

# Media Release

**IMMEDIATE RELEASE**  
**October 2019**



## **Dementia a focus of Japanese exchange visit**

A group of aged care workers from Sun-Vision Social Welfare Corporation in Japan will spend a week in South Australia learning about the latest in dementia care, prevention and understanding as part of an exchange with not-for-profit aged care provider ACH Group.

The group of 11, including social workers, care workers, team leaders and unit leaders, will focus on innovation and the latest thinking on brain health ahead of Sun-Vision Social Welfare Corporation's international symposium on dementia care next year.

Sun-Vision Coordinator Tomoko Suzuki said the group was interested in ACH Group's Planning Ahead Advisory Service which supported people to complete an Advance Care Directive and Enduring Power of Attorney. "We would like to learn how ACH Group supports people living with dementia who have difficulties communicating their decisions, will and preferences," she says.

The group will also hear about ACH Group's strategies to reduce employee turnover, innovation in mobility and independent living equipment and focus on early intervention to improve health outcomes. They will also hear about ACH Group's holistic approach to physical, mental and cognitive health at each of its residential care homes to help residents continue to live healthier, happier and more active lives.

During the week the group will participate in a range of activities that are of benefit to people living with dementia including a mosaics and tai chi class at Colton Court, McLaren Vale and will participate in a dementia master class with dementia expert Teresa Moran at ViTA, Daw Park. The exchange will wrap up with a visit to South Australian attractions Gorge Wildlife Park and Beerenberg Farm at Hahndorf.

In its 12<sup>th</sup> year, the Sun-Life exchange program involves annual visits to Australia and bi-annual visits by ACH Group employees to Japan.

ACH Group Learning and Development Manager Rebecca Burns said: “The program is an exciting opportunity for both Japanese care workers and ACH Group staff members learn about aged care services from the perspective of a different culture.”

A delegation from ACH Group who travelled to Japan in October as part of the exchange will help as hosts and translators on this visit.

\*End Media Release\*

---

### **About ACH Group**

ACH Group is a not-for-profit aged care organisation that has been offering services to support good lives for older people in South Australia since 1952.

As well as accommodation options across Adelaide, the Fleurieu Peninsula and East Melbourne, the group offers a range of health, wellbeing, respite and support services, help at home and social activities.

Our 1700 specialist staff and hundreds of volunteers share the belief that older people should be valued and respected, connected to their communities and in control of their lives.

**For further information or comment, please contact Anna Randell on (08) 8159 3632, 0417 856 361 or [ARandell@ach.org.au](mailto:ARandell@ach.org.au)**