Australian Adaptations For Cognitive Stimulation Therapy

A compendium of Australian content to accompany *Making A Difference* and *Making A Difference 2*

Daniella Kanareck, Natalie Narunsky
and Brian Draper

Prince of Wales Hospital Aged Care Psychiatry Service
Randwick, NSW
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* Making a Difference and Making a Difference 2 are the comprehensive Cognitive Stimulation Therapy training manuals.
To order the manuals refer to www.cstdementia.com/page/the-manuals

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Contact for authors:
Aged Care Psychiatry Services
Euroa Centre, Prince of Wales Hospital
Avoca Street, Randwick NSW 2031
E: Daniella.Kanareck@sesiabs.health.nsw.gov.au
E: Natalie.Narunsky@sesiabs.health.nsw.gov.au
E: b.draper@unsw.edu.au

Website: Dementia Collaborative Research Centre (UNSW)
Cognitive Stimulation Therapy (CST) is a brief treatment for people with mild to moderate dementia developed in the UK by Dr Aimee Spector, Prof Martin Orrell and Prof Bob Woods.

CST treatment involves 14 sessions of themed activities, which typically run twice weekly. This is followed by longer-term, or 'maintenance CST'. Sessions aim to actively stimulate and engage people with dementia, whilst providing an optimal learning environment and the social benefits of a group. Participation in CST is reported to show results comparable to the effects of dementia specific medications currently prescribed.

The CST manuals provide user-friendly instructions for multidisciplinary team members to facilitate the program. Care workers, diversional therapists, occupational therapists, social workers, nurses, psychologists etc. can deliver CST. The program can be held in a range of settings such as residential aged care, hospitals, day centres and in community venues. For further information see www.cstdementia.com

123 Australian CST is an Australian guidebook for facilitators to introduce Australian content into CST sessions. It is a corollary of a research study, ‘Cognitive Stimulation Therapy – a pilot Australian Adaptation’ by Kanareck et al, which can be found in The Australian Journal of Dementia Care, 2015, 4:1, 33-36. The pilot study demonstrated that the inclusion of local content encouraged participants to interact and bond over shared experiences.

In this study the benefits for CST participants included:

- Establishment of routine and structure.
- Carers noted reduction in participants’ level of apathy as the program provided a sense of purpose.
- Socialisation and peer support in a small group where dementia is a commonality as opposed to a barrier.
- Improved confidence through person-centred role development within the group.
- Introduction of topics and materials significant to the individual participants fostered reawakening of former interests and skills.
- Developing skills such as creating a “safe” structure to use public transport prior to or after cancellation of driver’s license.
- After completion of the CST program participants were offered pathways to engage in community activity programs appropriate to their needs.

The following benefits were noted for the participants’ families and carers:

- Carers welcomed an early intervention program and were supportive of the CST program.
- CST was seen as providing participants with a sense of purpose and direction.
- Introduction of opportunity for carers to experience structured respite.
- Regular contact with the clinical staff provided additional carer support and education.
WHY AN AUSTRALIAN CST GUIDEBOOK

The pilot study proved to be an effective Australian adaptation of the CST material. CST was well received by the Australian participants who had mild to moderate dementia. It was shown to be easily transferable to an Australian setting. Incorporating Australian content enabled facilitators to utilise their own knowledge and experiences and provided an environment of familiarity for the participants. Stemming from the pilot study the 1 2 3 Australian CST guidebook is a compendium of resources to assist facilitators wishing to incorporate Australian triggers within the CST main activities. Included in this guidebook are Australian historical facts and dates, well known personalities, iconic landmarks, popular culture and daily routines. These inclusions are aimed to promote the CST key principles. Throughout the CST program the focus should be on encouraging mental stimulation through sharing opinions, and videos to generate new ideas, thoughts and associations.

HOW TO USE THE 1 2 3 - AUSTRALIAN CST GUIDEBOOK

This guidebook provides ideas for including Australian triggers to stimulate new thoughts, ideas and associations by the CST participants. The scope of Australiana content is limitless; this guide offers suggestions for you to embrace and to explore the shared experiences of Australian participants in CST programs. You will need to consider the participants in your group; their history, culture and interests will determine the content that will be appropriate and enjoyable for each specific CST group. Your own creativity and inspiration will add the variety of stimulation for each session.

Australian adaptations presented in 1 2 3 - Australian CST guidebook provide additional ideas for the main activities and resources to be used as triggers. The CST sessions 1 - 24, are listed according to the table of contents in Making a Difference 2 manual. If you are viewing this guidebook online, there are underlined hyperlinks to the websites that can be clicked and opened directly. If viewing a hardcopy, you will need to manually type the keyword into a search engine on your computer.
TIPS & TRICKS

