



## Would you like to participate in a new 12-week therapeutic program for people with dementia & carers?

Canberra Health Services and the University of Canberra (UC) are recruiting participants to evaluate the effectiveness of a new therapeutic program for people living with dementia and an education, skills and capacity building program for carers.

The program is called **SPICE: Sustainable Personalised Interventions for Cognition, Care & Engagement**.

**SPICE** is a 12-week program that includes:

- Twice-weekly physical activity & cognitive stimulation therapy sessions
- COPE® program: up to 10 x individualised in-home occupational therapy sessions to improve activity participation and support positive behaviour management.
- Diet & nutrition assessment & advice sessions
- A weekly carer education and care capacity building program (including social, emotional and psychological support, education and skills development with allied health professionals).

**SPICE** is delivered twice a week at the University of Canberra Hospital (Bruce) or Village Creek Centre (Kambah) with some program elements delivered in your home and at the UC Health Hub.

The design of the **SPICE** program was informed by Dementia Australia Advocates and supported by a grant from the Dementia Australia Research Foundation.

Want to be part of SPICE? To express your interest contact the SPICE team by email at:

[UCHSPICE@act.gov.au](mailto:UCHSPICE@act.gov.au) or call T: 02 6206 8585



## Who is eligible to join SPICE?

You are eligible to join the program if you:

- are living with dementia and have another person who will participate in the program with you;
- live in the community (your own home, with family or in an independent living unit); and
- do not require 1:1 support for group activities.

## What will I need to do to join the SPICE program?

To be part of the SPICE program you will need to:

- Meet the above eligibility criteria and participate in a short screening process which will be conducted in-person.
- Provide consent to participate in the 12-week SPICE program and related program evaluation research.
- Participate in the 12-week program together with a carer or program partner.
- Participate in relevant assessments (relating to physical function, quality of life and cognitive function) to enable clinicians to develop your individualised program and contribute to the evaluation of the program.

## When can I start?

The program is currently enrolling participants. To assist with the evaluation, you may be asked to wait up to 14 weeks before starting the SPICE program.

## When will the program sessions be run?

- You will need to be available to attend **2 x 2.5-hour sessions each week** on two non-consecutive days (e.g. Tuesday & Thursday or Wednesday & Friday) from **1.00 - 3.30 pm** for the duration of the 12-week program.
- The COPE® program will be conducted at your home, at a time that suits you.
- Up to 2 x nutrition assessment appointments will be at the UC Health Hub with an additional appointment via telehealth.
- The total time commitment is approximately 70 hours over the duration of the program (no more than 7 hours per week).

## What will the evaluation of the SPICE program involve?

- The evaluation will assess whether the SPICE program has any beneficial effects on physical function, cognitive function, and quality of life.
- The SPICE evaluation team will ask you and your program partner to participate in brief physical function tests and complete a series of questionnaires before and after the program and on 1 or 2 other occasions.
- You will be asked to provide your feedback on the program when it ends.

## What if I change my mind?

- Participation in this program is **voluntary**. It is completely up to you whether or not you participate. You can withdraw at any time.

**It's free to participate in the SPICE program**