

Tier 1 Dementia Awareness Training Unit Delivery Plan

Title: Tier 1 Dementia awareness training – 2 hour workshop

Organisation:

Number of participants in the group:

Date:

Duration of Session:

Venue:

Key words: Dementia, signs & symptoms, Tier 1 Training, Dementia Awareness, Dementia Strategy, Communication, Living well with dementia.

Aim:

This training workshop has been designed to provide face to face training to clinical and non-clinical staff working in a variety of health and social care settings with a basic awareness of what dementia is and how it affects the person with dementia along with their family, relatives, carers, friends and significant others.

The session provides a definition of what dementia is, it explores common perceptions about dementia and explains why it is important for everyone to know about dementia at a basic level.

The content has been shaped by the Skills for Health Standards (Health Education England); The National Institute for Health Research (NIHR) Collaboration for leadership in Applied Health Research and Care (CLARC) or PenCLAHRC; Higher Education Dementia Network (HEDN) and findings from Phase 1 of the Health Education England Thames Valley (HEE TV) Tier 1 Dementia Awareness Training Project that was undertaken by the Dementia Academic Action Alliance (DAAG).

Objectives of the session:

By the end of this session, the participants will be able to:

- ✓ Explain what dementia is, how it affects people with dementia & their carers
- ✓ Describe the impact of dementia and the support that people with dementia and their carers require
- ✓ Name some useful strategies or hints and tips that can be used to support the person with dementia at whatever stage

A note to the trainer:

The DAAG project team highly recommend that this session must be delivered as a face to face session and it helps to set the scene for the rest of the package. In preparation for the session, the trainer needs to read the accompanying PowerPoint presentation slides with additional information in the “Notes section” of each slide.

Resources for facilitators to hand-out at the start of the session

- ✓ Attendance Register for all to sign in
- ✓ Worksheet for Training Activities
- ✓ Tier 1 Dementia Awareness Training Evaluation Sheet – make sure that the participants complete page 1 before the training

Resources for facilitators to collect at the end of the session

- ✓ Completed Tier 1 Dementia Awareness Training Evaluation Sheet
- ✓ Make sure that all have signed the attendance register
- ✓ Send the numbers trained to your Local Training & Education Lead – they will collate the numbers trained and keep a record.

Finally, it is important for you to signpost participants to further sources of support and information, depending on organisational and individual circumstances.

Estimated Timings	Content	Facilitator Activity “What the facilitator will be doing”	Participant Activity “What the learners will be doing”	Resources needed
10 mins	<p>Welcome to the Unit Setting of ground rules including disclosure of sensitive information and confidentiality.</p> <p>Participant health and wellbeing ~ make yourself available to give a debrief and to sign post after the session has ended.</p>	<p>Facilitating discussion.</p> <p>Inform the participants about the length of the session, including a short comfort break.</p> <p>Give out Tier 1 Training Evaluation Form for each participant to complete page 1.</p>	<p>Sign the Attendance Register.</p> <p>Listening, participating</p> <p>Completing page 1 of the Tier 1 Training Evaluation Form</p>	<p>Slides 1 to 5</p> <p>Tier 1 Evaluation Forms Pens Flip chart paper, pens, white board Hand-outs & other supporting materials which are on a USB storage stick. Certificate will be made available at the end of the session.</p>
5 mins	<p>Individual Activity (3 minutes)</p> <p>Participants to complete the “Forget Me Not” Task:</p> <p><i>“When I can’t tell you what I want, this is what’s important to me……”</i></p>	<p>To start ask everyone to write down the most important thing that they would want to happen if they were to end up being cared for by others (3 minutes).</p> <p>Ask participants to put the answer away for the moment. Facilitator will refer to it at a later part of the session.</p>	<p>Individual activity:</p> <p>Participant to complete the “Forget Me Not” Task using a pre-printed sheet of paper.</p>	<p>Slide 6</p> <p>Unit 1 Activity Worksheet with “Forget Me Not” Task on it.</p>
10 mins	<p>Group Activity (5 minutes)</p> <p>Participants to work in pairs/trios and to discuss the following statement: <i>“What are your perceptions of dementia”</i></p> <p>5 minute feedback (10 minutes in total)</p>	<p>Ask the audience to discuss in pairs/trios what their experience of dementia has been (5 minutes)</p> <p>After 5 minutes, ask for a few examples to share with the group.</p> <p>If little is forthcoming from the participants, you can use examples from your own experience.</p>	<p>Group activity:</p> <p>Pairs or small group discussion about personal and/or professional experiences of dementia.</p> <p>5 minutes</p>	<p>Slide 7</p>
2 mins	<p>Pause & Think: What is dementia?</p>	<p>Present content from Slide 9 make clear it is NOT a normal part of ageing</p>	<p>Listening and participating by answering question</p>	<p>Slide 8</p>
2 mins	<p>What is dementia?</p>	<p>Read out the definition of dementia. Explain there are many others.</p>	<p>Listening</p>	<p>Slide 9</p>

