



Integrated Rehabilitation for Early-Stage Dementia (iREADi) program at Calvary Kogarah - Referrals welcome

We are currently accepting referrals for Calvary's iREADi Program. iREADi is a **free, rehabilitation and education group program** designed to improve the knowledge, skills and confidence of older people with **early-stage dementia** (any type) and their carer/family member. It is not a traditional case-management approach, but a biopsychosocial, rehabilitation-focused program provided to people with early-stage dementia via a multidisciplinary Management of Dementia team (known as the MOD Squad).

This is an adaptation of the iREADi program that has been running at The Uniting War Memorial Hospital for over 5 years.

iREADi delivers **two components in parallel**:

Phase 1:

- **9-week group education and rehabilitation course** (2.5 hours every week) for people living with dementia (PLwD) and their chosen carer/family member, with presentations and workshops from a multidisciplinary team (CNC, neuropsychologist, geriatrician, occupational therapist, physiotherapist, social worker, dietitian, and speech pathologist).

Phase 2:

- Interdisciplinary rehabilitation focused on the attainment of 1 or 2 important goals identified by the PLwD. In **this 12-week individual goal-based rehabilitation** phase the PLwD and their carer are contacted by their goal coach (a MOD Squad member) and guided through attainment of their most important life goals.

Key Inclusion criteria:

- Diagnosis of only **mild, early-stage** dementia confirmed in writing by a medical professional.
- Recommended inclusion scores on cognitive screening:
 - MMSE 21-24/30
 - MoCA 16-20/30
 - RUDAS 21-24-30
 - ACE-III 65-76/100
- Aged 60 years or older (exceptions considered for younger onset dementia and Aboriginal and Torres Strait Islander people, who can be 45 years or older).
- Living in the community, in the program service delivery area (St George & Sutherland Shire).
- Able to participate in a weekly group education program for 2.5 hours at a time (including 30-min tea break), together with a consistent, supportive family member or carer who can also attend reliably. Able to actively engage in a goal-focused rehabilitation intervention.
- Newly diagnosed early-stage dementia that requires post-diagnostic support from at least two disciplines, with a focus on improving community participation and quality of life, **not just medical management**.

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Key Exclusion Criteria:

- Moderate-advanced stage dementia.
- A recent sudden change in medical physiological, cognitive or psychological state.
- Moderate psychiatric or personality conditions that are likely to interfere with calm and effective social engagement (this includes a stridently held belief that they do not have dementia, or ongoing, intense distress about their new dementia diagnosis).
- End stage palliative health status.
- Resident of a RACF.

All referrals will be triaged for suitability and if suitable, clients will be assigned to the first available group. Groups run every three months. Referrers are encouraged to ring and discuss prospective referrals. Referral details required:

1. What date was the client formally diagnosed with dementia?
2. What type of dementia has the person been diagnosed with?
3. What are the likely quality-of-life or functional life goals that the client is being referred for?
4. Has the client received dementia support here or elsewhere in the last six months? If so, please describe.
5. Does the client have a carer who can support them in engaging with the iREADi program?
6. Please provide details (including the dates and scores) of any recent cognitive screening or assessment results.

To find out more and to refer, please contact the Dementia CNC/iREADi Coordinator (Mon – Wed)

Mobile: 0475 763 138

Email: CHC-CCHIntake@health.nsw.gov.au

Webpage: [Calvary iREADi Program | Calvary Health Care](#)

Referral form attached