



Course Outline

Dementia: Promoting Activity and Engagement:

A Whole-Team Approach

Minimum and Maximum Learners: 06 - 16 Duration: One Day Timings: 10:00 - 16:30

Suitable for

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

Completion of Dementia Awareness training within the last two years is required before attendance.

Aim

Explore ways to make everyday activities meaningful for people living with dementia. Discover how every team member—from care staff to kitchen staff—can play a vital role in creating engaging, person-centred experiences.

Learning Outcomes

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

- ✔ **Review** your attitudes, skills, and knowledge about dementia.
- ✔ **Define** meaningful activity and **explain** how every team member can contribute.
- ✔ **Plan** daily, weekly, and monthly activities tailored to individual needs.
- ✔ **Explain** why engagement goes beyond group sessions and includes solo, paired, and small group activities.
- ✔ **Recognise** the importance of communication, life history, and reminiscence in person-centred care.



- ✔ **Apply** good practice principles to make activities inclusive and enjoyable.
- ✔ **List** the 10 Activity Needs of older people and those living with dementia.
- ✔ **Identify** and address reasons for non-participation, creating an inviting and inclusive environment.
- ✔ **Develop** and **apply** an activity care plan using the Pool Activity (PAL) tool and review care plans effectively.

Benefits of Attending

- ✔ Feel confident and ready to put your learning into practice.
- ✔ Take away a practical toolkit with proven techniques and ideas you can use straight away.
- ✔ Create a Personal Action Plan to apply your learning in your workplace.

Training Style

This course is highly interactive and uses engaging, 'brain-friendly' methods such as exercises, quizzes, group discussions, skills practice, storytelling and practical tools to support real-world application.

You'll receive a **Welcome Pack** with pre-course activities, a **Learner Workbook** during training, an **E-Book** on this topic and a **Bonus Pack** afterwards with extra tools and follow-up activities to help you put learning into practice. (*email required)

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

- ➔ Dementia: Behaviour – A Challenge or a Gift?
- ➔ Dementia: Communicating and Engaging with People with Dementia
- ➔ Dementia: Making the Most of Mealtimes
- ➔ Dementia: Person-centred Care Skills
- ➔ Dementia: Person Centred Activity Planning (including the use of PAL - the Pool Activity Level)
- ➔ Dementia: Precious Moments - Reminiscence Work with People with Dementia
- ➔ Dementia: "Who do you see? See Me!" Life History Work in Dementia Care
- ➔ EDI: An Introduction to Equality, Diversity and Inclusion
- ➔ Dealing with Stress and Boosting Wellbeing

