



# Course Outline

## Dementia: Music, the Brain and Dementia

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

To explore the powerful impact music can have on the brain, memory and dementia. You will consider ways to use music when supporting people living with dementia.

### Learning Outcomes

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

- ✔ **Review** your current attitudes, skills and knowledge about dementia.
- ✔ **Describe** how music can engage different parts of the brain (known as lobes) and different types of memory (e.g. the semantic memory).
- ✔ **List** different ways in which music can be used in dementia care.
- ✔ **Recognise** the importance of life history, personal likes and dislikes in choosing appropriate music for a person living with dementia.
- ✔ **Explain** how music can be used as part of organised activity.

- ✔ **Summarise** the PAL Pool Activity Level and Montessori Principles and how these can inform the use of music, arts and crafts in dementia care.

**Describe** the importance of music at late-stage dementia and how to alter our approach.

## Benefits of Attending

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- ✔ 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

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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)

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- ➔ Dementia: Behaviour – A Challenge or a Gift?
- ➔ Dementia: "Changing Rooms" - How the Care Environment Impacts on Care
- ➔ Dementia: Making the Most of Mealtimes
- ➔ Dementia: Precious Moments - Reminiscence Work with People with Dementia
- ➔ Dementia: Promoting Activity and Engagement – A Whole-Team Approach
- ➔ Dementia: Social Work Perspectives
- ➔ Dementia: "Who do you see? See Me!" Life History Work in Dementia Care

