



Course Outline

Dementia: Behaviour - A Challenge or a Gift?

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

Suitable for

All health and social care professionals who work with people with dementia, in particular:

- 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 why some behaviours in dementia care feel challenging and learn how to see behaviour as a form of communication—a gift that helps us understand the person.

Learning Outcomes

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

- ✓ **Review** your current attitudes, skills and knowledge about dementia.
- ✓ **List** typical behaviours that we may find difficult.
- ✓ **Accept** that it is behaviour and situations instead of people that are 'difficult' and 'challenging.'
- ✓ **Recognise** behaviour and where it comes from using the Human Onion metaphor.
- ✓ **Describe** how dementia can influence behaviour.
- ✓ **Explain** the impact of labels and why they should be avoided.

✔ **Describe** the concept of 'behaviour as a gift' as an opportunity to understand how a person living with dementia may be feeling.

✔ **Explain** how when we can unwrap and discover the gift behind behaviour, we can respond with compassion and understanding.

✔ **Reflect** on how your communication and responses influence behaviour."

✔ **Discuss** person-centred approaches to managing challenging behaviour.

✔ **Respond** to behaviour using person-centred de-escalation techniques.

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: Balancing Rights, Choice and Risk

➔ Dementia: Communicating and Engaging with People with Dementia

➔ Dementia: Minimising Restraint and Managing Risk in Dementia Care

➔ Dementia: Promoting Activity – A Whole-Team Approach

➔ Dementia: Sexuality and Relationships

➔ Dementia: "Who do you see? See Me!" Life History Work in Dementia Care

