

Dementia and Housing – training plan

Aim

This one day course provides a general introduction to dementia for staff working within the housing sector. It explains what dementia is, and identifies some of the other conditions common to older people that may be confused with dementia. It lists the common risk factors for developing dementia, the main categories of dementia, and the ways in which dementia may progress over time. It also provides an introduction to person-centred care in dementia, including ways to help people with dementia maintain the best quality of life within the limitations of the disease.

Learning objectives:

1. Definition of dementia
2. Identifying other common conditions in later life that may be mistaken for dementia
3. Risk factors for developing dementia
4. Understanding the major sub-types of dementia
5. Signs and symptoms of dementia
6. Introduction to person-centred care in dementia
7. Responding to false realities in dementia
8. Helping people with dementia to live independently and live well.

Times	Activity	Resources
09.30 - 10.00	Arrival, coffee and registration. Dementia quiz given out as people arrive, to work on in groups of 2 or 3.	Register. Refreshments. Dementia quiz sheets.
10.00 - 10.40	Welcome, introductions, ground rules and course outline. Answers to quiz (delegates self-mark their quiz sheets).	PP slides 3-5.
10.40 - 11.10	Definition of dementia (trainer led presentation). Other common conditions in later life that may be mistaken for dementia (delegates discuss and write thoughts in small groups). Group feedback to trainer, who then presents comprehensive list.	PP slide 6. Paper and pens for each group. Flip chart and marker pen. PP slides 7-9.

11.10 - 11.30	Risk factors for developing dementia. Trainer presentation. Main sub-types of dementia. Group work: Delegates discuss and write answers in small groups. Trainer asks groups to feedback to whole room. Trainer led presentation of main sub-types.	PP slide 10. Paper and pens for each group. Flip chart and marker pen. PP slides 11-12.
Coffee 15 mins		
11.45 - 12.15	Signs and symptoms of dementia. Delegates discuss and write answers in small groups. Trainer asks groups to feedback to whole room. Trainer-led presentation of more complete list of signs and symptoms.	Paper and pens for each group. PP slides 13-16.
12.15 - 13.00	Introduction to person-centred care in dementia. Trainer led presentation. DVD clip (from 'Conversations that matter' - Mr Thomas (6 mins)). Group discussion around DVD clip.	Powerpoint slides 17-19. 'Conversations that Matter' DVD and speaker. http://www.dementiasense.org/film/56efeafa4adb7/Conversations-that-Matter-Breaking-Through-Dementia
Lunch 30 mins		
13.30 - 14.10	Responding to false realities in dementia. Trainer led presentation. DVD clip (from 'Conversations that matter' - Millie (5 mins)). Group discussion around DVD clip	PP slides 20-26. 'Conversations that Matter' DVD and speaker. http://www.dementiasense.org/film/56efeafa4adb7/Conversations-that-Matter-Breaking-Through-Dementia
14.10 - 14.30	Communication difficulties in dementia. Trainer led presentation with interaction and personal examples from group.	PP slides 27-32.
Coffee 15 mins		
14.45 - 15.45	Useful organisations, plus people with dementia: journey of where they might live over time. Trainer led presentation. Supporting people with dementia in your day-to-day work. Group work and trainer led presentation	PP slides 33-35. PP slide 36.
15.45 - 16.00	Closing summary. Trainer to check whether delegates have any final concerns or questions. Evaluations	
4 pm: Close		