- Facilitators should use open-ended questions to stimulate participants to explore current events and share their opinions (including on controversial topics) - **focus on the discussion, not the answers.** This is the essence which makes CST unique.
- Choose a venue that has minimal distractions.
- Participants should be able to sit comfortably around a table.
- There should be easy access to toilets.
- Focus on building confidence and facilitating social engagement.
- Use of local Australian content assists in proving a sense of shared experience.
- Culturally appropriate content will be required if the CST group includes Aboriginal and Torres Strait Islander people or migrants.
- Music of the era is a trigger for good memories. Some participants will know and be able to sing all the words of a song even when they experience word finding difficulties in general conversation.
- Photos can be passed around, stuck on a wall or projected onto a screen or smart board.
- Playing YouTube or video clips on a TV, PC, IPad or smart board adds variety. YouTube clips can be streamed directly from the Internet or saved on a USB device and played later.
- Images should be large in size and of a high resolution to ensure clear images.
- Use authentic objects rather than children’s play things.
- Many “old fashioned” objects can be found at home (“hand me down items”), markets or second hand stores.
- Too many trigger items and prompts can be distracting and overwhelming. Limit the number of choices; provide only what is necessary for each participant.
- Encourage participants to address group members as opposed to the group facilitators.
- It is recommended that before each session, the facilitators should review their preparation to ensure they meet the CST key principles.
General Australian Internet Resources

All Down Under
Australian information to inspire, educate and enjoy
http://alldownunder.com/

Alzheimer’s Products Australia
Provide age-appropriate activity products and user-friendly resource books.
http://www.justamemoryaustralia.com/our-story/

Australia Culture and Arts

Australia Made
http://australianmade.com.au

Australian Screen – adverts

Australian Tourism
www.australia.com

Cognitive Stimulation Therapy (CST)
This website provides an introduction, to the development, research and provision of Cognitive Stimulation Therapy for people with dementia
www.cstdementia.com

Provides activity templates

Federation of Australian Historical Societies
www.history.org.au

Images Australia
www.imagesaustralia.com

Immigration Museum

National Gallery of Australia

National Library of Australia
http://www.nla.gov.au

National Museum of Australia
This is a social history museum that explores the land, nation and people of Australia. It focuses on Indigenous histories and cultures, histories of European settlement and our interaction with the environment.
www.nma.gov.au/history/categories

National Trust
www.nationaltrust.org.au/nsw/Home

Powerhouse Museum
https://maas.museum/powerhouse-museum/

State Libraries
ACT: www.library.act.gov.au
NSW: www.sl.nsw.gov.au
QLD: www.slq.qld.gov.au
TAS: www.linc.tas.gov.au
VIC: www.slv.vic.gov.au
WA: www.slwa.wa.gov.au

State Museums
NSW: http://australianmuseum.net.au
NT: www.magnt.net.au
QLD: www.qm.qld.gov.au
SA: www.samuseum.sa.gov.au
TAS: www.tmag.tas.gov.au
VIC: museumvictoria.com.au
WA: artsandmuseums.nt.gov.au

The Royal Australian Historical Society
www.rahs.org.au
**SESSION 1: MY LIFE (LIFE HISTORY)**

### Additional ideas for the main activities and resources for triggers

- Place all name badges on the table; once each person has their name badge, hand out individual cards to each person with dot point descriptors about the origin of their name. Each person has a chance to tell about his or her name.
  
  Common Australian surnames & their meanings: [Common Australian Surnames and Their Meanings](#)
  
  
  Find My Past – trace family histories: [Find My Past](#)

- Include photos of well-known Australians such as actors, politicians, artists, TV personalities, sporting heroes, etc. Discussion on the people’s achievements and their responsibility to society. [Famous Australians](#)

- Draw a large “group coat of arms” using one suggestion from each participant of an Australian symbol that represents their name or an achievement. This can be tidied up after the session and placed together with the orientation board each week as part of their group name.

### TIPS & TRICKS

- Ensure that the participants are encouraged to give their individual perceptions.

### Precautions

- Be mindful of participants’ histories that they might not wish to disclose or might not be appropriate for group reminiscence.
- Consider participants’ cultural heritage.
- Be aware of each participant’s family losses; talking about family can be emotional.
- Participants identified faces on the British monarch family tree with ease and enjoyment as compared to Australian faces and families in the news.

### Notes

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SESSION 2: CURRENT AFFAIRS

Additional ideas for the main activities and resources for triggers
➢ Compare worldwide events with the inclusion of Australian current affairs: local/interstate, recent and historical.

➢ Personalise news events: Research events that took place in the year corresponding to participants’ significant milestones such as when they turned 21 years old.
  • Search the Internet by dates.
    Timeline of Australian history; 
    Wikipedia - Timeline of Australian history
    YouTube videos clips from historical and/or current Australian
    Local newspaper – what happened 50 years ago?
    SBS language sites: SBS - Your language
    Events in the News: State Library of South Australia - Events in the news
➢ Western Australian Newspapers: State Library of Western Australia - Western Australia newspapers
  Suggested topics for group discussions: Monarchy versus Republic, introduction of Australian dames and knights in 2014, marriage equality.

TIPS & TRICKS

➢ Focus on issues currently in the news; facilitate the participants’ active engagement in the world around them.
➢ Ask leading questions such as what they think of current news topics, how they would respond when faced with contemporary dilemmas.
➢ Opposing and controversial topics can be cognitively stimulating.
➢ Avoid questions such as “who can remember?’

