



Course Outline

Dementia: Person Centred Activity Planning (including the use of the Pool Activity Level PAL)

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 and Dementia: Promoting Activity and Engagement – A Whole-Team Approach training within the last two years is required before attendance.

Aim

To explore effective activity planning when working with people with dementia and how engagement is so much more than bingo and group activities. You will select individuals at different stages of dementia and create a personalised action plan

Learning Outcomes

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

- ✓ **Review** your current attitudes, skills and knowledge about dementia.
- ✓ **Outline** the key principles of effective care plans and list the areas that should be covered.
- ✓ **Explain** the role of activity in promoting health, wellbeing and engagement for people with dementia.

- ✔ **Recognise** that activity and engagement isn't just about group activities and the vital role of solo, pairs and small group activities.
- ✔ **Distinguish** between daily, weekly and monthly activity planning for individuals.
- ✔ **Describe** the Pool Activity Level (PAL) and how it can be used for person-centred activity planning.

- ✔ **Discuss** a range of activity ideas and tools that you can use in your care-setting.
- ✔ **Use** the Pool Activity Level (PAL) to assess four individuals you work with and create a person-centred activity plan for them (daily, weekly and monthly).

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: Making the Most of Mealtimes
- ➔ Dementia: Promoting Activity and Engagement – A Whole-Team Approach
- ➔ Dementia: Precious Moments - Reminiscence Work with People with Dementia
- ➔ Dementia: "Who do you see? See Me!" Life History Work in Dementia Care

