

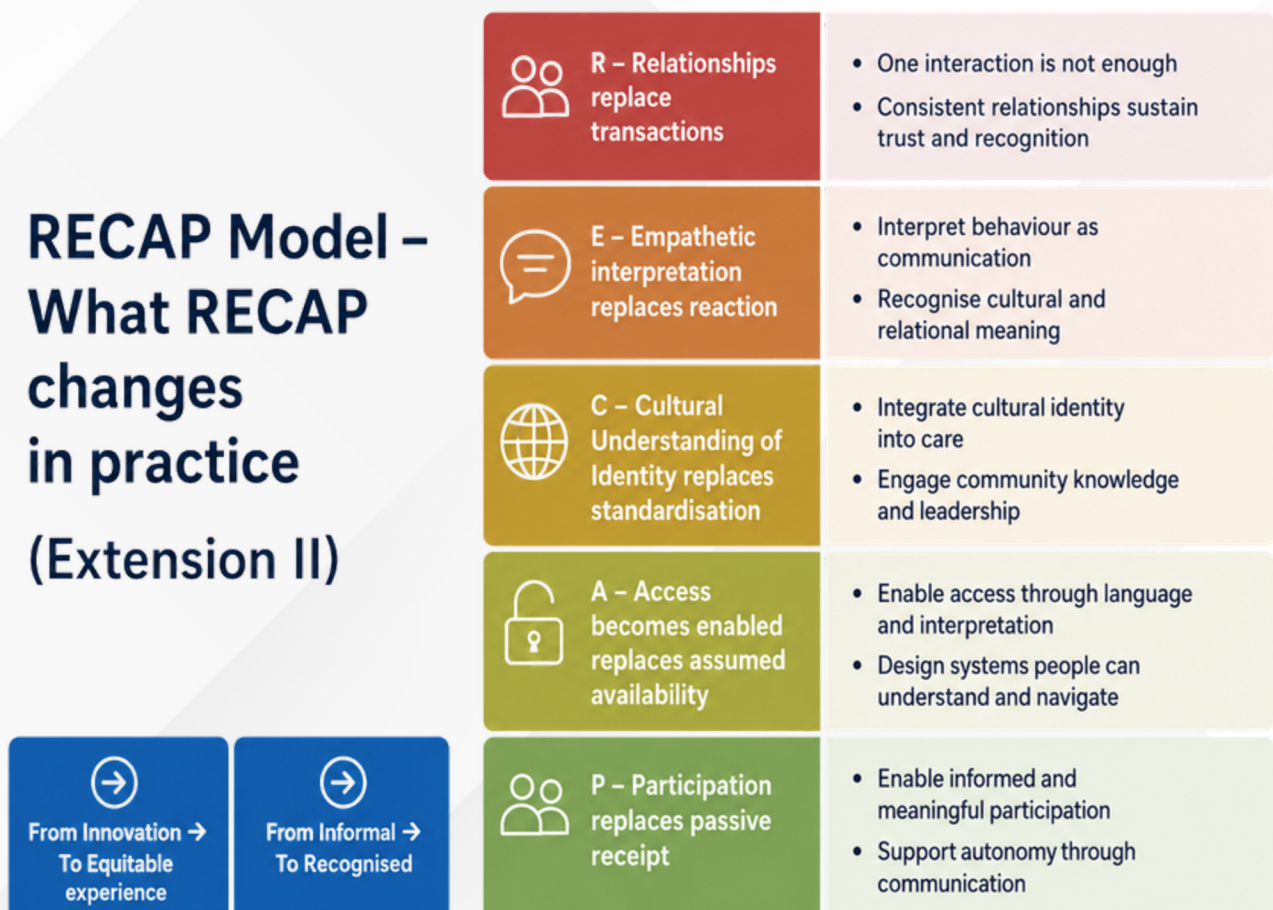
EXTENSION – RECAP

LEARNINGS FROM IDC 2026 AND EXTENSION OF THE RECAP FRAMEWORK

Handout 1 introduced RECAP as a practical, rights-based framework for supporting identity, autonomy, and inclusion for older adults from culturally and linguistically diverse (CALD) backgrounds. **Handout 2** extends the framework through learnings from the International Dementia Conference 2026. It reflects how dialogue across dementia research, practice, lived experience, and system transformation deepened the RECAP model.

The extension positions RECAP as more than a communication framework. It presents RECAP as a **system integration model** that connects relational care with service design, moves from access to participation, and supports equitable engagement across diverse populations, including CALD communities.

RECAP Model – What RECAP changes in practice (Extension II)



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Why this extension matters

Dementia care is advancing through prevention, early diagnosis, personalised interventions, and new models of care. Yet communication is not always embedded as the mechanism through which people access, understand, and experience those advances.

The RECAP extension argues that communication must be designed as part of the care system itself. Without relational communication, innovation can become unevenly accessible.

The extension was informed by post-conference reflection on two major IDC contributions.

- Dr G. Allen Power's well-being approach strengthened RECAP's relational focus by showing how behaviour can signal unmet well-being domains.
- Prof. Craig Ritchie's prevention and system transformation lens highlighted that future dementia care depends on early engagement, service navigation, risk understanding, and trust.

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The three arguments behind the RECAP extension

Argument 1: Communication restores well-being

Communication in dementia care is not simply the exchange of information. It is relational, interpretive, and meaning making.

Through RECAP, communication becomes a means of restoring well-being, not simply responding to behaviour.

Argument 2: Access is relationally mediated

Access to care is not determined only by service availability. Access is mediated through relationships, trust, language, and social positioning.

Through RECAP, access becomes enabled, not assumed.

This is particularly important for CALD communities because prevention, diagnosis, and support pathways often assume that people can understand information, engage early, and navigate systems safely. RECAP asks whether these assumptions hold when language, culture, trust, and relational safety are not designed into the pathway.

Argument 3: Communication is system infrastructure

If communication is not designed to restore well-being and enable relational, cultural, and system level understanding, advances in dementia care risk improving systems without improving lived experience.

RECAP

RELATIONAL COMMUNICATION IN DEMENTIA CARE

What changes in practice through RECAP

R – Relationships replace transactions

- One interaction is not enough.
- Consistent relationships sustain trust and recognition.

E – Empathic interpretation replaces reaction

- Interpret behaviour as communication.
- Recognise relational, cultural, and emotional meaning.

C – Cultural identity replaces standardisation

- Integrate cultural identity into care.
- Engage community knowledge and leadership.

A – Access replaces assumed availability

- Enable access through language and interpreter engagement.
- Design systems people can understand and navigate.

P – Participation replaces passive receipt

- Enable informed and meaningful participation.
- Support autonomy through communication.

Key Reference

Chudecka, A. (2026). RECAP: Relational communication in dementia care. Handout 2: Extension of the RECAP framework informed by International Dementia Conference 2026. Multicultural Aged Care Inc. (MAC) / PICAC Alliance.

This downloadable resource accompanies the RECAP Handout 1 resource and extends the model through IDC 2026 learnings. Handout 2 should be read together with Handout 1. Handout 1 introduces the RECAP framework. Handout 2 extends the framework by showing how RECAP can operate as a system integration model, connecting communication practice with service design, workforce capability, and equitable participation.