Precautions
⚠ Be mindful of reviving past trauma as headlines and videos can trigger unpleasant memories.
The table below provides a selection of significant historical events. The aim is not to recall the historical facts but rather to stimulate discussion, opinions and comparisons to current events.

<table>
<thead>
<tr>
<th>ERA</th>
<th>HISTORICAL CURRENT AFFAIRS</th>
</tr>
</thead>
</table>
| 1930’s  | 1930: Phar Lap wins his first Melbourne Cup.  
1932: The Sydney Harbour Bridge opens.  
1939: Australia enters the Second World War                                                                                                                     |
1942/3: Japanese air raids – Bombing of Darwin sees largest attack on Australia by a foreign power.  
1945: The Liberal Party of Australia is established with Robert Menzies as its first leader.  
1945/6: The Sydney to Hobart Yacht Race is held for the first time.  
1949: Construction of the Snowy Mountains Hydro-Electric Scheme officially begins.                        |
| 1950’s  | 1954: Elizabeth II and Prince Philip make a royal visit to Australia.  
1955: Hotels in New South Wales no longer have to close at 6 p.m., ending the "six o'clock swill".  
1956: Television in Australia is launched.  
1956: Alice Springs: Australian premiere of A Town Like Alice.  
1956: The 16th Summer Olympics is held in Melbourne.  
1956: Performing artist Barry Humphries introduces Edna Everage to the Australian stage.  
1958: 200,000 turn out to greet the Queen Mother in Brisbane.  
1959: The Snowy Mountain Scheme's first big power station, Tumut 1, begins operation.                     |
| 1960’s  | 1962: Rod Laver wins the Grand Slam in men's tennis after his defeat of fellow Australian Roy Emerson in the US Championships. Margaret Smith is the first Australian woman to win the US Women's Singles title.  
1964: National Service is reintroduced.  
1965: Meckering (WA) destroyed by biggest earthquake yet recorded in Australia.  
1966: Decimalisation - the Australian currency is changed to dollars and cents, replacing the pound.  
1967: Aboriginal people were given the right to vote.  
1967: Prime Minister Harold Holt disappears while swimming in heavy surf south of Melbourne.  
1968: Aboriginal boxing champion Lionel Rose becomes the world bantamweight champion.                     |
| 1970’s  | 1971: Neville Bonner becomes the first Aborigine to become an Australian Member of Parliament.  
1971: Daylight saving is introduced to NSW, VIC, SA, QLD and ACT.  
1973: The Sydney Opera House formally opened by Elizabeth II.  
1974: Cyclone Tracy devastates Darwin.  
1977: Granville rail disaster killed eighty-three people.  
1979: Australian women win the right to maternity leave.                                                      |
| 1980’s  | 1980: Baby Azaria Chamberlain disappears from a campsite at Uluru (Ayers Rock), reportedly taken by a dingo.  
1983: Australia wins the America's Cup.  
1984: "Advance Australia Fair" is proclaimed as Australia's official national anthem.  
SESSION 3: FOOD

Additional ideas for the main activities and resources for triggers

- Brainstorm and make a list on a whiteboard or on speech cards of different examples of “Aussie” food and drink.
  - Categorise according to headings such as snacks, breakfasts, lunch and dinner/tea, starters and desserts.
    - australia.gov.au - Australian food and drink
    - CNN Travel - Australian food: 40 dishes locals like to call their own

- Provide copies of menus from various restaurants providing a range of multicultural choices.
  - Identify how immigration to Australia has had an impact upon Australian culture, and in particular upon what Australians eat and drink – the variety of cuisines served at restaurants such as Chinese, Asian; Mediterranean (Greek, Italian, Spanish), Indian, etc.
  - Sort foods into country of origin – list various counties as headings and then categorise the food originated from each country.

- Tea break can include:
  - Healthy versus unhealthy foods: Australian Guide to Healthy Eating
  - Provide iconic Australian foods and brands such as Tim Tams and lamingtons.
  - Alternatively provide a “modern take” - new cuisines that have become part of the Aussie diet such as sushi, dumplings and custard tarts.

- Provide catalogues from major stores to compare prices.
  - Provide a selection of well-known Australian cookbooks such as 1914 Commonsense cookery book (100 years of Commonsense Cookery), Women’s Weekly cookbooks, Country Women’s Association (CWA) cookbooks.

- Suggested topics for group discussions:
  - What defines Australian food? Food and festivals: how differently we celebrate in Australia compared to worldwide celebrations e.g. Australian Christmas: menu and food choices compared to a winter-white English Christmas.
  - Pumpkins, picnics and pavlova – a unique part of Australian life
  - The Aussie bloke and his BBQ – steak and sanga’s to “a shrimp on the barbie”
  - 'Crazy for coconut' – the use of coconut in lamingtons and Anzac biscuits
  - Pies, pasties, sausage rolls – with tomato sauce; stews, grills and rabbit – with damper
  - Brewed and bottled soft drinks such as ginger beer and lemonade.
  - Use open ended questions such as what foods are preferred, what foods are avoided, what new cuisines have been tried and what are thoughts about Australian brands “disappearing” - are the multinationals taking over.
• Australian brands now owned by multinational corporations. See examples below.

