



# Tier 1 Dementia Awareness Training

## Full Training Package



Developing people  
for health and  
healthcare



# Welcome

- Introduction
- Tier 1 Training
- Raising your awareness
- **Starting point** for your exploration, personal & professional development





# Definition of Tier 1 Training

- Tier 1 training is aimed at raising awareness, in terms of knowledge, skills and attitudes of all those working in health and care settings.
- It is relevant to the entire health and social care workforce including ancillary staff. This could form part of induction training and also provide a foundation for more advanced practice.
- It is also appropriate for social care workforce group 1 including all social care staff who do not provide direct care and support such as catering, maintenance or administration staff. (Skills for Health, 2015)



# House Keeping

- Fire
- Refreshments
- Toilets
- Ground Rules
- Confidentiality
- Self disclosure
- Opportunity for debrief at the end.





# Aims of the Session

- What is dementia?
- Different forms of dementia
- Early signs & symptoms & diagnosis
- Supporting people with dementia & carers
- Impact of dementia
- Hints and tips
- Sources of support



# Individual Activity - “Forget Me Not”

Please complete this sentence:

When I can't tell you  
what I want, this is  
what's important to me...



# Group Activity

## Your perceptions of dementia



Work in pairs and think about these questions:

- What are your perceptions about dementia?
- Who do you know that has dementia?
- How does it affect them?

Please think about your professional and/or personal experience of dementia.

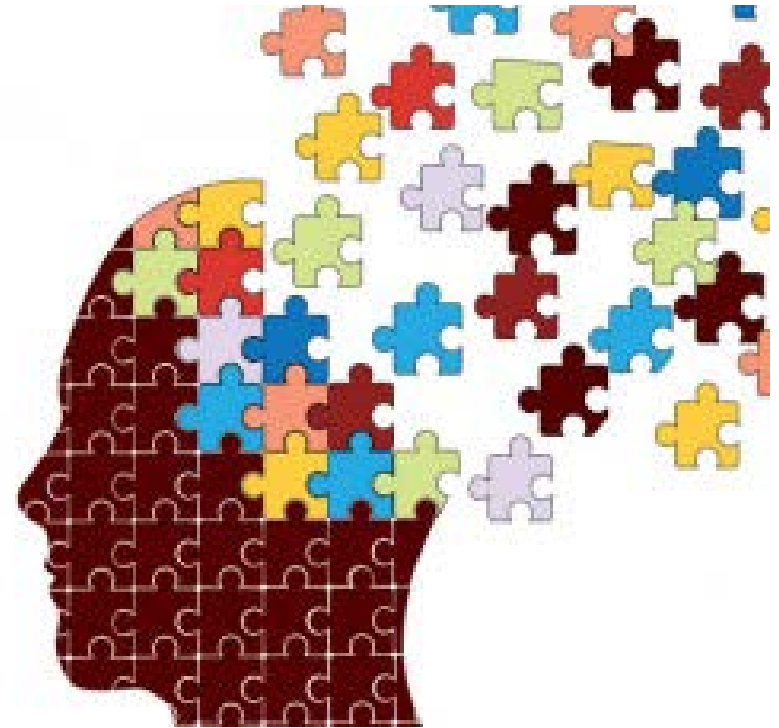
Write down some of your answers.



# Pause & think: What is dementia?

Is it any of these?

- Psychiatric disorder?
- Neurological condition?
- Chronic long term condition?
- Normal part of ageing?







# What is dementia?

**Not** a disease in itself, but **a term** used to describe a **group of symptoms** that occur when **brain cells stop working** properly.

Over time, there are **changes** in the way people **think** which affects their **memory**, their ability to reason, to communicate, their personality and their behaviour. At times, they may **walk or be restless**.

They may no longer be able to perform **activities of daily living\*** (ADL) such as eating, drinking, washing or dressing themselves.

