

## Tier 1 Dementia Awareness Training Unit Delivery Plan

### Unit 3: Understanding the person with dementia

**Organisation:** \_\_\_\_\_ **Number of participants in the group:** \_\_\_\_\_

**Date:** \_\_\_\_\_ **Duration of Session:** \_\_\_\_\_

**Venue:** \_\_\_\_\_

**Key words:** personhood, person-centredness, person centred approaches, culture and dementia.

#### **Aim:**

Unit 2 focused on what it means to live with dementia and it gave you the opportunity to develop an insight into the lived experience of people with dementia and their carers.

Unit 3 will build on what you learned in Unit 2 by raising your awareness about what it means to be person-centred.

#### **Objectives of the unit:**

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

- ✓ Explain what it means to be person-centred
- ✓ Describe the experiences of some people living with dementia
- ✓ Explain person-centred approaches that can be used with people with dementia
- ✓ Discuss the importance of culture in person-centred dementia care

#### **A note to the trainer:**

This lesson plan must be read in conjunction with the power point presentation for Unit 3, including the notes pages. Before you start the session, arrive an hour early to set up the room for the training. You will need to check that the equipment is working and that there is internet access.

You need to ensure the health and safety of your participants by checking for Fire Exits and planned Fire Drills or Fire Alarm Testing. The content of this unit can be delivered in 30 minutes. However, you can increase the time to 60 minutes, should you feel that this is appropriate. This explains why this unit delivery plan suggests estimated timings.

Be prepared to welcome your participants and thank them for attending the training. Check that your participants have attended Unit 2 of this training package. Recognise that some people may be experiencing dementia on a personal level.

Be mindful that the use of a video presentation in this training session may act as a catalyst in bringing the experience of living with dementia to the fore.

Be available to provide debriefing to participants who may want to talk to you after the session. Alternatively, be prepared to sign post them to appropriate support. Details are contained within this unit.

Estimated Timings	Content	Facilitator Activity “What the facilitator will be doing”	Participant Activity “What the learners will be doing”	Resources needed
3 mins	<p><b>Welcome to the Unit</b> Setting of ground rules including disclosure of sensitive information and confidentiality.</p> <p>Link to Unit 2</p> <p>Participant health and wellbeing ~ make yourself available to debrief and to sign post after the session has ended.</p>	<p>Facilitating discussion.</p> <p>Get participants to sign the attendance register</p> <p>Inform the participants about the length of the session, including a short comfort break if it is going to be longer than 30 minutes.</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>Tier 1 Evaluation Forms</p> <p>Pens</p> <p>Flip chart paper, pens, white board</p> <p>Hand outs &amp; other supporting materials which are on a USB Storage Stick. Certificate will be made available at the end of the session.</p>
3 mins	<p><b>Activity (3 minutes)</b> <b>Pause &amp; think: What does it mean to be a person?</b></p> <p>Ask participants to look at the picture on the slide and to think about the question.</p> <p><i>“What does it mean to be a person?”</i></p>	<p>To start ask everyone to look at the images in the slide (3 minutes).</p> <p>Ask participants to respond verbally to the questions that you pose.</p> <p><b>Main message is:</b> I am not a condition, I am a person</p> <p>We need to help people to live well with dementia</p>	<p><b>Individual activity:</b></p> <p>Participants to look at the image.</p> <p>They can write down their answers on the Unit 3 Worksheet.</p>	<p>Unit 3 Activity Work sheet with “Pause &amp; Think” Activity on it.</p>
2 mins	<p><b>Present Slide 5 – Personhood</b></p>	<p>Emphasise that after diagnosis, people with dementia go on a journey.</p> <p>Each person's journey will be unique</p>	<p>Listening and participating mentally</p> <p><b>Participants can make notes using the Unit 3 Activity Sheet</b></p>	<p><b>Power Point</b></p> <p>Unit 3 Activity Work sheet.</p>
15 mins	<p><b>Video presentation (13 minutes)</b> Participants to watch the video:</p> <p><i>“Barbara’s Story Part 1”</i></p> <p><b>2 minute feedback</b></p> <p><b>(15 minutes in total)</b></p>	<p><b>Facilitator explains:</b> “This is a video that lasts for 13 minutes and it is from Guys &amp; 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><b>Watch the Video entitled:</b> “Barbara’s Story Part 1”</p> <p>After watching video, engage in audience discussion about the content of the video.</p> <p><b>Discuss lessons learned.</b></p>	<p><b>Click on Power Point Presentation Slide.</b></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>

		<p>After 13 minutes, <b>involve audience in a discussion about what they just viewed.</b></p> <p>“Any lessons learned?”</p> <p><b>Note to facilitator:</b> 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><b>Alternative videos:</b></p> <p>If you are delivering training in Primary Care, you may want to use the video called “<b>The Appointment</b>” which features Barbara attending an appointment at the dentist. It is 14 minutes and 20 seconds long. This can be accessed via: <a href="https://www.youtube.com/watch?v=EnPUq00UA8c">https://www.youtube.com/watch?v=EnPUq00UA8c</a></p> <p>If you are delivering training in the <b>Emergency Services such as in the Accident &amp; Emergency Department, Police or Fire Services, you may want to use the video entitled, “Fred’s Story Part 2”</b>. 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 &amp; 1 second long. It can be accessed via: <a href="https://www.youtube.com/watch?v=YNDDBB-6s1S0">https://www.youtube.com/watch?v=YNDDBB-6s1S0</a></p>
5 mins	<p><b>Power Point Presentation Slides 6-10:</b></p> <p><b>Person centred approaches”</b></p> <p><b>What do we mean when we use the word culture</b></p> <p><b>(5 minutes)</b></p>	<p>Present content from Slides 6&amp;7</p> <p>If time permits, ask the audience:</p> <p>“Have you heard anyone say these things?”</p> <p>If time permits, invite participants to share their thoughts</p>	<p>Listening and participating mentally</p> <p><b>Participants can make notes using the Unit 3 Activity Sheet if they wish</b></p>	<p><b>Power Point</b></p> <p>Unit 3 Activity Work sheet.</p>
2 mins	<p><b>Conclude Unit 3</b></p> <p><b>Review objectives</b></p> <p><b>Sign post to Unit 4</b></p> <p><b>Complete evaluations.</b></p>	<p>Complete presentation &amp; review objectives for Unit 3</p> <p>Verbal feedback to the group about how it felt for facilitator.</p> <p>Sign post to electronic resources, dementia apps and any relevant dementia support services.</p> <p>Sign certificates. Give out Certificates for Unit 3</p>	<p>Verbal feedback</p> <p>Completion of evaluation forms.</p>	<p>Evaluation Forms</p> <p>On-Line Resources</p> <p>Recommended reading</p> <p>Dementia Apps on iTunes &amp; Android.</p> <p>Certificates for Unit 3</p>