

MEDIA RELEASE

NEWS FROM THE UNIVERSITY OF TASMANIA

DATE: MONDAY 30 JANUARY 2012

ATTENTION: Chiefs of Staff, News Directors



New project highlights the benefits of utilising respite care

A study assessing the benefits of respite services for older adults has revealed the importance of social interactions and activities for guests attending “Bisdee”, a day care centre of the Glenorchy Glenview Community Services.

Dr Christine Stirling, (Project Chief Investigator and Honorary Research Associate of the University of Tasmania Faculty of Health Science Wicking Dementia Research and Education Centre), found that carers feel that greater physical activity and increased social interaction are key benefits for guests using the Bisdee Day Centre.

Co-Investigator Dr Sharon Andrews, Research Fellow of the Wicking Centre, said:

“Important indicators for family carers’ commitment to facilitating ongoing attendance at Bisdee was the recognition that Bisdee guests enjoyed their time at respite and responded positively to attending. This was important for carers to enjoy the break without guilt.”

The CEO of Glenview, Lucy O’Flaherty, said they are pleased with the results.

“This project showed that our ‘Men’s Shed’ and the company of other men were appreciated by the carers of the male guests, and in general the variety of activities and outings were well regarded by carers of all guests.”

Dr Christine Stirling also reported on the finding that “staff were highlighted as a key strength of Bisdee and carers had a high level of trust of the staff caring for their loved ones.”

Overall, the project confirmed that carers’ primary interest in Bisdee services is for the benefit and enjoyment received by the guests - being well looked after, socially, emotionally and physically.

Information Released by:

Media Office, University of Tasmania

Phone: (03) 6226 2691 Mobile: 0447 537 375

Email: Media.Office@utas.edu.au