



## Brief Update of MAZI Activities

In the past 6 month's MAZI has been busy engaging with CALD community leaders to plan culturally appropriate activities that cater to the needs of older people and their family carers in their communities.

Planned activities have included four aged care information sessions and many carer support group workshops for the Greek, Antiochian and Coptic Orthodox Communities in Brisbane, the Gold Coast and Sunshine Coast.

MAZI is pleased to announce the successful completion of Series two and three of the MAZI Dementia– Carer and Chronic Disease Support Group Programs.

Some of the topics that have been explored so far include: Dementia-specific Respite Options, Dementia and Holidays, Blue Care Memory Support Program, 'Eating Well' Series (ie. Dysphagia, Assistive Technologies and Nutrition for People Living with Dementia), Good Bladder and Bowel Care, Elder Abuse, Carer Stress, Mental Health Support Services, Medication Management at Home, Eye Care, Osteoporosis, Sun Safety, Motor Neurone Disease, Benefits of the outdoor physical activity for people with dementia.

We are currently in the middle of Series 4 ( see page 4) for both the Dementia Carer and Chronic Disease Support Groups which are held at the Greek School in South Brisbane on Wednesdays from 10am-12:30pm. Morning Tea is included and is a very crucial part of each workshop, as it provides a great opportunity for family carers to relax and have something done for them.

Welcome to Issue 3 of MAZI News! HAPPY READING!

*'Greek Cultural and Linguistic Resources'*  
<http://goccare.com.au/resources/>  
**JOIN US ON FACEBOOK**  
[www.facebook.com/goccareomonoia](http://www.facebook.com/goccareomonoia)



**The MAZI  
(The 'Together')  
Project**

**Is funded by the Australian  
Government  
Department of  
Social Services**

**The MAZI Project** aims to provide information and support to carers and older people in the Culturally and Linguistically Diverse (CALD) communities of Greek, Russian, Antiochian and Coptic (Lebanese/Egyptian-Arabic speaking) in Brisbane, Sunshine Coast, Logan-Beaudesert, Gold Coast and Ipswich areas.

- Carer Dementia Education**
- ◆ Carer support groups
  - ◆ Carer information sessions

- Well-Being Education**
- ◆ Health care information sessions
  - ◆ Chronic–disease self-management workshops

- Resource Promotion**
- ◆ Culturally specific tools
  - ◆ Aged care services information sessions

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# Photo Gallery

**Aged care Information sessions 2016 –Greek, Antiochian and Coptic Orthodox Communities (Gold Coast, Sunshine Coast and Brisbane)**



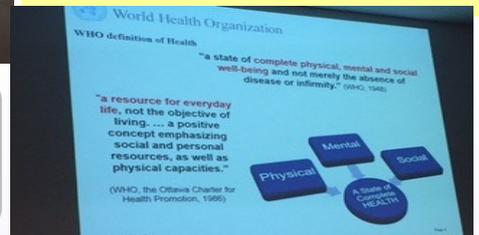
**MAZI and Diversicare delivered aged care information and resources for the Greek Community on the Sunshine Coast with BRAINACISE.**



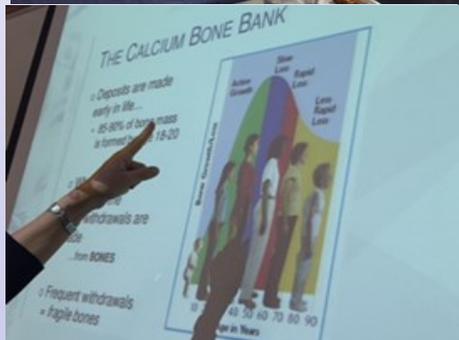
**MAZI regularly attends Aged and Health Care Forums and Network meetings .**



**... MAZI Dementia Carer Support Group**



**... MAZI Chronic Disease Support Group**



## DEMENTIA AWARENESS- Dementia and Nutrition

## Dementia Friendly Recipe

### Dietary guidelines for older Australians recommend:

- Enjoying a wide variety of nutritious foods
  - Eating at least three meals every day
  - Drinking plenty of water
  - Eating plenty of vegetables (including legumes) and fruit
  - Eating plenty of cereals, bread and pastas
  - Eating a diet low in saturated fats
  - Choosing foods low in salt and using salt sparingly
  - Including foods high in calcium
  - Using added sugars in moderation
- Some people with dementia experience increased physical activity such as **pacing**, which means they will need larger amounts of food to prevent them from losing weight.

