

Lessening the Impact of Dementia - courses for health & care professionals

Dementia training often has a biomedical focus on changes in the brain, body and behaviour. Our training is different: rather than focusing on deficits or fighting dementia as a disease, we work positively with the condition as a disability. This reduces its impact on the person, so that behaviour becomes less of an issue.

This training is suitable for everyone working in health or care settings, especially those who regularly encounter people living with dementia. No prior knowledge of dementia is required.

Our professional course normally consists of 9 weekly interactive sessions for up to 10 trainees. Each session includes a short presentation, with time for Q&A and discussion. Over the course, delegates gain a better understanding of how the dementia affects the person, and develop skills to:

- lessen the impact of dementia on the person and their family
- de-escalate distressed behaviour
- avoid inadvertently triggering distress.

Topics covered in each one-hour interactive session:

1. **Overview of our approach**
 - Understanding Dementia and how to lessen its impact
2. **Types of dementia and related conditions**
 - tailoring the approach to individual situations
3. **Well-being**
 - its importance, its relationship to dementia and how to promote it
4. **Questions**
 - why they don't help in dementia, and how to find better ways to facilitate choice
5. **Being a buddy**
 - how to get alongside the person and foster positive relationships
6. **Contradiction and confrontation**
 - why we should avoid them, and how to do that without getting tangled up in lies
7. **Listening and talking skills**
 - including how to respond to repetitive questions from people with dementia
8. **The hazards of 'parenting' our elders**
 - maintaining dignity despite cognitive decline
9. **Counterintuitive strategies for managing risk**
 - and other difficult issues

Our interactive online training is very cost-effective. Prices include a hard copy of the booklet 'Understanding Dementia and Lessening its Impact', with electronic handouts and CPD certificate. On completion, we invite participants to join our online community of professionals using this approach, for ongoing discussion and support.

When care is shared among staff trained in this approach, it has a more seamless and unobtrusive feel to the person at its centre. See our website for our free courses for family carers. We can deliver bespoke courses for health and/or social care teams – please contact us with your requirements.