

NATIONAL AGEING RESEARCH INSTITUTE

**The Assessment of Older People with
dementia and depression of Culturally and
Linguistically
Diverse Backgrounds:
A review of current practice and the
development of guidelines for Victorian
Aged Care Assessment Services**

Web Based Materials

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Web based resources

Introduction

These web based materials have been developed as an outcome of the project “The Assessment of Older People with dementia and depression of Culturally and Linguistically Diverse Backgrounds: A review of current practice and the development of guidelines for Victorian Aged Care Assessment Services”.

The purpose of this project was to strengthen and improve the consistency of practice within ACAS in assessing culturally and linguistically diverse (CALD) clients with depression and dementia.

The result from the findings of various components of the study (literature review, survey and focus groups), suggested a range of areas where clinicians requested additional information and support. These included:

- training and information about working with cultural specific groups;
- challenges associated with the use of interpreters; and
- training and information regarding use of appropriate tools.

Participants also requested simple, practical, easy to use and easy to access resources. In response to this, a series of tip sheets were developed.

This project was undertaken concurrent to “Aged Care Assessment Program Toolkit for Assessment” project. The toolkit provides Aged Care Assessment Teams with a range of consistent assessment tools and guidance on how to use them. The toolkit also makes reference to various guidelines and legislation that ACATs are required to abide to, such as the Aged Care Assessment Program Guidelines, *Privacy Act 1988* and *Aged Care Act 1997*. These tip sheets do not replace the guidance and instructions outlined in the “Aged Care Assessment Program Toolkit for Assessment”. They also do not replace the guidelines and legislation that assessors are required to abide to. These materials complement existing guidelines, policies and legislation and are a guide for assessors who work in the Aged Care Assessment Program in their work with clients who are from Culturally and Linguistically Diverse Backgrounds.

The Tip Sheets

The tips sheets cover the following areas and can be accessed by clicking on each hyperlink below:

- [Tip Sheet 1 - Assessment and People from Culturally and Linguistically Diverse \(CALD\) Backgrounds](#)
- [Tip Sheet 2 - Working with Interpreters](#)
- [Tip Sheet 3 - Cognitive assessment and people from CALD background](#)
- [Tip Sheet 4 - The CDT](#)
- [Tip Sheet 5 - The IQCODE \(Short Form\)](#)

- [Tip Sheet 6 - The GDS-15](#)

Accessing tools

Some of the tools recommended in these tip sheets have copyright requirements and have also been obtained or are available in other languages as follows:

1. The Standardised Mini Mental State Examination (SMMSE)

The SMMSE can be accessed via the following web link below:

<http://www.ipa-online.org/ipaonlinev3/ipaprograms/guidetoaddiagnosis/appendix3.asp>

Permission to use/reproduce the SMMSE and acquire a copy of the guidelines can be obtained by contacting Dr. D William Molloy (Published by New Grange Press).

There are no formal translations known of the SMMSE, however the MMSE has similar questions to the SMMSE. The MMSE and its translations are copyrighted by Psychological Assessment Resources (PAR) and can be purchased at www.parinc.com/

2. Rowland Universal Dementia Assessment Scale (RUDAS)

The RUDAS can be accessed via the following web link at no cost:

<http://www.alzheimers.org.au/understanding-dementia/rowland-universal-dementia-assessment-scale.aspx>

This website also contains translated versions of the tool in Chinese and Italian.

3. The Clock Test (CDT)

This tool is appropriate in multiethnic populations due to the 'universal' nature of the clock. However, an appropriate CDT score system needs to be determined for the Australian setting. It is advised to use an interpreter when assessing people from CALD backgrounds.

4. Geriatric Depression Scale (GDS)

The GDS can be accessed at the following link at no cost:

<http://www.stanford.edu/~yesavage/GDS.html>

Although there are a number of translated (written) versions of the GDS on the above website, many have not been verified or validated in Australia. In the tip sheet, there is an Arabic, Greek and Italian version provided; the authors have provided permission for their inclusion on this webpage.

