



Course Outline

Dementia: Minimising Restraint and Managing Risk in Dementia Care

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 build upon basic dementia knowledge/skills and focus on different types of restraint, relevant legislation and impact on care practice. You will discuss strategies for risk assessment, enabling positive risk-taking whilst minimising restraint.

Learning Outcomes

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

- ✔ **Review** your current attitudes, skills and knowledge about dementia.
- ✔ **Define** what is meant by 'restraint' and 'managing risk' in dementia and older people's care.
- ✔ **List** different types of restraint.
- ✔ **Differentiate** between rights, choice and risks.
- ✔ **Outline** Deprivation of Liberties legislation and policy/procedures.
- ✔ **Assess** and analyse risk within your care-setting.

✔ **Recognise** and appropriately respond to issues/ concerns for staff about balancing rights and risks.

✔ **Use** strategies for managing risk whilst respecting rights and minimising restraint.

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: Balancing Rights, Choice and Risk

➔ Dementia: "Changing Rooms" – How the Care Environment Impacts on Care

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

➔ Dementia: Making Mealtimes Fun

➔ Dementia: Precious Moments -

Reminiscence Work with People with Dementia
Dementia: Balancing Rights, Choice and Risk

➔ Dementia: Social Work Perspectives