Estimated Timings	Content	Facilitator Activity “What the facilitator will be doing”	Participant Activity “What the learners will be doing”	Resources needed
2 mins	Why all the fuss now?	Highlight that DoH made it priority in 2009 through the National Dementia strategy.	Listening	Slide 10
2 mins	PM’s Challenge on Dementia			Slide 11
15 mins	<p>Video presentation (10 minutes) Participants to watch the Social Care Institute of Excellence Video (SCIE) TV video: “Living with dementia”</p> <p>5 minute feedback (15 minutes in total)</p>	<p>Facilitator explains: “This is a video that lasts for 10 minutes and it is from SCIE TV (Social Care Institute for Excellence) Television.</p> <p>It presents the experience of dementia directly from the people who are experiencing it.</p> <p>After 10 minutes, involve audience in a discussion about what they just viewed.</p> <p>“Any lessons learned?”</p> <p>Note to facilitator: People may express negative emotions about dementia. For example feelings of hopelessness, no cure, you are only going to get worse.</p> <p>Please make sure that you end the discussion by saying: “We will now explore the early signs and symptoms of dementia.”</p>	<p>Watch SCIE TV Video entitled: “Living with dementia”</p> <p>After watching video, engage in audience discussion about the content of the video.</p> <p>Discuss lessons learned.</p>	<p>Slide 12</p> <p>Video link is on PowerPoint Presentation Slide.</p> <p>To open, place cursor on the words “Video Clip”, right click on the mouse and a drop down menu will appear, left click on the mouse on the words, “open hyperlink”. This will take you to video on the website.</p> <p>Alternatively, use the video which has been downloaded onto the USB stick.</p>
10 mins	Some early symptoms of dementia	Present content from Slides	<p>Listening and participating mentally</p> <p>Participants can make notes if they wish</p>	Slide 13
	Risk factors associated with dementia	Present content from Slides		Slide 14
	Types of dementia	Present content from Slides		Slide 15
	Young dementia	Present content from Slides		Slide 16
	The 3 ‘D’s’ – Is it Dementia, delirium or depression?	Present content from Slides		Slide 17
10 minute Comfort Break				

