

MINDFUL DEMENTIA CARE IMPACT & OUTCOMES



RESEARCH



On June 12, at the National Dementia Conference in Melbourne, Amal Madani and Beatriz Cardona shared the early findings on the research-based model of care implemented at 3Bridges Mindful Dementia Care, highlighting the impact on people living with dementia and their carers.

[DOWNLOAD](#)

4

**SYDNEY
LOCATIONS**

Delivering specialised
Dementia programs

124

Active clients with varying
complexities relating to
living with dementia

124

Carers have received 1:1 support through Mindful Dementia Care

CARER FEEDBACK TELLS US:

Through the process of regular carer evaluation forms, clients have experienced:

Improved communication at home after the group participants go home.

Improved capacity for activities of daily living, reading and writing.

Improved capacity to express and communicate.

Improved capacity for participation in exercise and mobility.

Improved capacity to socialise.

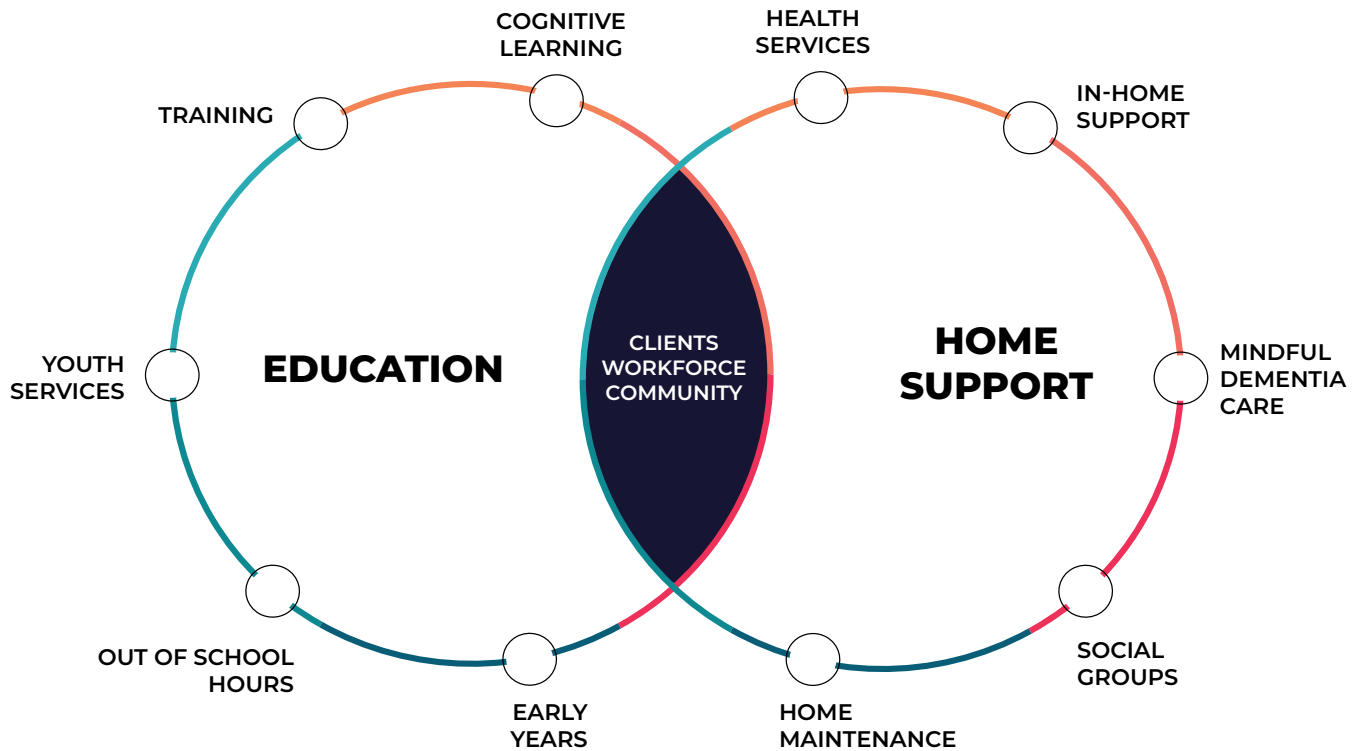
2024 STORIES



**MINDFUL
DEMENTIA
CARE LAUNCH**

CONNECTED. CONVENIENT.

We make things simpler. By offering a network of services that grow and adapt with every client, team member and the wider community, 3Bridges can deliver solutions that meet evolving needs, making each step more supportive along the way.



IN HOME SUPPORT

3Bridges In Home Support Services make the home the heart of every individual journey. In-home support services aren't only for seniors – they are for anyone who needs a little extra help to live comfortably and independently. Whether you're recovering from an illness or navigating the arrival of twins, our tailored services provide the right support for your unique situation.

Individual Social Support

Professional Cleaning

Personal Care

Accompanied Support

In-home Respite

Shopping

SOCIAL GROUPS

3Bridges Social Groups creates a home away from home with friends and team members that feel like family.

Social groups play an important role in benefitting the quality of life by creating social connections, maintaining mental and physical health, and providing a sense of purpose and community. Each day is different! Diversity across a range of interests, such as: art, music and dance, cultural events, exercise groups, outings, sport, floral arranging, pamper days, tease the mind with trivia, great conversations and more.



HEALTH SERVICES & HOME MAINTENANCE



Health Services and Home Maintenance team up to grow with client needs

Connected services that provide a combined approach to supporting clients through customised treatment plans, addressing specific requirements and all aspects of physical, emotional, and psychological health and environmental well-being.

OCCUPATIONAL THERAPY • EXERCISE PHYSIOLOGY • HOME MAINTENANCE • TEMPORARY BATHROOM SOLUTION

REGISTERED NURSING • POST-NATAL SUPPORT • PHYSIOTHERAPY