(\*Roper, Logan & Tierney, 2014)



# Why all the fuss now?

## The National Dementia Strategy Aims

To improve dementia services in three key areas:

1. improved awareness
2. earlier diagnosis & intervention
3. higher quality of care



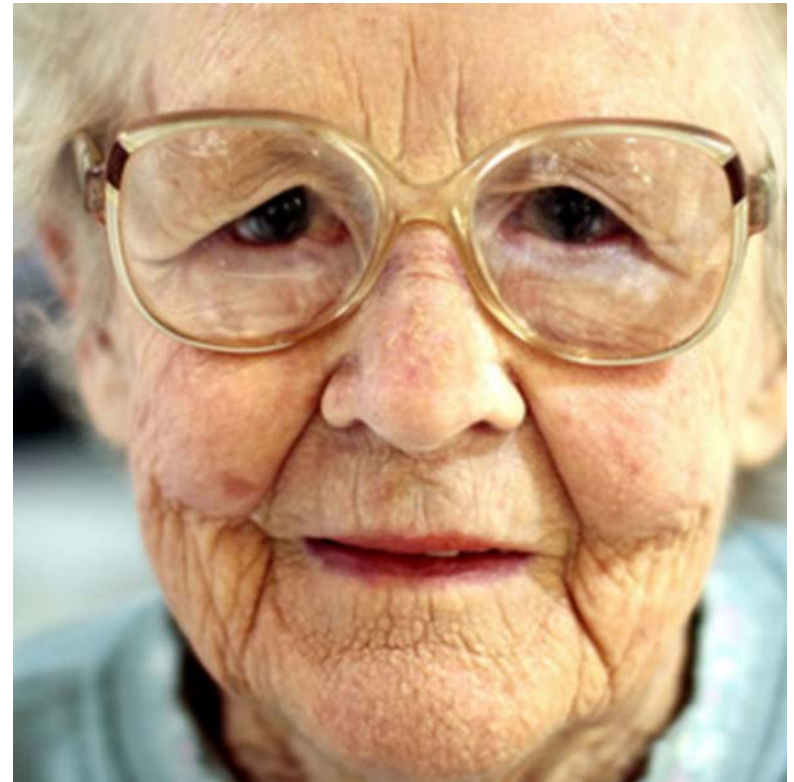
The strategy aims to change the way that people with dementia are viewed & cared for in England.

(DoH, 2009)



# Prime Minister's Challenge on Dementia

- The global number of people with dementia is expected to rise to 135 million by 2050
- In the UK, there are around 850,000 people who have been diagnosed with dementia
- There is a global ambition to develop a dementia cure or treatment by 2025





# Video Presentation

## Living with dementia

4 people with lived experiences of dementia

This is the 'lived experience' of real people and there is no acting

Look out for the differences in their experience of dementia

[Living with Dementia SCIE TV Video](#)

10 minutes



# Early Symptoms of Dementia

- **Memory Problems - short term memory**
- **Getting lost** in familiar places, issues with **names**
- Orientation in **time** and **place**
- **Communication** – word finding difficulties, reading and writing
- **Cognitive** difficulties- concentration & thinking things through
- **Worry** about memory problems
- Other **people comment** on your memory

# Risk factors associated with dementia

- A person's **age**
- **Gender**- women more likely to get Alzheimer's Disease and men are more likely to get Vascular Dementia
- People who **smoke**
- Eating a diet **high in cholesterol**
- Being **overweight** or obese
- **Not doing** enough exercise
- Having a **sedentary** life style
- Drinking **too much alcohol**
- Having a **family history** of dementia
- Having **high blood pressure**
- People with **Down Syndrome**





# Types of Dementia

1. Alzheimer's Disease 62%
2. Vascular Dementia 17%
3. Mixed 10%
4. Lewy Body Dementia 4%
5. Frontal Lobe Dementias 2%

## ***Rarer forms of Dementia 5%***

- Alcohol Related Dementia, e.g. Korsakoff's Syndrome
- Creutzfeldt-Jakob Disease (CJD)
- HIV & Aids Related Dementia

(Alzheimer's Disease Society 2014)



