Who we are

Memory Nurture understands the unique needs you have when caring for a loved one living with Memory Loss. Our team of qualified Occupational Therapists and Physiotherapists have the expertise to help you and your family access the support, care and interventions needed to provide a therapeutic and caring environment for your loved one.

We have Therapy Assistants and Support Workers who work with our Therapists to implement support programs and interventions.

Memory Nurture
Memory Stimulation, Activities & Support

COPE Australia

How can I access the COPE program?

COPE can be accessed through a number of funding options such as a Home Care Package and the NDIS. If you think you or the person you care for would benefit from this program, please contact Memory Nurture.

Contact Us

Phone: 08 9593 8305
Email: info@memorynurture.com.au
Web: www.memorynurture.com.au

Perth, Western Australia

COPE Program

Care of people with dementia in their enviroment.

PROUDLY OFFERED BY

Memory Nurture
Memory Stimulation, Activities & Support

What is the COPE Program?

The Care of People with Dementia in their Environments (COPE) program is for people with dementia and their families. Having a diagnosis of dementia impacts on one's ability to manage everyday activities. This program identifies strengths and challenges that the person is experiencing and involves working collaboratively (with an Occupational Therapist) to help both the person with dementia remain active and independent and the family to support the person with dementia to live at home.
To learn more please visit **copeprogram.com.au**

What does the program include?

Ten sessions with an Occupational Therapist in your home to undertake:

- Comprehensive assessment identifying capabilities and challenges
- Support for family wellbeing including stress management techniques
- Activities and strategies for the person with dementia to promote independence and overcome challenges

How can the program be funded?

- Aged Care Package
- Department of Veteran Affairs fully refundable
- Health Funds – a small gap fee payment
- Medicare – GPs Chronic Disease Management Plan (5 x Allied Health Sessions)
- National Disability Insurance Scheme under 65 years of age

How does the COPE Program work?

The Occupational Therapist and Care Partner will work together to:

- Develop three plans to address areas they find challenging like wandering, agitation, sleep, dressing or repetitive questioning
- Develop one plan to enhance engagement in a meaningful activity
- These plans incorporate carer education and strategies to:

COMMUNICATE EFFECTIVELY

CREATE AN ENABLING ENVIRONMENT

SIMPLIFY ACTIVITIES

- Identify and practice appropriate stress management techniques for the Care Partner
- Provide resources to support the Care Partner including the "Caregiver's Guide to Dementia" book
- Enable the Care Partner to generalise their skills and strategies when future challenges occur

Does Memory Nurture offer the Nurse sessions?

No, the Nurse component (1 visit and 1 phone call) is optional in the COPE Program and is not currently offered by Memory Nurture.
The Occupational Therapy sessions will cover signs to look for with changed behaviours and about being a medical advocate for people living with dementia.

What if my funding source will only cover limited sessions?

The COPE program is very flexible and designed to support you and your partner.
If you discuss this with us we can identify what part of the programme or other programmes would be the most helpful for you.

How frequent are the sessions?

The sessions are scheduled to suit you. Generally fortnightly sessions work well to give you time to try strategies. The first two sessions are 1-2 hours while getting to know you and to complete assessments.
The remaining sessions are approximately 1 hour long.

The COPE program is available in Australia following a translational research by the University of Sydney and Flinders University, funded by the Cognitive Decline Partnership Centre. It is available with permission from the developers of the COPE program in the US.