

Working with Dementia

A one day course

As a nation we are getting older, leading to more of the population being affected by dementia. Whether you work in health, social care or in the voluntary sector, it is becoming more likely that you will be working with people who may experience confusion or may have issues relating to mental capacity. This course will explore the nature and the various forms of dementia and how it impacts on people's ability to apply themselves to their everyday life.

The course will define dementia and examine how it may interface with other mental disorders such as anxiety and depression. Issues relating to personal choice, person-centred care and the management of challenging behaviour will be studied and discussed. Effective interventions and therapies will be highlighted with some time spent on how these can be used in practice.

Who is it for? The course is designed for anyone who works directly with people with dementia whether qualified or unqualified or working in the voluntary or statutory sectors. This may include mental health staff such as support workers, ward staff, nurses, occupational therapists or social workers or staff who provide daily support, care and supervision on a regular basis.

Timetable (may be subject to amendment)

- Session 1** Dementia – introduction & overview
Overview of nature, causes, prevalence and variations in dementia
Person-centred care and dementia
Exercise – How person-centred is your practice?
- Session 2** Dementia and related issues
Cognitive issues and how these may present
Assessment of Capacity, consent and the law
Risk assessment and management and safeguarding
Exercise – Risk and Capacity
- Session 3** Examination of interventions, strategies and an overview of therapies which may be effective in this area of work
Looking at best practice, person-centred care and sensory intergration
Exercise – Case Study and/or DVD exercise
- Session 4** Exploration of common problems for practitioners, teams and services
Identification of possible changes to practice
Exercise – Next Steps

Learning Outcomes

On completion of this course, participants will be able to:

- Recognise the possible causes, categories and diagnostic difficulties in dementia
- Understand the issues and challenges often facing people with this diagnosis including capacity, risk and safeguarding
- Understand the importance of person-centred care and the principles of best practice
- Use specific interventions and strategies designed to promote wellbeing and self-determination
- Identify possible changes in individual, team or service provision

Training Techniques

Taught, group exercises/case studies, Q&A, DVD