### Common Nutritional Problems



#### Forgetting to eat :

- An alarm clock, or a phone call, may be a useful reminder at mealtimes
- Snacks that are easy to eat and don't need to be refrigerated can be left out where they can be easily seen

#### Can't or won't prepare meals for themselves :

- Meals should be shared social occasions whenever possible
- Delivered meals such as meals-on-wheels. However these may not provide all of a person's daily nutritional needs or may not be what the person is used to eating
- Home support to assist with meal preparation, serving and to discretely prompt with eating
- Pre-prepared meals from the supermarket
- Family and friends helping to prepare meals and or eating together
- Preparing large quantities of food, then freezing into meal size amounts
- Home delivered ready-to-eat food from restaurants or fast food outlets
- Eating out. However check first that the person with dementia will be comfortable with the venue and food
- Stocking up on healthy snacks such as yoghurt, cheese or dried fruit that do not need preparation or cooking

#### Difficulty using cutlery:

- Prepare a plate of nutritious and attractive food that can be picked up in the fingers
- Make sure that the food is accessible. Put it on a flat plate with no pattern so that the food can be seen clearly. Make sure the plate is in comfortable reaching distance.
- Don't use complicated table settings and avoid lots of different cutlery, crockery, glasses, foods and drinks together .
- Serve only one plate of food at a time.
- Impairment to taste and smell senses can reduce appetite - the preparation of tasty, strongly flavoured and aromatic food may help.
- Allow time for the memory to respond.
- It may be necessary initially to help fingers to convey the food from the plate to the mouth.  
It can help to eat together so that the person with dementia can copy you.
- Food served needs to be familiar culturally and consider past eating habits.
- Types of foods served need to take the culture and past eating habits of the person into consideration .

(Adapted from Alzheimer's Australia website)

## Finger Food



Being able to eat finger foods without assistance is a confidence builder for a person with dementia. Small nibbles of food allow a person to eat at his or her own pace.

Types of foods that work well as finger foods include:

- **Breads and cereals**-eg Sandwich fingers , piklets, rice crackers.
- **Meat, fish and vegetarian alternatives**– eg Meatballs, fish fingers, cheese cubes and kebabs.
- **Fruit**– eg orange segments, sliced or whole bananas and strawberries or raspberries
- **Vegetables**-eg. Broccoli florets, cucumber slices/sticks and mushrooms.
- **Potato**– eg White or sweet potato wedges/chunky chips.

All of these finger foods are easy to hold and easy to eat without utensils, and that is the whole purpose behind finger foods; you eat them with your fingers!



<http://divine-destiny.org/finger-foods-for-people-with-dementia-snack-and-mealtime-ideas/>

## MAZI Calendar of Events



### Dementia Carer Support Group Program -SERIES 4 (English Language only– targeting Greek, Russian, Coptic and Antiochian Communities) Wednesdays 10am-12:30pm.

Date/Time	Topic	Speaker/Facilitator	Venue
19/10/16	Good Bladder and Bowel Care Exercises for Good Bladder control and Bowel Health Evaluation- series 3	Blue Care Continence Advisory Service Karen Matthews DBMAS- Gerard McLernon Aslihan Mustafa- Executive Master Trainer	Greek School Building 25 Besant St, South Brisbane 10am-12:30pm
16/11/16	Carer Stress	Rae Haggarty Dementia Education and Training Coordinator- Commonwealth Respite Carer Centre (FSG Australia)	Greek School Building 10am-12:30pm
14/12/16	Benefits of Outdoor Activities and Social Outings for people living with Dementia and their Carers	Dimitria- research article Aslihan Mustafa- YOGA	South Bank- Epicurious Gardens 10-1pm
18/1/17	'End of Life' Care Considerations for Carers of People living with Dementia.	Rae Haggarty Dementia Education and Training Coordinator- Commonwealth Respite Carer Centre (FSG Australia)	Greek School Building 10am-12:30pm
15/2/17	Open Question Time Evaluation - End of Series 4	Rae Haggarty Dementia Education and Training Coordinator- Commonwealth Respite Carer Centre (FSG Australia)	Greek School Building 10am-12:30pm

### Chronic Disease Self-Management Program -SERIES 4 (English & Greek translation – All target community members are welcome.). Wednesdays 10am-12:30pm

7/9/16	Eating Well For Me Exercise and Digestion	Tree of Life Nutrition-Dietician– Lisa Peterson Aslihan Mustafa- Executive Master Trainer	Greek School Building 10am-12:30pm
5/10/16	Breast Care– Screening and Self-Checks Exercise and Breast Care	Breast Screen Australia-Nadja Ibrahim Aslihan Mustafa- Executive Master Trainer	Greek School Building 10am-12:30pm
2/11/16	Oral Care Exercise Program	Oral Care Educator-Erene Katmadas Hutton Aslihan Mustafa- Executive Master Trainer	Greek School Building 10am-12:30pm
7/12/16	Mental Health Support Services Exercise for Good Mental Health	Speaker to be advised Aslihan Mustafa- Executive Master Trainer	Greek School Building 10am-12:30pm

## Did you know ?

**Alzheimer's Australia (Queensland)** is excited to announce that aged and healthcare workers can now access a fully funded nationally accredited Dementia Essentials training course, thanks to the Australian Government.

Uniquely tailored for people currently working in aged care, healthcare and community services, this training will equip healthcare workers with best practice tools and greatly increase their capacity and confidence to work with people living with dementia. CEO of Alzheimer's Australia (Queensland), Victoria Beedle, said that this training was essential to meet the growing number of people expected to be diagnosed with dementia in the coming years. "With over 350,000 Australians living with dementia and the number expected to almost triple by 2050, we know that there will be a growing demand right across Australia for dementia related services," said Victoria.

