



Facing Dementia Together with the COPE Program

With nearly 1 in 10 Australians over 65 impacted by dementia, facing dementia can be overwhelming for everyone involved. Fortunately, 75% of people with dementia still live at home, thanks to family, friends, and care services.

What is COPE?

Empower Healthcare is proud to offer the COPE (Care Of People with dementia in their Environment) Program. The COPE Program is a home based or online program led by trained Occupational Therapists providing carer training, support, and strategies to enhance wellbeing with a focus on individual strengths.

"This program has proven effective in delaying functional decline and reducing the impact of changed behaviours".

COPE Australia, 2024



Key features of the program

- **Carer Education:** Learn about dementia and focus on what the person with dementia can still do.
- **Home Safety Assessment:** Assess home safety and provide recommendations for modifications when needed.
- **Carer Training:** Understand changed behaviors, simplify tasks, engage in activities, and manage stress.
- **Nurse Screening Assessment:** Understand the effects of medications and rule out conditions like pain, constipation, and dehydration.

How does the program work?

The program is a time-limited, goal-focussed reablement program

Assessment

Session 1-2

- Person
- Family/Carer
- Environment
- **Nurse screening

Implementation

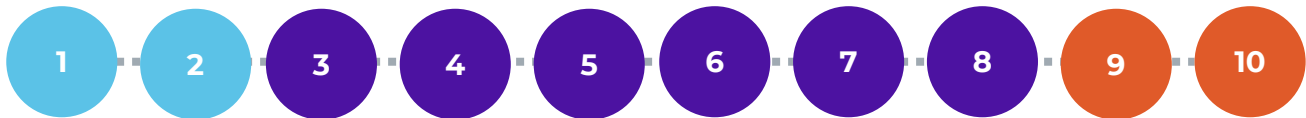
Session 3-8

- Address up to three care challenges plus activity engagement

Generalisation

Session 9-10

- Adapting activities for longer term & applying strategies to other care challenges



**In Victoria, a Nurse screening assessment is also provided. In other states or online the Occupational Therapist may recommend a GP appointment if indicated.

Suitability

Are you someone, or do you know someone who:

- Lives at home?
- Is at a mild to moderate stage of dementia?
- Has noticed changes in their functional ability or behaviour?

A COPE participant is someone who has a family member, friend, or neighbor who:

- Provides daily or near-daily support or care.
- Is facing stress or challenges in their caregiving role.

The COPE program is designed to support BOTH the person with dementia and their caregiver. It is essential for both parties to be available for the duration of the program.

Contact Us

A dedicated Relationship Manager can work with you to ensure you receive the best possible care.

This program is delivered in person or online. Enquire to find out mode of delivery in your area.

Ready To Refer

1. Visit our website referral form
2. Select OT
3. In 'About Your Referral,' say COPE

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