# Young Dementia

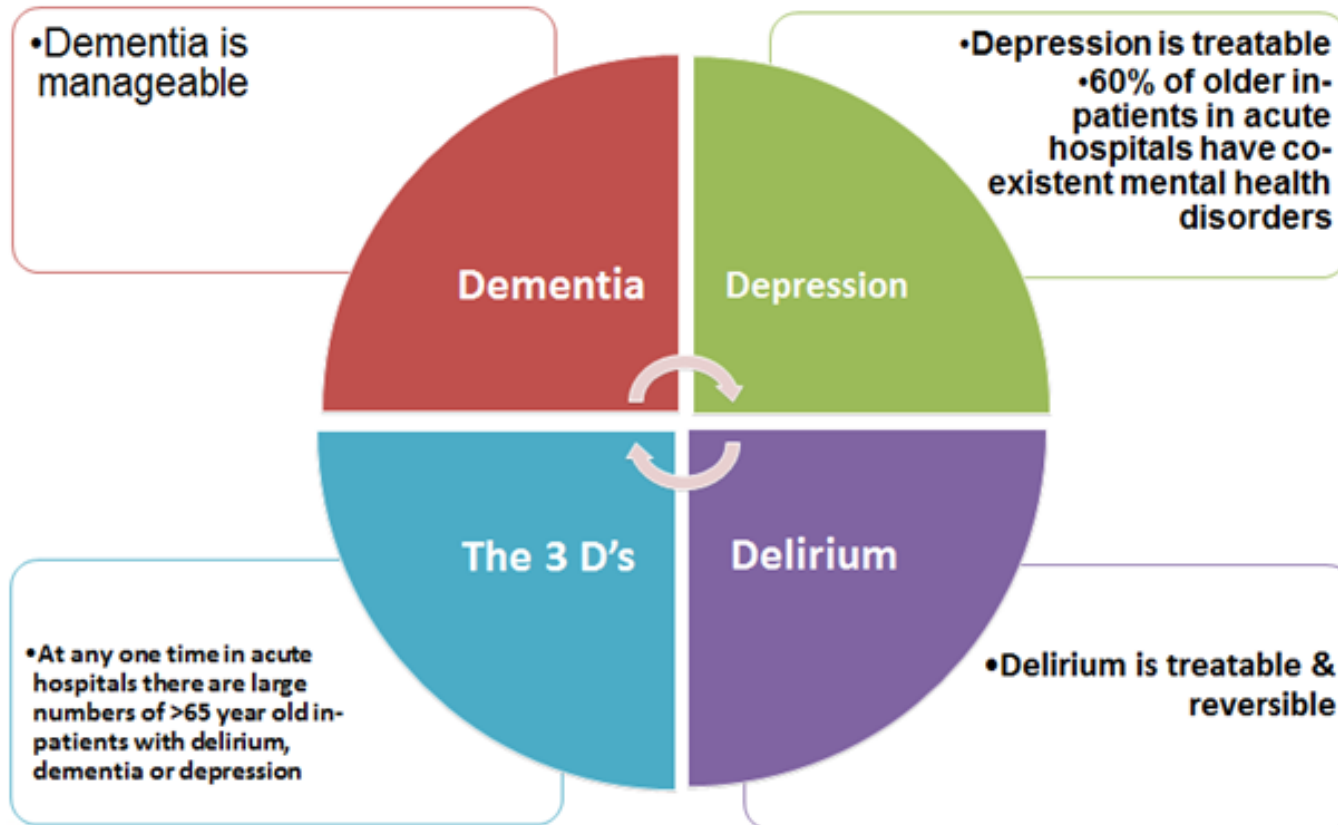
- Dementia is considered ‘young onset’ when it affects people under 65 years of age. Also referred to as ‘early onset’ or ‘working age’ dementia. Onset can be as early as mid/late 30’s.
- Young dementia has arguably even more impact:
  - ✓ It may be unexpected
  - ✓ Impact on family life
  - ✓ Partners & children may become carers
  - ✓ Loss of income (possibly double)

[Living with Young Onset Dementia - Dementia UK](#)



# The 3 'D's'

## Is it Dementia, Delirium or Depression?





# Video Presentation

## The experience of dementia

[Barbara's Story](#)

# Personhood

- To improve the care & experience of an individual with dementia, care should be geared to promoting personhood.
- Dementia affects a person's cognitive functioning (memory, orientation, problem solving, comprehension & planning), but personhood is more than just those abilities.
- People with dementia are still **Fred**, **Mary** or **Rachel**, each with unique identities, needs & preferences.





