

Tier 1 Dementia Awareness Training Unit 3 Worksheet

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Unit 3: Understanding the person with dementia

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. Please use this worksheet to record your thoughts and feelings as you go through this unit.

Objectives of the unit:

By the end of this unit you 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

Pause & think: What does it mean to be a person?

NHS
Health Education England

Pause & think: What does it mean to be a person?



Write your thoughts here:

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Video presentation: The importance of knowing the person with dementia



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

Pause & think: Person-centred approaches

NHS
Health Education England

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"

Have you ever heard people say these things?

Pause & think: Person-centred approaches – What would you like to include?

NHS
Health Education England

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"

Write your thoughts here:

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Pause & think: What do we mean when we use the word “culture”?

NHS
Health Education England

Pause & think

What do we mean when we use the word “culture”?

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graph TD; C((Culture)) --- L(Language); C --- W[The way I was brought up]; C --- M(Music that is important); C --- F(Food that has meaning); C --- FH(Festivals & holidays); C --- T(Traditions around birth & death); C --- AL(Art & literature); C --- CAG(Clothing, attire & grooming); C --- SR(Spirituality & religion);
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Write your thoughts here: