



## IDEAS DEMENTIA TRAINING

### **Dementia Awareness**

*(Half day)*

This training aims to provide a basic introduction to dementia and person-centred care. Content includes: what is dementia; understanding different types of dementia; the potential impact of dementia on the individual person and their carers and families; introduction to person-centred care; understanding how what we do can affect a person with dementia. It is suitable for staff working in any setting who are new to dementia care or have not previously had opportunities to learn about dementia, or who would like a refresher.

This training maps to the **INFORMED** level of NES Promoting Excellence.

### **Simulation**

*(30-45 minute experience)*

This experiential learning session allows participants to get a small flavour of what it might be like to have impairments of old age and dementia. Participants will have some of their senses and movements impaired and will be asked to complete a series of tasks in a controlled environment. Participants will then take part in a guided reflection on their experience in order to relate learning to practice and identify any potential changes to the way in which they support people with dementia in their care.

This training maps to the **INFORMED** level of NES Promoting Excellence.

### **Barbara's Story**

**(Full-day 9:15 – 16:30)**

This interactive day focuses on the journey of a character Barbara in a DVD made by Guys and St Thomas' NHS Trust. We follow Barbara's Story and her time in hospital and at home, through clips from the DVD, interspersed with presentation, discussion and group work tasks. Topics covered currently include: understanding dementia (including different types of dementia); communication; introduction to person-centred care; delirium; stress and distress; consent and capacity. This training is suitable for anyone working with a person with dementia in any setting.

This training maps to the **SKILLED** level of NES Promoting Excellence.

### **Stress and Distress**

**(Full-day 9:15 – 16:30)**

This training covers the stress and distress pathway and includes: What is distress; Understanding distressed behaviour; Causes of distressed behaviour; Delirium; Good practice and person-centred care; Communication; Tools, including ABC charts; Newcastle model and identifying possible interventions. There will be a case study workshop to enable participants to practice following the pathway through and using some tools. This training is suitable for people who have already had some prior training in understanding dementia.

This training maps to the **SKILLED** level of NES Promoting Excellence and covers some aspects of Stress and Distress at **ENHANCED** Level.