

The SPICE Program

Sustainable Personalised Interventions for Cognition, Care & Engagement

SPICE is a FREE therapeutic 10-week program for people with dementia and their care partners living in the ACT. It is delivered by qualified health professionals. The variety of sessions are designed to support participants with their quality of life, mobility, knowledge, and meaningful engagement.



Cognitive Stimulation Therapy

Small group activities, games and discussions of past and current news, travel, language, and stories.

with
Occupational Therapist and Allied Health Assistant



Carer Support Sessions

Small group activities, discussions and expert presentations to support care partner wellbeing and confidence.

with
Social Worker, Psychologist, Occupational Therapist, etc.



Guided Exercise Sessions

Fun, circuit-based activities in a group setting. Each session is supervised and tailored to individual abilities. Supports mobility, balance, and strength.

with
Physiotherapist and Allied Health Assistants



COPE[®] Program

Individualised in-home sessions to support safety at home, meaningful occupations, and activities of daily living.

with
Occupational Therapist



Nutrition & Diet Sessions

Individualised sessions to evaluate and advise on nutrition to support wellbeing.

with
Dietitian

ON-SITE SESSIONS

Timing:

2 x 2.5 hour weekly on-site sessions for 10 weeks

Locations:

University of Canberra Hospital,
20 Guraguma St, BRUCE ACT 2617, Ngunnawal Country
Wednesday and Friday afternoons

Village Creek Centre,
7 Kingsmill St, KAMBAH ACT 2902, Ngunnawal Country
Tuesday and Thursday afternoons

INDIVIDUAL SESSIONS

Individual COPE[®] sessions and Dietetic appointments are arranged to suit participants

Location: In-home and on-site

PROGRAM DESIGN and EVALUATION

The SPICE Program design was informed by Dementia Australia Advocates and supported in 2022 by a grant from the Dementia Australia Research Foundation.

Researchers from the University of Canberra are conducting an evaluation of the SPICE Program to understand if, and how participants benefit from the sessions. More information is provided on enrolment and participation is voluntary.