

Dementia: Sexuality and Relationships

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, 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 feel when dealing with issues of intimacy and sexuality in dementia care. You will consider stereotypes about older people and sexuality and develop strategies for improving care in this difficult area.

Learning Outcomes

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

- Review your current attitudes, skills and knowledge about dementia
- Define what is meant by intimacy and sexuality for older people and those with dementia.
- Explore and evaluate your attitudes to intimacy, sex and sexuality
- Explain how dementia may affect behaviour in terms of intimacy, sexuality and inhibition
- Choose person-centred care approaches for dealing with these situations
- Identify the personal/organisational challenges we face when working with these issues (including safeguarding)
- Use person-centred care strategies for dealing with these situations

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: 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
- ➔ Meeting the Care Needs of Older LGBT People

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"It was helpful to realise that as we age sexuality isn't just about sex, but also about intimacy..."

This course will help me to question assumptions...

The topic was dealt with sensitively and I have learned to be more positive to people with different sexual orientations and respect their sexuality."

Course Participant

Jewish Care

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