<table>
<thead>
<tr>
<th>Brand</th>
<th>Now owned by</th>
</tr>
</thead>
<tbody>
<tr>
<td>Arnott’s</td>
<td>Campbell Soup Company, USA</td>
</tr>
<tr>
<td>Bushells</td>
<td>Unilever, Dutch</td>
</tr>
<tr>
<td>Cottee’s</td>
<td>Asahi Breweries, Japan</td>
</tr>
<tr>
<td>Fosters</td>
<td>SAB Miller, British</td>
</tr>
<tr>
<td>Street Ice-cream</td>
<td>Anglo, Dutch</td>
</tr>
<tr>
<td>Vegemite</td>
<td>Mondelēz International, USA</td>
</tr>
</tbody>
</table>

Precautions

⚠️ Participants might struggle to interpret a photo as being representative of the actual food item.

⚠️ Presenting authentic food items and food packaging is preferable to illustrations or photographs of the items.

⚠️ Be aware of OH&S protocols with any cooking or when using equipment such as an electric frying pan – resources within your own workspace may limit your choice of activities.

TIPS & TRICKS

• Plan ahead: Start collecting food items or empty food containers a few weeks before this session is due, that way you should be able to build up a good variety of choices.

SESSION 4: BEING CREATIVE

Additional ideas for the main activities and resources for triggers

➢ Cookery tasks work well as food is an excellent stimulus.
  • Cooking traditional Australian food is great for reminiscence. Suggestions are damper and pikelets.

➢ Adult can also have fun with colouring. Download high resolution colouring pages from sites such as free coloring pages for adults
  These can be purchased from bookstores or online.

➢ Suggested topics for group discussions:
  • Australians cottage crafts such as handiwork, woodwork, needlework, embroidery and gumnut craft – are these skills being passed on to next generations?
Precautions

Cooking activities work well in small groups, i.e. divide participants into two groups.
By providing two sets of ingredients and cooking equipment, participants have a greater involvement.
Small groups also assist facilitators to monitor risks more closely.
Be mindful this program is for adult participants. Avoid activities that are perceived as being childlike, for example, cutting and pasting from magazines or use of play dough.
Activities should be purposeful and match the abilities and preferences of the group members.
Some people might have experienced poverty and food shortages. Food used solely for creative purposes might be seen as wasteful.

SESSION 5: NUMBER GAMES

Additional ideas for the main activities and resources for triggers

- Make your own Australian bingo using well-known Australian landmarks, faces and logos.
- Match Australian public holidays with corresponding number date.
  Australian public holidays: australia.gov.au - Public holidays
- Australian card games such as Rummy 500: The rules of Rummy 500
- Suggested topics for group discussions:
  - Gambling and betting such as horse racing, greyhound racing, pokies and lotto cards

TIPS & TRICKS

- Numbers are a recurring theme throughout the program. A set of numbers is a good resource to purchase or to you can laminate your own by downloading a free printable set.
  Printable maths flashcards
SESSION 6: TEAM GAMES/QUIZ

Additional ideas for the main activities and resources for triggers

➢ Your Brain Matters - Brain buster quizzes

➢ Multiple-choice activity:
  • “Every face tells a story” using Australian personalities and celebrities such as actors, politicians, artists, TV personalities and sporting heroes.
  • Choose the odd one out of the three choices. Discuss commonalities and differences, which can be literal or perceived, and avoid focusing on who and what the participants recall.

➢ Match the Australian sports team to their logo or nicknames – use national or local teams.
  Images of Australian team logos
  Wikipedia Australian national sports team nicknames:
  Wikipedia - Australian national sports team nicknames

➢ Play 2up:
  View YouTube clip for a demonstration of this game: Explaining the rules of 2up

➢ Music quiz- name the Australian songs and/or entertainers.

➢ Identify Australian company trademarks and logos: Images of Australian logos
  Purchase the Australian Logo board game.

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SESSION 7: SOUND

Additional ideas for the main activities and resources for triggers

- Provide a selection of Australian poetry
  - Australian Poetry Library: [Australian poetry library](#)
  - Australian Bush Poetry Society (contemporary): [Australian bush poets association - modern bush poetry](#)

- Categorise musical genres such as classical, religious, pop, music, acapella, acoustic, jazz, blues, ballad, country, barn dancing, bush band.
  - Play and identify sounds of Australia- bush sound, birds, animal sounds: [British Library - Listen to nature: explore wildlife sounds of Australia](#)
  - ABC sound effects: [RAWR - useful stuff](#)

- Play music of Australia such as Didgeridoo, bush music
  - Didgeridoo acoustics: [Didgeridoo acoustics/ yidaki acoustics](#)
  - Bush songs and music: [australia.gov.au - Bush songs and music](#)
  - Australian songs: [Australian songs](#)

- Create your own “bush band” using common household items such as spoons, bottle tops, combs and tissue paper, gumnut seeds in containers.

