



Course Outline

Dementia: IntoMeSee - Intimacy, Sexuality and Relationships

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 how we feel when dealing with issues of intimacy and sexuality in dementia care. You will consider stereotypes about older people and sexuality and develop strategies for improving care in this difficult area.

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 intimacy and sexuality for older people and those with dementia.
- ✓ **Explore** and **evaluate** your attitudes to intimacy, sex and sexuality.
- ✓ **Explain** how dementia may affect behaviour in terms of intimacy, sexuality and inhibition.

- ✔ **Choose** person-centred care approaches for dealing with these situations.
- ✔ **Identify** the personal/organisational challenges we face when working with these issues (including safeguarding and the Mental Capacity Act).
- ✔ **Use** person-centred care strategies for dealing with these situations.

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