Estimated Timings	Content	Facilitator Activity “What the facilitator will be doing”	Participant Activity “What the learners will be doing”	Resources needed
23mins	<p>Video presentation (23 minutes) Participants to watch the video: <i>“Barbara, the whole Story”</i></p> <p>7 minute feedback (30 minutes in total)</p> <p>Or</p> <p>Video presentation (13 minutes) Participants to watch the video: <i>“Barbara’s Story Part 1”</i></p> <p>7 minute feedback (20 minutes in total)</p>	<p>Facilitator explains: “This is clip from a video that lasts for 30minutes, but we will watch about 20 minutes, and it is from Guys & St Thomas’ Hospital NHS Trust.</p> <p>Stop the video at 23 minutes – tell people they can see the whole video on You Tube</p> <p>Or</p> <p>Facilitator explains: “This is a video that lasts for 13 minutes and it is from Guys & St Thomas’ Hospital NHS Trust.</p> <p>It presents the experience of Barbara, a lady with dementia who was attending a hospital appointment. It shows us what happens when you do not understand the needs of the person with dementia.”</p> <p>After 13 minutes, involve audience in a discussion about what they just viewed.</p> <p>“Any lessons learned?”</p> <p>Note to facilitator: People may express negative emotions about Barbara’s experience. For example feelings of hopelessness about the NHS staff, nobody was there to help her, only one person cared. Explain that is why we need to be person centred.</p> <p>Please make sure that you end the discussion by saying: “We will now explore some person-centred approaches that we can use.”</p>	<p>Watch the Video entitled: “Barbara, the whole Story”</p> <p>Or</p> <p>Watch the Video entitled: “Barbara’s Story Part 1”</p> <p>After watching video, engage in audience discussion about the content of the video</p> <p>Discuss lessons learned.</p>	<p>Slide 18</p> <p>Click on video link on PowerPoint presentation slide.</p> <p>To open, click on “Video Clip and, left click on, “open hyperlink”. This will take you to video on the website.</p> <p>Alternatively, use the video which has been downloaded onto the USB stick.</p> <p>Alternative videos:</p> <p>If you are delivering training in Primary Care, you may want to use the video called “The Appointment” which features Barbara attending an appointment at the dentist. It is 14 minutes and 20 seconds long. This can be accessed via: https://www.youtube.com/watch?v=EnPUq00UA8c</p> <p>If you are delivering training in the Emergency Services such as in the Accident & Emergency Department, Police or Fire Services, you may want to use the video entitled, “Fred’s Story Part 2”. This features the story of an older man who absconds from an acute general hospital and is found walking around or “wandering” in the streets in his pyjamas. This video is 11 minutes & 1 second long. It can be accessed via: https://www.youtube.com/watch?v=YNDBB-6s1S0</p>

Estimated Timings	Content	Facilitator Activity “What the facilitator will be doing”	Participant Activity “What the learners will be doing”	Resources needed
10 mins	Personhood	Present content from Slides	Listening and participating mentally	Slide 19
	Person-centred approaches	Present content from Slides Facilitator to ask the audience: “Have you heard anyone say these things?”		Participants can make notes if they wish
	Person-centred approaches: What do we mean by ‘culture’ & what are the issues?	Present content from Slides Facilitator to invite participants to share their thoughts	Listening and participating mentally	Slide 21
	How does dementia affect the person?	Present content from Slides Discuss driving license issues	Listening and participating mentally	Slide 22
5 minutes	Why might a person with dementia show signs of distress? 1	Present content from Slides Stress that a lot of distress stems from unmet needs	Listening and participating mentally	Slide 23
	Why might a person with dementia show signs of distress? 2	Present content from Slides Stress that a lot of distress stems from unmet needs	Listening and participating mentally	Slide 24
10 mins	Ideas for staying well 1	Present diagram from Prof June Andrews two possible pathways : one offers steep decline , and the other living well with dementia for longer at home	Listening and participating mentally	Slide 25
	Ideas for staying well 1	Discuss tips for good communication & stress the need to avoid confrontation. Click on Sterling university to show environmental adjustment examples	Listening and participating mentally	Slide 26
5 mins	Final points	Complete presentation & ask participants to consider becoming dementia friends	Verbal feedback	Slide 27
	Conclude session			Completion of evaluation forms.
5 mins	Review objectives	Ask people to complete evaluation form and tick box for Dementia Friends option		
	Sign post to sources of support	Sign post to electronic resources, dementia apps and any relevant dementia support services.		Slide 28 - 32 Dementia Apps on iTunes & Android. On-line Resources Recommended reading
	Give out Certificates	Sign certificates	Pick up certificate	Certificates