- Sing-a-long to popular Australian songs. Provide printed lyrics or YouTube karaoke clips.
  - I am Australian karaoke version
  - Waltzing Matilda karaoke version

- Suggested topics for group discussions:
  - Listen to and discuss examples of cultural / folk music brought to Australia by migrants.
  - Reoccurring Australian themes in lyrics in popular Australian songs such as the landscape and the climate.

  Popular Australian musicians such as Kylie and Dannii Minogue, John Farnham, Delta Goodrum, Slim Dusty, Johnny O’Keefe (“The Wild One”), Rick Springfield, Olivia Newton-John, Helen Reddy, Billy Thorpe, Jimmy Little, Johnny Young, Col Joye, Frank Ifield, Brian Henderson, Bobby Limb, Don Lane, Lorrae Desmond, June Bronhill, Barry Crocker, Gurrumul, Joan Sutherland, Little Pattie, Judy Stone

  Popular Australian bands such as Bushwackers, The Little River Band, The Bee Gees, The Seekers, The Easybeats, The Delltones

- [Artists Who Have Defined the Aussie Music Scene: 50s, 60s & 70s](#)
- [Pop Archives - sources of Australian pop records from the 50s, 60s and 70s](#)
- [Miles ago - Australasian popular music, pop culture and social history 1964-1975](#)
- [50's and 60's Australian radio memories](#)
- [Australian Music Stars of the 60's](#)
SESSION 8: PHYSICAL GAMES

Additional ideas for the main activities and resources for triggers
➢ Warm up activity: Use a variety of soft sporting balls of different size, shape, texture and colour, for example beach ball, tennis ball, football, ping pong ball.

➢ Games that can be adapted to be played indoors such as croquet, quoits and bocce and tennis or volley ball using balloons and fly swatters,

➢ Chair games:  
  Centers for Disease Control and Prevention - physical exercises  
  Sit and be fit

➢ Suggested topics for group discussions:  
  Sporting teams that Australia represents in the Olympics.  
  Which Australian sporting teams participate in the Olympics?  
  The Olympic Games in Australia. - Melbourne (1956) and Sydney (2000).  
  Sydney Olympics 2000

Precautions
⚠ Avoid using children’s plastic apparatus, such as skittles, golf clubs.  
⚠ Adapt the activity to the space available in your environment.  
⚠ Monitor mobility and health risks of the participants.  
⚠ The focus of these activities is fun, allow for wide boundaries and rule flexibility.

SESSION 9: CATEGORISING OBJECTS

Additional ideas for the main activities and resources for triggers
➢ Play “The Odd Man Out Game“ using Australian images.

➢ Identify the Australian image in a group of three (landmarks, politicians, entertainers, and sports people).

➢ Sort food products into categories such as country of origin such as Australia, England, Italy, USA, Thailand, Japan.

➢ Compare Australian foods with international counterparts such as Vegemite and Marmite / lamingtons and short bread.

TIPS & TRICKS

• Use products with different shapes, smells and textures.  
• Encourage free associations of thoughts and ideas. Allow creative categorising.  
• Images can be found on the Internet, magazines, catalogues, etc.
SESSION 10: HOUSEHOLD TREASURES

Additional ideas for the main activities and resources for triggers

- Suggested topics for group discussions:
  - What makes something or someone an Australia treasure?
    - National Trust - National Living Treasures
    - National Library of Australia collections
  - What or whom would you propose should become an Australian National Treasure?
  - Narrow discussion to a personal level. Each participant to name something or someone from their past that holds meaning for them.

- For groups that are not readily vocal, physical prompts or photos can be used to stimulate discussion such as “old fashioned” cooking utensils, model airplanes and other household paraphernalia. Material can be found in “bottom drawers” of elderly relatives or by visiting St Vinnie’s and Salvation Army stores; markets etc.

Precautions

- Some familiar objectives might evoke an emotional reaction due to past attachments.

SESSION 11: USEFUL TIPS (HOUSEHOLD TIPS)

Additional ideas for the main activities and resources for triggers

- Suggested topics for group discussions:
  - Medicinal remedies found in the Australian bush.
    - Aboriginal bush medicines: Australian Geographic - Top 10 Aboriginal bush medicines
  - Household cleaners now and then - see books by Shannon Lush
  - Well know Australian household brands such as Sard and Spray ’n Wipe.
  - Roles of Housewife then and now:
    - How to be a Good Wife: The Good Housewife
SESSION 12: THINKING CARDS

Additional ideas for the main activities and resources for triggers

- Conversation starter cards can be purchased online or at retail outlets such as novelty stores.
  - Table topics
- You can make your own cards. Ideas can be found online.
  - Search for thinking cards/conversation starters/ice breakers/table topics:
    - Conversation starters

SESSION 13: VISUAL CLIPS

Additional ideas for the main activities and resources for triggers

- Present popular Australian adverts of the past to encourage reminiscence.
  - Happy little Vegemite’s
  - I like Aeroplane Jelly
  - Cottee’s cordial
  - Winfield Red cigarettes
  - VB Victoria Bitter
  - Qantas - I still Call Australia Home

- Present popular Australian movie clips to encourage reminiscence.
  - Australian Movie clips:
    - Australian movie trailers

- Present the Australian and Aboriginal flags. Identify their components and symbolism.

