

## **DIGNITY & DEMENTIA CARE - COURSE OUTLINE**

**Offered as either a one day course or a two day course**  
**Facilitated by a Mental Health Trainer with clinical input from a nursing practitioner or specialist physical therapist**

### **Course Aims**

Participants will

- gain an understanding of the experience of dementia through thoughts, feelings and behaviours
- understand the principles and practice of Person Centred Dementia Care
- gain techniques to help communication skills with PWD
- explore the physical, psychological & behavioural challenges presented by PWD
- develop techniques for caring for PWD & meeting their needs on a day to day basis

### **Module One**

**Understanding the Inner World of PWD** – group exercise exploring thoughts, feelings and behaviours

**Counting the Cost** – how effective intervention can lessen the cost of care of PWD

**Mental Disorder & Elderly Patients** – an overview

### **Module Two**

**Understanding the Three D's** - Dementia, Delirium and Depression (causes, symptoms, diagnosis & treatments)

**DVD Presentation** - types of dementia, treatments, carers' issues, & communication

**Person Centred Care** – principles & practice.

**Coming Into Hospital 'This is Me'** – the value of a life story pamphlet

### **Modules Three & Four**

**Putting Person Centred Care into Practice** – techniques to help meet the physical, psychological & behavioural challenges presented by PWD

- Physical challenges: pain, incontinence, poor appetite, dehydration
- Psychological challenges: crying, mood changes, aggression,
- Behavioural challenges: wandering, repetitive questions, disorientation

**Included in the 2 day course will be specialist clinical input from a senior speech therapist specialising in older people/ people with dementia and eating disorders who will offer practical information about nutrition, swallowing and hydration issues .**