

Dementia: Making Mealtimes Fun

Maximum Participants: 16

Duration: One Day

Timings: 09:30 – 16:30



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 highlight the need for making mealtimes meaningful and fun for people with dementia. You will evaluate mealtimes in your care- setting develop strategies for increasing engagement, socialising and reminiscence.

Learning Outcomes

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

- ✓ Review your current attitudes, skills and knowledge about dementia
- ✓ Explain how dementia impacts on eating and drinking (including chewing and swallowing problems)
- ✓ Assess your care-setting's eating environment and identify easy, affordable changes to make it more dementia-friendly
- ✓ Discuss varied strategies for promoting independence (including finger-food) for clients who spend a lot of time 'walking'
- ✓ Identify the specific issues for those people with dementia approaching end-of-life
- ✓ Use various practical, fun and enjoyable food-based activities 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: 'Changing Rooms' - How the Care Environment Impacts on Care
- ➔ 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

Mike Phillips Training

Releasing potential through learning and development



"Very satisfied with course content and delivery."

The trainer does exceptionally well at engaging the group and making clear course content.

Looking forward to making mealtimes more interesting and fun for our residents."

Course Participant

London Borough of Brent



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