<table>
<thead>
<tr>
<th>Components of the Australian Flag</th>
<th>Components of the Aboriginal Flag</th>
</tr>
</thead>
<tbody>
<tr>
<td>The Southern Cross</td>
<td>Black (represents the Aboriginal people of Australia)</td>
</tr>
<tr>
<td>Union Jack</td>
<td>Yellow (represents the Sun)</td>
</tr>
<tr>
<td>Commonwealth Star</td>
<td>Red (represents the Earth)</td>
</tr>
</tbody>
</table>

- Suggested topics for group discussions:
  - Australian adverts – products we no longer advertise such as beer, cigarettes.
  - Look at past fashion and occupations and compare to the present
SESSION 14: ART DISCUSSION

Additional ideas for the main activities and resources for triggers

- Suggested topics for group discussions:
  - How is art defined? Provide examples of rock paintings, graffiti, tattoos, ceramics, photography (e.g. Max Dupain) and sculptures
  - Present a selection of pictures of artwork by Australian artists such as Albert Namatjira, Minnie Pwerle, Pro Hart, Arthur Boyd, Sidney Nolan, Brett Whiteley, Margaret Olley, Ben Quilty, Reg Mombassa, Ken Done …
  
  **Famous artists gallery**
  **National Gallery of Australia - Australian Art**

TIPS & TRICKS

- Welcome diversity of viewpoints, opinions and beliefs in the group. Value the participants’ differences.

Precautions

- Participants might struggle to interpret a photo as being representative of an actual artwork
- Try not to inundate participants with too many images. Provide a limited selection of images or alternatively focus on the elements of a single piece of artwork – “the story behind the creation.”

SESSION 15: FACES/SCENES

Additional ideas for the main activities and resources for triggers

- Provide printed copies of Australian famous faces so that each participant looks at the same image. Consider the mark that the person has made on Australian society / community.

- Provide a set of images that include famous Australian faces such as actors, TV presenters, politicians and sporting heroes.
  - Categorise faces into occupation, gender, highest earners etc.

- Provide copies of Australian famous landscapes, buildings and icons so that each participant looks at the same image.
  - Encourage participants to share their experiences and knowledge about these places.

- Use of international famous icons such as Eiffel Tower, Statue of Liberty, Big Ben as comparisons. This can lead to a discussion on local and/or international travel in this session
SESSION 16: WORD GAME

Additional ideas for the main activities and resources for triggers

- Word target: Provide cut outs of the letters for a nine-letter word which can be sorted on the table.
- Use the names of Australian cities and suburbs with nine letters, such as Bundaberg, Carnarvon, Devonport, Elizabeth, Esperance, Fremantle, Geraldton, Gladstone, Hughenden, Liverpool, Longreach, Melbourne and Newcastle.
- Discovery education - puzzle maker
- Bingo Quiz: Written or pictorial answers to questions with an Australian theme such as animal with pouch (kangaroo), spreads on toast (vegemite) and first female Prime Minister (Julia Gillard). Collect Australian beer tops to cover bingo spaces.

TIPS & TRICKS

- Focus on stimulation of language, developing innovative thought associations.

Precautions

- Although there are many word games that can be selected, be aware of any language difficulties by the participants.
- Games such as hangman may evoke distressing emotions from past life events.
- Avoid repetition of too many letters in the target game.

SESSION 17: FOOD SLOGANS

Additional ideas for the main activities and resources for triggers

- Match the slogan to the product such as:
  - "Aussie kids are ... kids" (Weet-Bix)
  - “It puts a rose in every cheek (Vegemite)"
  - “Just like a chocolate milkshake, only crunchy" (Coco Pops).
  - "My Dad picks the fruit to make the cordial, that I like best" (Cottee’s)
  - "My Store" (Myers)
  - “Oh, what a feeling!” (Toyota)
  - “The fresh food people” (Woolworths)
- Print song sheet for sing-along of adverts such as I like aeroplane jelly*, Happy little Vegemite* and Cottee’s cordial advert. (*Refer to song sheets at the back of this guidebook).
**TIPS & TRICKS**

- Use actual food items or food containers as opposed to photographs, an artist image may not be easily recognised as the actual items.

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**SESSION 18: ASSOCIATED WORDS**

**Additional ideas for the main activities and resources for triggers**

- Sentence completion tasks can include famous Australian places, landmarks and popular culture.

