



Course Outline

Dementia: Normal Ageing, Brain Change and Dementia Awareness

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

Aim

To give a basic overview of how the brain works, normal ageing, different types of dementia (signs and symptoms). You will have an overview of key areas including diagnosis, issues for carers, person-care, communication and behaviour.

Learning Outcomes

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

- ✓ **Describe** the normal ageing process and **explain** how it differs from dementia.
- ✓ **Identify** the main types of dementia and their symptoms.
- ✓ **Recognise** how the dementia progresses and needs change over time.
- ✓ **Explain** the principles and values of person-centred dementia care.
- ✓ **Use** respectful and inclusive language when describing people with dementia.

- ✔ **Demonstrate** qualities and behaviours that support good dementia care.
- ✔ **Discuss** the impact of dementia on the person and their relatives/carers, drawing on lived experience.

- ✔ **Outline** how dementia can impact on communication and behaviour (*covered in detail in later courses*).

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 and Behaviour – A Challenge or a Gift?
- ➔ Dementia: "Changing Rooms" - How the Care Environment Impacts on Dementia Care
- ➔ Dementia: Communicating and Engaging with People with Dementia
- ➔ Dementia: "Who do you see? See Me!" Life History Work in Dementia Care
- ➔ Dementia: Making the Most of Mealtimes
- ➔ Dementia: Music, The Brain and Dementia
- ➔ Dementia: Person Centred Care Skills
- ➔ Dementia: Precious Moments - Reminiscence Work with People with Dementia
- ➔ Dementia: Promoting Activity – A Whole-Team Approach

