

Uniting War Memorial Hospital

iREADi

Integrated Rehabilitation
for Early Stage Dementia.



Uniting

If you or someone close to you has recently been diagnosed with early stage mild dementia we can help you to navigate the path forward.

What is iREADi?

Integrated Rehabilitation for Early Stage Dementia (iREADi) is a 9-week small group rehabilitation and education program designed to improve the knowledge, skills and confidence of older people with **early stage mild dementia** and their family and carers.

Participants will learn how to:

- Adjust to the frustration, stress and uncertainty caused by diagnosis
- Keep (or return to) participating safely in their community (e.g. cafés, religious events, recreational activities)
- Maintain healthy social connections with family and friends
- Find different ways of doing favourite tasks and hobbies
- Explore new activities and events for support and enjoyment (e.g. gyms, social groups)
- Keep the brain, mind and body as healthy as possible
- Make new friends with people going through the same experience
- Access government supports and services
- Plan realistically for the future.

Who is it for?

iREADi is designed:

- For older people with memory, thinking and language problems caused by early-stage mild dementia
- For people with a recent dementia diagnosis (usually within the last 2 years)
- To educate and support the family and carers of people living with mild dementia.






Who runs iREADi?

iREADi is run by the Management of Dementia (MOD) Squad at the Uniting War Memorial Hospital. This is a specialist geriatric rehabilitation team focused on using rehabilitation and educational approaches to **optimise everyday functioning, participation, and quality of life** for people affected by early-stage mild dementia.



How it works

Together, we'll develop a personalised rehabilitation care plan that includes:

-  An assessment of dementia-related support needs and care
-  Participating in the **iREADi** 9-week small group dementia rehabilitation and education program
-  Structured setting of tailored goals and life plans
-  Dementia rehabilitation therapies as per agreed goals, such as community-based dementia nursing, psychology, speech therapy, social work, occupational therapy, physiotherapy, dietetics, and geriatric medicine
-  Referrals to other support services as needed, such as community-based dementia services.

What it costs

It's free to participate in the **iREADi** program. You'll just need to make your own transport arrangements.

Find out more

If you know someone who would benefit from the **iREADi** program, call the Uniting War Memorial Hospital on **(02) 9369 0100**. Anyone in the community can make a referral or enquiry, and we're here to help.

About Uniting

Uniting NSW.ACT is responsible for the social justice, community services and chaplaincy work of the Uniting Church in NSW and the ACT.

We provide care and support for people through all ages and stages of life, with a focus on people experiencing disadvantage and vulnerability.

Our purpose is to inspire people, enliven communities and confront injustice.

We value diversity and always welcome everyone exactly as they are.

Get in touch

Uniting War Memorial Hospital
125 Birrell Street
Waverley NSW 2024

02 9369 0100
ask@uniting.org
uniting.org

The logo for Uniting, featuring the word "Uniting" in a bold, white, sans-serif font. The letter "i" has a dot, and the letter "n" has a horizontal bar extending to the right, creating a stylized underline effect.