate for a person living with dementia to move into aged care.

### **7 DESIGNING DEMENTIA FRIENDLY VILLAGES**

We will update our existing villages and ensure new built internal and external environments incorporate dementia-friendly design principles. This includes simplifying paths, installing appropriate wayfinding signage, accommodation design suited to dementia sufferers, assessing and removing potential trip hazards. We will work to ensure that our villages provide a secure and safe environment for all our residents. We do not support gated communities.

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<sup>1</sup> Dementia Retirement Villages Discussion Paper (August, 2015) and Dementia Guide for the Australian Retirement Village Industry.

# HELP US ACHIEVE OUR VISION 2020

Donations, gifts and bequests are all valuable sources of income that allow us to provide added services and amenities to enhance the quality of life for our residents.

All donations over \$2 are tax deductible and all bequests are exempt from State and Commonwealth duties.

## MAKE A DONATION

Your donation, no matter how large or small, will help us fund new programs and buildings, or upgrade our independent and assisted living homes. Donations may be made online

## IN MEMORIAM GIFTS

An In Memoriam Gift to the OCAV is a thoughtful and practical way to remember a relative or friend. These gifts will help ensure that we are able to continue to provide support and accommodation for future older Victorians.

## VOLUNTEER

Gain new skills and experience while giving back to the community. Meet new people and discover a new passion. The benefits of volunteering are endless!

## PARTNER WITH US

With villages, residents and staff in regional Victoria and metropolitan Melbourne, we can offer a diverse range of activities for business to engage with our work. This includes enhancing your profile by aligning with our brand, pro-bono work, helping to build staff motivation through volunteering and fundraising work, workplace giving and more.

## LEAVE A BEQUEST

Leaving a bequest to the Old Colonists' Association of Victoria is a special way of leaving a gift for generations to come. It also allows us to plan for the long-term future with a greater degree of certainty.

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**Rushall Park**  
20 Rushall Crescent  
Fitzroy North VIC  
T: 03 9481 9300

**Braeside Park**  
19 Clyde Road  
Berwick VIC  
T: 03 9707 3700

**Leith Park**  
339 St Helena Road  
St Helena VIC  
T: 03 9433 1100

**Currie Park**  
58 Weir Street  
Euroa VIC  
T: 03 5795 1822