

Dementia: Promoting Activity – A Whole-Team Approach



Maximum Participants: 16

Duration: One Day

Timings: 09:30 – 16:30

Mike Phillips Training

Releasing potential through learning and development

Suitable for

All health and social care professionals who work with people with dementia and **have attended Dementia Awareness training within the last two years**, including:

- Day care staff
- Health care assistants
- Residential care staff
- Domiciliary care staff
- Nursing staff
- Team Leaders and Managers
- Charity staff

Aim

To explore how we can make all activities of daily living meaningful for people with dementia. You will consider how the whole care team can play a role in promoting meaningful activity – including those who work in the kitchen and elsewhere.

Learning Outcomes

By the end of the course, you will be able to:

- ✓ Review your current attitudes, skills and knowledge about dementia
- ✓ Define meaningful activity and identify how the whole team can play its part
- ✓ Recognise the value of communication, life history and reminiscence within older people's care
- ✓ Use good practice principles in activity work
- ✓ Identify causes of non-participation and develop strategies to create an inviting and inclusive environment
- ✓ Develop an activity profile for clients and use the PAL instrument and review care planning
- ✓ Discuss a range of activity ideas and tools that you can use in your care-setting

You will also leave the course with:

- ✓ A sense of achievement
- ✓ A Personal Action Plan to take your learning further
- ✓ A toolkit of techniques and practical ideas for releasing your potential

Training Style

All courses are interactive, using diverse participatory, 'brain-friendly' training methods including: exercises; games/quizzes; handouts and workbook; small/large group discussion; skills practice and trainer input.

All courses are accompanied by a **Welcome Pack** (including some essential pre-course activities to prepare for learning) and a **'Bonus Pack'** after the training with additional tools, and follow-up activities to support transfer of learning to the workplace. (*email required)

Other Courses to consider (Visit my website for details of these and other courses)

- ➔ Dementia: Behaviour – A Challenge or a Gift?
- ➔ Dementia: Making Mealtimes Fun
- ➔ Dementia: Precious Moments - Reminiscence Work with People with Dementia
- ➔ Dementia: Promoting Activity – A Whole-Team Approach
- ➔ Dementia: 'Who do you see? See Me!' Life History Work in Dementia Care



"A pleasure to come to another course that is being facilitated by Mike Phillips. Very vibrant..."

"Mike made the training fun and interesting... kept my mind stimulated and made us laugh."

Course Participant

London Borough of Brent

"I will use these skills in future support plans and care planning assessments. Some good ideas and practical tips"

Course Participant

Thames Reach



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