

## **INTRODUCTION TO DEMENTIA**

This is a workshop for staff in Statutory, Voluntary and Independent organisations in health & social care settings, working with, and providing care for older people in the community.

### **The aim of the workshop is to**

- increase workers' understanding of people suffering from Dementia
- the difficulties which these older people may experience
- assist good practice in the management of their care.

The workshop will consist of discussion, group exercises, case study, presentations by the trainer and video material. Reading material relating to the cause content will also be provided in the form of a training pack.

### **COURSE OBJECTIVES**

- To explore the range of mental health needs which older people may have
- To explore the thoughts, feelings and behaviour associated with mental health difficulties, particularly Dementia
- To focus on issues which staff may have when managing the care of older people with Dementia
- To explore communications skills in this area
- To explore managing difficult and challenging behaviours which older people with Dementia may present with.

### **As a result of this workshop staff will:**

- Have increased their understanding of the mental health problems which older people may experience
- Be able to identify the main problems of behaviour, thoughts and feelings associated with Dementia
- Have had the opportunity to develop communication skills and managing behaviours needed when caring for people with Dementia

- Gained a further understanding of service users rights and carer's perspectives
- Be able to participate more effectively in the planning of care for older people with Dementia.

This course provides some of the underpinning knowledge and skills relating to the National Occupational Standards Health & Social care levels 2 & 3 and also to the Skills for Care 'Knowledge Set for Dementia'.

**Jessica McKoen,**  
**Mental Health Training 2008**