

Tier 1 Dementia Awareness Training Worksheet

Tier 1 Dementia Awareness Training

2 hour workshop

The purpose of this workshop is 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.

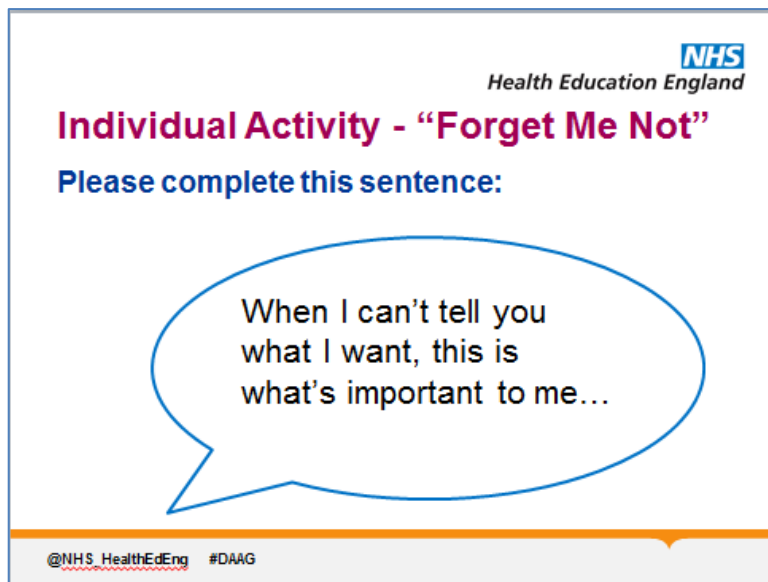
It will increase your awareness about dementia and it will form the starting point for your exploration, personal and professional development. Please use this worksheet to record your thoughts and feelings as you go through this session.

Objectives of the session:

By the end of this session you 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

The starting point – Individual activity – “Forget Me Not” Campaign



The image shows a worksheet for an individual activity. At the top right, it features the NHS Health Education England logo. The main title is 'Individual Activity - "Forget Me Not"'. Below the title, it says 'Please complete this sentence:'. A large blue speech bubble contains the text: 'When I can't tell you what I want, this is what's important to me...'. At the bottom left, there are social media handles: '@NHS_HealthEdEng' and '#DAAG'.

Please complete this statement:

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Group activity: What are your perceptions about dementia?

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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.

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Write your thoughts here:



Video presentation – Living with dementia.



What have you learned from watching this video?

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Pause and think: Early signs & symptoms of dementia

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Pause & think

What are the early symptoms of dementia?

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Are there any signs and symptoms that you would add to this wheel? Write them down here.

Risk factors associated with dementia – What do you think?

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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**

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Write your thoughts here:

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The 3 D's – Is it Dementia, Delirium or Depression?

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The 3 'D's' – Is it Dementia, Delirium or Depression?

- Dementia**: Dementia is manageable
- Depression**: Depression is treatable
•60% of older in-patients in acute hospitals have co-existent mental health disorders
- Delirium**: Delirium is treatable & reversible
- The 3 D's**: At any one time in acute hospitals there are large numbers of >65 year old in-patients with delirium, dementia or depression

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Write your thoughts here:

Video presentation: The importance of knowing the person with dementia.



What have you learned from watching this video? Write your thoughts here:

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Pause & think: Person-centred approaches

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Person-centred approaches

"I like 2 sugars in my tea"

"I enjoy going for a walk after I have my dinner"

"I am gay. It is important that my partner be included in my care"

"Please don't call me dear! My name is Helen!"

"I used to be a nurse and I would like to be included in my care decisions"

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Have you ever heard people say these things? Write your thoughts here:

Pause & think: What do we mean when use the word "culture" and what are the issues?

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Pause & think

What do we mean when we use the word "culture"?

Language

The way I was brought up

Music that is important

Food that has meaning

Festivals & holidays

Traditions around birth & death

Art & literature

Clothing, attire & grooming

Spirituality & religion

Culture

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Write your thoughts here:

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Pause & think: Why might a person with dementia show signs of distress?

Write your thoughts here:

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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.



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