"This training will provide aged and healthcare workers with a comprehensive knowledge of dementia and give them the right set of tools to effectively care for people living with this condition."

In this three day accredited course, participants will learn how to:

- incorporate therapeutic communication techniques
- apply a person-centred approach
- develop useful strategies to respond to changed behaviours
- identify ways to engage a person with purpose and meaning.

For more details please visit the website ([www.fightdementia.org.au](http://www.fightdementia.org.au))

UNDERSTAND ALZHEIMER'S  
EDUCATE AUSTRALIA  
FIGHTDEMENTIA.ORG.AU

## METRO SOUTH HEALTH- ORAL HEALTH SERVICES

Metro South Oral Health Services provides high quality general, specialist and emergency oral care to eligible people across the Brisbane Southside, Logan, Redlands and Scenic Rim regions.

### Services we provide

We deliver services from a suite of oral health facilities, hospitals, community outreach clinics and school clinics.

This includes preventative, general, emergency and specialist services delivered by a multidisciplinary oral health team, including:

- dental therapy and hygiene services for children, adolescents and adults
  - general and emergency services for children, adolescents and adults
  - specialist oral services – oral surgery, endodontics, orthodontics, periodontics and paedodontics (eligibility and category criteria apply for specialist services)
  - teaching and training of students undertaking clinical placements and graduate supervision
  - patient education and teaching
  - denture or prosthesis manufacture, maintenance and adjustment
- community education programs.**

### Family centred care

It is well recognised that oral health is an important part of general health and wellbeing. We provide a family-centred oral health service, which supports good oral health across a person's whole lifespan. This model of care requires that a parent or guardian accompanies all children to their appointments.

**To make an appointment, you can call the Metro South Oral Health Hub on 1300 300 850.**

## Featured Service

### ELIGIBILITY CRITERIA FOR ADULTS

To be eligible for publicly funded Oral Health Care, you must be a Queensland resident and have one or more of the following:

#### [Pensioner Concession Card](#) (

<http://www.humanservices.gov.au/customer/services/centrelink/pensioner-concession-card>)

(issued by the Department of Veteran's Affairs or Centrelink)

#### [Health Care Card](#)

<http://www.humanservices.gov.au/customer/services/centrelink/health-care-card>

#### [Commonwealth Seniors Health Card](#)

<http://www.humanservices.gov.au/customer/services/centrelink/commonwealth-seniors-health-card>

#### [Queensland Seniors Card](#)

<http://www.qld.gov.au/seniors/legal-finance-concessions/seniors-card/>

Eligibility is also extended to any dependents



Promote your  
Community/organisation  
events here!



Please phone Dimitria on  
3844 3669 or email [mazipro-  
ject@gocstgeorge.com.au](mailto:maziproject@gocstgeorge.com.au)  
if you would like to promote an  
event that could be of interest  
for aged care service providers  
and older people and their fami-  
ly carers within the Greek,  
Russian, Antiochian and Coptic  
Orthodox Communities.

Are you caring for a family member who is living  
with dementia and you would like to learn more?



Do you belong to the Greek, Russian, Coptic or Antiochi-  
an Orthodox communities?

COME JOIN MAZI's **MONTHLY DEMENTIA CARER  
WORKSHOPS**

Meet new people, take a well-deserved break, do  
something for yourself and listen to expert speakers.

**Wednesdays, 10am-12:30pm  
(Greek School Building)**

**25 Besant Street, South Brisbane.  
Please phone Dimitria on 3844 3669 or  
Email: [dimitria.notaras@goccare.com.au](mailto:dimitria.notaras@goccare.com.au)**

MAZI is funded by Australian Government

Department of Social Services.

## Useful Contacts

GOC Care 07 3249 1010  
[www.goccare.com.au](http://www.goccare.com.au)

GOC Care-Facebook  
[www.facebook.com/goccareomonoia](http://www.facebook.com/goccareomonoia)

My Aged care 1800 200 422  
[www.myagedcare.gov.au](http://www.myagedcare.gov.au)

Alzheimer's Australia  
[www.qld.fightdementia.org.au](http://www.qld.fightdementia.org.au)

DBMAS- Dementia Behaviour Advisory Service Qld  
1800 699 799

National Dementia Line 1800 100 500

Commonwealth Respite and Carelink Centre 1800 052 222

Carers Qld [www.carersqld.asn.au](http://www.carersqld.asn.au) 1800 242 636

Diabetes Australia [www.diabetesqld.org.au](http://www.diabetesqld.org.au)

Diabetes Queensland Helpline 1300 136 588

Chronic Disease Information [www.healthdirect.gov.au/](http://www.healthdirect.gov.au/)

Aged Care Financial Specialists [www.lifepathfp.com.au](http://www.lifepathfp.com.au)  
07 3219 4670

Carer Gateway 1800 422 737  
[Carergateway.gov.au](http://Carergateway.gov.au)

Carer Gateway provides information about services and sup-  
port available for people who care for someone with disability,  
chronic illness, dementia, mental illness or who are frail aged.

## Contact us

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