# Person-centred approaches



# Person-centred approaches

## What do we mean by 'culture' & what are the issues





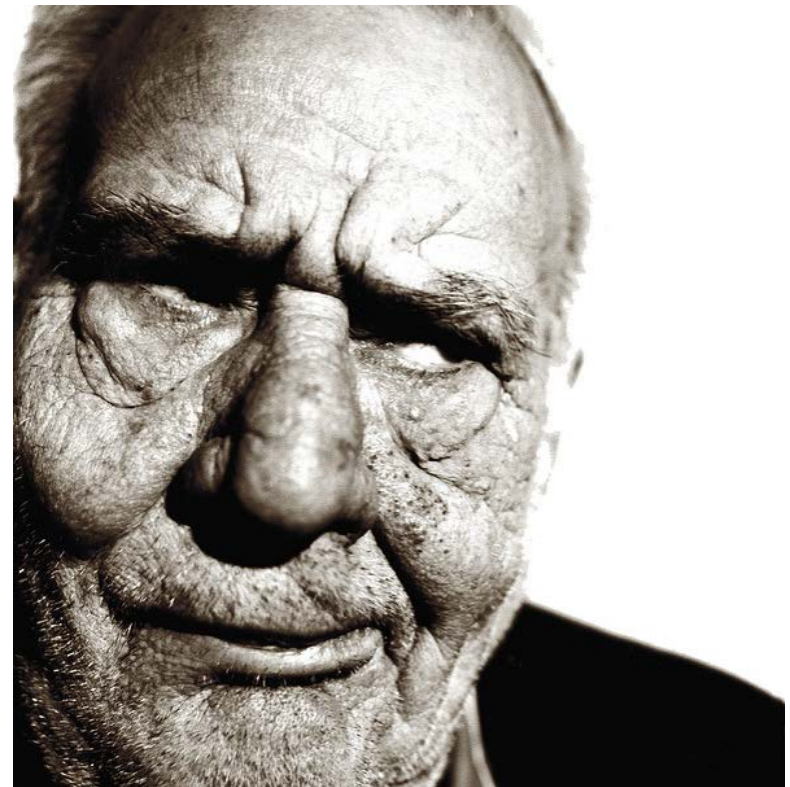
# How does dementia impact on the person?

- Why do people with dementia sometimes get frustrated or agitated?
- Emotional aspects of dementia:
- Acceptance of diagnosis
- Dealing with loss of memory (and sensory loss)
- Increased dependency and becoming a 'burden'
- Loss of employment/social role/driving license
- Confusion, anxiety and depression
- Communication issues
- Some or all of the above may cause challenging behaviour

Many of these may also apply to carers

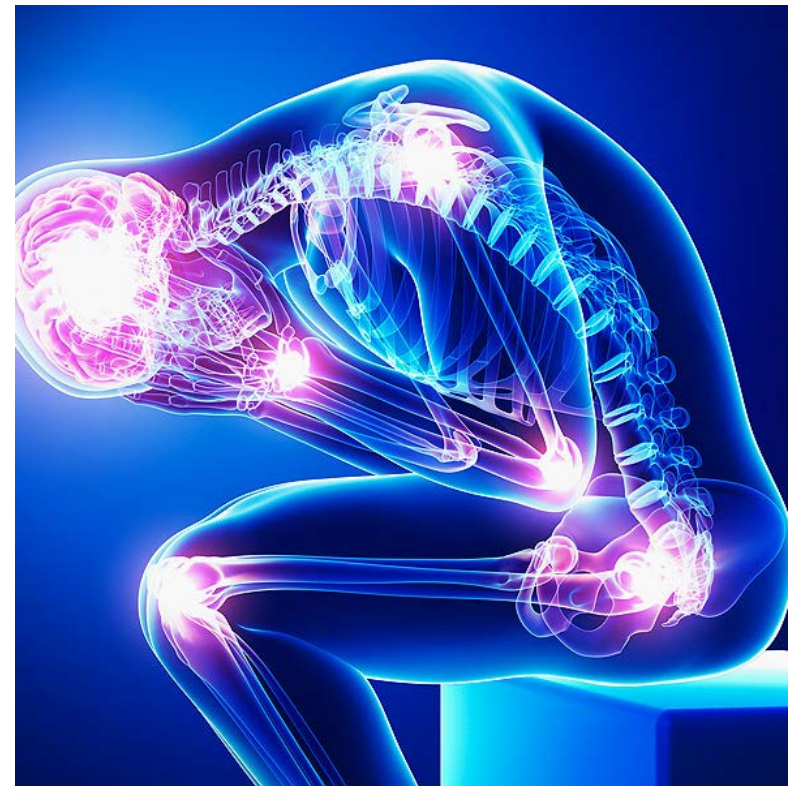
# Why might a person with dementia show signs of distress?