- Can include scientists, inventions politicians, explorers, actors, writers, artists, sports people and places: Famous Australians

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<table>
<thead>
<tr>
<th>Landmarks and Places</th>
<th>TV shows</th>
<th>People</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ayers Rock</td>
<td>Home and Away</td>
<td>Bert Newton</td>
</tr>
<tr>
<td>Opera House</td>
<td>Kath and. Kim</td>
<td>Olivia Newton-John</td>
</tr>
<tr>
<td>Gold Coast</td>
<td>Hey, Hey It’s Saturday</td>
<td>Lorrae Desmond</td>
</tr>
<tr>
<td>Barrier Reef</td>
<td>Number 96</td>
<td>Kerri-Anne Kennerley</td>
</tr>
<tr>
<td>Flinders Rangers</td>
<td>A Current Affair</td>
<td>Paul Hogan</td>
</tr>
<tr>
<td>Cradle Mountain</td>
<td>A Country Practice</td>
<td>Hugh Jackman</td>
</tr>
<tr>
<td>The Twelve Apostles</td>
<td>The Footy Show</td>
<td>Dawn Fraser</td>
</tr>
<tr>
<td>Murray River</td>
<td>Play School</td>
<td>Don Bradman</td>
</tr>
<tr>
<td>Bungle Bungle</td>
<td>McLeod’s Daughters</td>
<td>Errol Flynn</td>
</tr>
<tr>
<td>Alice Springs</td>
<td>A Town like Alice</td>
<td>Cathy Freema</td>
</tr>
<tr>
<td>Rottnest Island</td>
<td>The Price is Right</td>
<td>Germaine Greer</td>
</tr>
<tr>
<td>The Tasman Sea</td>
<td>My name’s McGooley</td>
<td>Evonne Goolagong</td>
</tr>
<tr>
<td>Daintree Forest</td>
<td>What’s yours?</td>
<td>Ned McGooley</td>
</tr>
</tbody>
</table>

- Choose an alphabet letter from a bag and then name as many Australian towns, plants, animals.

- Match the word with the equivalent Aussie slang word.

<table>
<thead>
<tr>
<th>afternoon</th>
<th>arvo</th>
<th>Christmas</th>
<th>chrissie</th>
<th>pregnant</th>
<th>preggas</th>
</tr>
</thead>
<tbody>
<tr>
<td>aggressive</td>
<td>agro</td>
<td>devastated</td>
<td>devo</td>
<td>registration</td>
<td>rego</td>
</tr>
<tr>
<td>ambulance</td>
<td>ambo</td>
<td>fireman</td>
<td>firie</td>
<td>relatives</td>
<td>relos</td>
</tr>
<tr>
<td>biscuit</td>
<td>biccy</td>
<td>garbage man</td>
<td>garbo</td>
<td>sick day</td>
<td>sickie</td>
</tr>
<tr>
<td>bottle shop</td>
<td>bottle-o</td>
<td>kangaroo</td>
<td>roo</td>
<td>spaghetti bolognaise</td>
<td>spag bol</td>
</tr>
<tr>
<td>breakfast</td>
<td>brekky</td>
<td>kindergarten</td>
<td>kindy</td>
<td>sunglasses</td>
<td>sunnies</td>
</tr>
<tr>
<td>bricklayer</td>
<td>brickie</td>
<td>lipstick</td>
<td>lippy</td>
<td>tracksuit</td>
<td>trackie daks</td>
</tr>
<tr>
<td>Brisbane</td>
<td>Brissy</td>
<td>postman</td>
<td>postie</td>
<td>trades person</td>
<td>tradie</td>
</tr>
</tbody>
</table>
Suggested topics for group discussions:
- Expressions and meanings of Australian slang words and phrases.
- Consider the influence of rural and bush life on common Australian sayings.
- Influence of global media. Is Australian slang fading from common usage?

Meanings and origins of Australian words and idioms:
- ANU - Meanings and origins of Australian words and idioms
- All Down Under - Speaking Australian slang
- koalanet - Australian slang
- YouTube - 25 Aussie slang words

Precautions

Make this a group activity so that participants do not feel challenged to provide accurate answers.

SESSION 19: ORIENTATION

Additional ideas for the main activities and resources for triggers

Mark on a world map the towns where the participants were born and trace their journey to their current hometown. Discussion: migration to Australia; from rural to urban.

Provide Australian travel brochures.
- Ask the participants to which destination they would like to travel: Discuss modes of transport to get there, two items they would pack, have they been there previously.

Play an abridged version of an Australian or state monopoly. Discussion: USA and UK versions compared to the Australian monopoly; for example are the highly coveted properties on dark blue squares such as Mayfair and Park Lane equivalent to those on the various Australian editions? There is a koala token in the Australian version, what other symbols could be used?

Suggested topics for group discussions:
- Tips and tricks for finding one’s way around local area.
- Landmarks – how do you know you are nearly home?

Notes:
SESSION 20: USING MONEY (VIDEO CLIPS)

Additional ideas for the main activities and resources for triggers
- Provide comparative prices on household goods, fashion items, motorcars and housing. These can be presented in the form of catalogues obtained from supermarkets, property agents and department stores.

- Play *The Price Is Right* – ranking items by their purchase price.

- Introduction of Australian decimal currency in 1966. [1966 Australian dollar bill infomercial](#) (Refer to the back of this guidebook.)