5. Informant Questionnaire on Cognitive Decline in the Elderly (IQCODE)

The IQCODE can be accessed at the following link at no cost:

<http://ageing.anu.edu.au/lqcode/>

Although there are a number of translated (written) versions of the IQCODE on the above website, many have not been verified or validated in Australia. In the tip sheet, there is a copy of the Chinese version of the IQCODE; the authors have provided permission for its inclusion on this webpage.

Additional Resources

The following links provide some information about resources regarding dementia, depression, or older people from CALD backgrounds. This is not a comprehensive list of all available resources.

Alzheimer's Australia

<http://www.alzheimers.org.au/>

- Information on dementia care, education and training, and other services offered by member organisations.
- Link to Alzheimer's Australia multicultural resources:
<http://www.alzheimers.org.au/information-in-other-languages.aspx>

Aged Care National Information Line

Ph. 1800 200 422

- Older Australians, their families, and carers will find it easier to access valuable information about aged care with the introduction of a single, national information line on 1800 200 422 as of 1st July 2011.

beyondblue

www.beyondblue.org.au/

- Information on depression, anxiety, PTSD, and other mental illnesses
- Link to *beyondblue* multicultural resources:
http://www.beyondblue.org.au/index.aspx?link_id=102

Carers Victoria

Ph. 9396 9500

<http://www.carersvic.org.au/>

- Provides resources and information for carers
- Link to Carers Victoria multicultural resources:
<http://www.carersvictoria.org.au/file-assets/language>

Carers Australia

Ph. 1800 242 636

<http://www.carersaustralia.com.au/>

- Provides resources and information for carers (Australia wide)

Centre for Cultural Diversity and Ageing

Ph. 8823 7900

<http://www.culturaldiversity.com.au/>

- Culturally appropriate aged care information and resources
- Link to Centre for Cultural Diversity and Ageing multicultural resources:
<http://www.culturaldiversity.com.au/multilingual-resources>

Centrelink

Ph. 13 27 17

Ph. 13 12 02 (for multilingual information)

www.centrelink.gov.au/

- Information on financial help for Carers

Commonwealth Respite and Carelink Centre

Ph. 1800 052 222 (business hours)

Ph. 1800 059 059 (emergency respite support outside business hours)

www.commcarelink.health.gov.au

- Information on services, transportation, carer support, respite coordination, HACC, PAG, ACAT, community packaged care programs (CACP, EACH and EACHD) and culturally specific services in your area.

COTA Victoria

Ph. 9654 4443

<http://www.cotavic.org.au/>

- Provides education and a range of information about services for older people

COTA Australia

Ph. (08) 8232 0422

<http://www.cotaaustralia.org.au/>

- Provides education and a range of information about services for older people (Australia wide)

Dementia Behaviour Management Advisory Service (DBMAS)

Ph. 1800 699 799 (24 hr)

- Telephone advice and support for care-workers, other service providers and carers to understand and manage the behavioural issues caused by dementia

Dementia Resource Guide

<http://www.health.gov.au/dementia>

- A guide of resources available for those who care for a person with dementia.

Ethnic Communities Council of Victoria Inc.

Ph. 9349 4122

<http://www.eccv.org.au/>

- Support, consult, liaise with, and provide information to Victoria's ethnic communities

Municipal Association of Victoria

<http://www.mav.asn.au>

- Information about Victorian local councils, including a Home and Community Care Handbook - a valuable resource on this webpage

The National Dementia Helpline

Ph. 1800 100 500

- For information, advice, and referral information to local social support groups

Translating and Interpreting Service

Ph. 131 450

- For assistance communicating over the phone

Victorian Department of Health

<http://www.health.vic.gov.au/subacute/cdams.htm>

- Information on Cognitive Dementia and Memory Services – “A specialist diagnostic, referral, and educational service for people who are concerned about memory loss or changes to thinking (cognition) and those who care about them”.

Victorian Transcultural Psychiatry Unit

<http://www.vtput.org.au/>

- Supports Victorian mental health and psychiatric disability services work with people from a CALD background