- It is not always the dementia that causes the distress.
- It is important to consider other potential causes
- They may be communicating an unmet physical, psychological, social or spiritual need.



# Why might a person with dementia show signs of distress?

- Physically, they may be in pain or feeling tired feeling hungry &/or thirsty.
- Needing to go to the toilet.
- The distress may be also be triggered by environmental factors such as noise, heat, cold, darkness or bright lights.





# Pause & think: Ideas for staying well

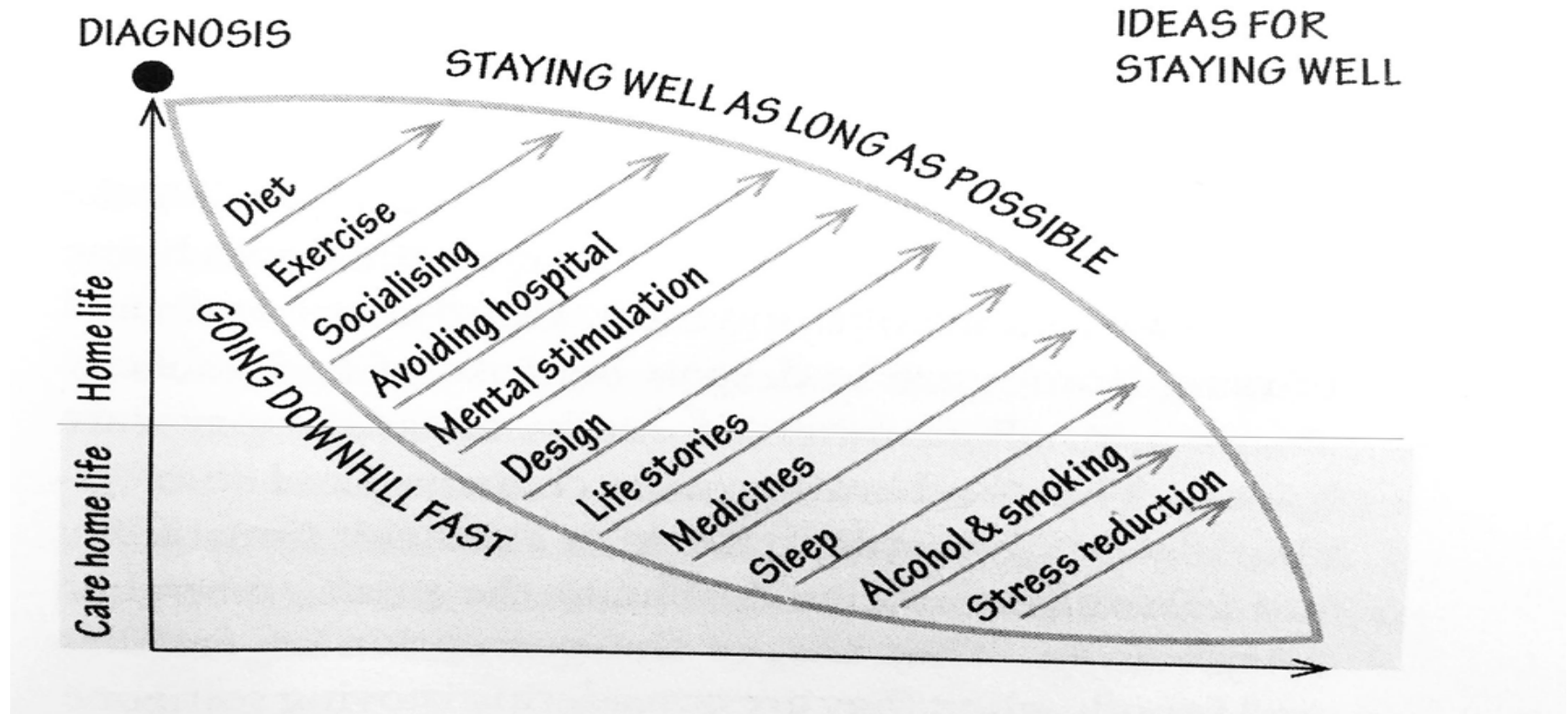


Image used with permission from (Andrews 2015) & Profile Books



# Ideas for staying well with dementia

## Communication:

- People with dementia may take time to process verbal conversations
- As language becomes an issue, nonverbal communication becomes more important
- Speak slowly & clearly & use shorter sentences
- Don't ask too many questions
- Don't challenge or raise your voice
- Use 'This is me'/'Knowing Me'/Life story or Memory books

## Environment:

- Clear signage
- Bright, well lit environment
- Quiet/reduced stimuli
- Coloured crockery/toilet seats/doors [Stirling University](#)

# Final Points

- Dementia can cause serious challenges, but emphasis must be ‘living well’ with dementia and person centred approaches.
- There are many sources of help available
- Consider becoming a “Dementia Friend” ([Alzheimer Society](#))

# Useful Dementia Apps

## Free in the Apple App Store:

- Sea Hero Quest – Glitchers Ltd (2016)
- Dementia Guide for Carers and Care Providers – Text Matter Ltd (2016)
- MindMate – Empowering People with Dementia – MindMate (2016)
- Understanding Dementia for Care & Support Workers v.2 – by Scottish Social Services Council (2016)
- Dementia: Understanding Stress & Distress v.2 – by Scottish Social Services Council (2016)
- Dementia: Personal Outcomes v.2 –by Scottish Social Services Council (2016)
- Dementia Support – by Swedish Care International (2013)
- Pathways Through Dementia – by Patrina Briggs (2013)