- Suggested topics for group discussions:
  - 1984 dollar goes from a note to a coin.
  - Examples of different methods of payment (cash, cards, cheques) and the introduction of inserting PIN numbers for credit cards.
  - Different ways to pay, PINS, tap, post office, direct debt, BPay, cash
  - Do you trust the Internet or phone banking?

SESSION 21: WORD GAMES: Refer to session 16
SESSION 22: HOUSEHOLD TREASURES: Refer to session 10

SESSION 23: MY LIFE (OCCUPATIONS)

Additional ideas for the main activities and resources for triggers
- Suggested topics for group discussions:
  - 1950 migrant employment for the Snowy River Hydro Electric project.
  - “*Australians work to live, not live to work.*” They enjoy their free time.
  - Typical rural Australian jobs such as jackaroo, jillaroo, drovers.
  - The role of the Australian Trade Unions.
  - Employment in the Australian Defence Force.

TIPS & TRICKS
- Specific research on the participants’ occupations to provide items that they would have used. Suggested prompts include authentic items or photographs of tools of the their trade at the time they were employed such as a brown paper pay packet, a clocking on and off card.
SESSION 24: USEFUL TIPS

Additional ideas for the main activities and resources for triggers
- Your brain matters
- Staying on your feet – using community resources
  Stay on your feet - Falls Are Preventable

ALTERNATIVE SESSION 24: CELEBRATIONS AND FAREWELLS

We replaced session 24’s theme with Celebration and Farewells to mark the end of the participants’ completion of the CST program. Participants were awarded Certificates of Participation.

Idea for the main activities and resources for triggers
- Decorate room with party objects such as Australian flags, balloons and party hats

- Suggested topics for group discussions:
  - Celebrating milestones and achievements.
  - Memories of a favourite birthday celebration.
  - Cultural celebrations such as religious festivals.
  - National holidays such as Australia and Anzac Days, Melbourne Cup, etc.
  - Sporting celebrations and achievements, The Ashes, the Rugby World Cup, State of Origin.
  - Artistic awards and TV awards such as, TV Week Logie Award, The Australian Recording Industry Association (ARIA) Award, Milles Franklin Literary Award and the Archibald Prize (Art Gallery NSW).
Song Sheets

Aeroplane Jelly Song

“We’re Happy Little Vegemites”

Decimal Currency Song
Aeroplane Jelly ran a successful advertising campaign featuring a jingle that has become part of Australian culture. It is one of Australia's longest running jingles, and was played on radio over 100 times per day in the 1940s. The jingle was added to the National Film and Sound Archive's Sounds of Australia registry in 2008.

Aeroplane Jelly is a jelly brand in Australia created by Bert Appleroth. Appleroth's backyard business, Traders Pty Ltd, became one of Australia's largest family-operated food manufacturers and was sold to McCormick Foods Australia, a subsidiary of United States corporation McCormick & Company, in 1995.

The tune is undeniably catchy, though its recognition factor was probably helped by the longevity of the advertising campaign and the frequency of the broadcast. A big part of the recording's appeal is down to Joy's charming and plaintive delivery of the simple lyrics. And in case you were wondering what aeroplanes have to do with jelly, the lyrics provide the answer: 'The quality's high as the name will imply'. So now you know!

**Lyrics**

I've got a song that won't take very long,
Quite a good sort of note if I strike it . . .
It is something we eat, and I think it's quite sweet,
And I know you are going to like it.

I like Aeroplane Jelly
Aeroplane Jelly for me.
I like it for dinner, I like it for tea,
A little each day is a good recipe,

The quality's high as the name will imply,
And it's made from pure fruits, one more good reason why...
"We're Happy Little Vegemites"

We're happy little Vegemites
As bright as bright can be
We all enjoy our Vegemite
For breakfast, lunch, and tea
Our mummies say we're growing stronger
Every single week
Because we love our Vegemite
We all adore our Vegemite
It puts a rose in every cheek
Decimal currency song

February 14 1966: There was a lot of love in Australia on this day. It wasn't only Valentine's Day, but the day that the currency changed from pounds, shillings and pence to dollars and cents. The campaign to educate everyone was very successful and centre-stage was the "Dollar Bill" cartoon character, who was everywhere, even on TV ads and radio. These are the words from the famous jingle:

In come the dollars and in come the cents
to replace the pounds and the shillings and the pence.
Be prepared folks when the coins begin to mix
on the 14th of February 1966.

Clink go the cents folks
clink, clink, clink. Changeover day is closer than you think.
Learn the value of the coins and the way that they appear
and things will be much smoother when the decimal point is here.

In come the dollars and in come the cents
to replace the pounds and the shillings and the pence.
Be prepared folks when the coins begin to mix
on the 14th of February 1966.

1966 Australian dollar bill infomercial

*Dollar Bill Decimal Currency Jingle (circa 1965) sung to the tune of “Click go the Shears”.*
*Lyrics written by Ted Roberts.* (Museum of Australian Currency Notes, Reserve Bank of Australia)