# Useful Dementia Apps

## Free in the Android Play Store:

- Confusion: Delirium & Dementia: A Bedside Guide – by Confusion App (2014)
- Vascular Dementia Information – by Pachara Kongsookdee (2014)
- Dementia Support – by Swedish Care International (2013)
- Pathways Through Dementia – by Patriona Briggs (2013)
- Fronto-temporal Dementia – by Emanuel Bolachi (2014)
- Lewy Body Dementia – by T. Boonmarkmee (2014)



# Some sources of help

- Alzheimer Society: <http://www.alzheimers.org.uk/>
- Berkshire Health Care (2014) Your Dementia handbook: [http://www.berkshirehealthcare.nhs.uk/page\\_sa.asp?fldKey=344](http://www.berkshirehealthcare.nhs.uk/page_sa.asp?fldKey=344)
- Carers of people with dementia: <http://www.healthtalk.org/peoples-experiences/nerve-brain/carers-people-dementia/topics>
- Dementia Action Alliance: [www.dementiaaction.org.uk](http://www.dementiaaction.org.uk)
- Dementia Friends: <http://alzheimers.dementiafriends.org.uk/>
- Dementia UK: <http://www.dementiauk.org/>
- Dementia Services Development Centre: <http://dementia.stir.ac.uk/>

# Some sources of help

- Dementia Web Oxfordshire DAA:  
<http://www.dementiaweboxfordshire.org.uk/>
- Improving Dementia Education and Awareness (IDEA):  
<http://idea.nottingham.ac.uk/>
- Young Dementia UK: <http://www.youngdementiauk.org/>
- Social Care Institute for Excellence (SCIE):  
<http://www.scie.org.uk/socialcaretv/topic.asp?t=dementia>
- Skills for Care (2014) Better domiciliary care for people with dementia Best practice case studies from domiciliary care employers developing their workforces to support people with dementia. Leeds: Skills for Care: <http://www.skillsforcare.org.uk/Document-library/Skills/Dementia/Better-domiciliary-care-for-people-with-dementia.pdf>



# Evaluation - Now what?

- After completing this Dementia Awareness Training Unit, one thing **I will do from now on is.....**
- One thing **I will stop doing** from now on is.....





# Acknowledgements

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