



# Tier 1 Dementia Awareness Training

## Unit 4



Developing people  
for health and  
healthcare



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### How does dementia affect the person & those around them?

“As a GP, this training session really reminded me of the emotional impact of dementia on the patient and those around them! We need to see the person behind the condition.”

Feedback from a General Practitioner.



# Welcome to Unit 4

- Unit 3 introduced you to the concept of personhood & it gave you the opportunity to learn about some person-centred approaches that can be used when caring for people with dementia.
- Unit 4 will build on what you learned in Unit 3 by raising your awareness about how dementia affects the person & those around them.





# Objectives of the Unit

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

- Explain the impact of dementia on people
- Describe how some people may feel after being diagnosed with dementia
- Discuss reasons why people with dementia may sometimes show signs of distress
- Explore behavioral & emotional aspects of dementia



# Pause & Think: Video Presentation

## What is the impact of dementia diagnosis on the person?

- “Getting to know the person with dementia – Impact of Diagnosis”
- After watching the video, please give brief comments about what you saw on the video.



[Video clip](#)

17 minutes



# 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

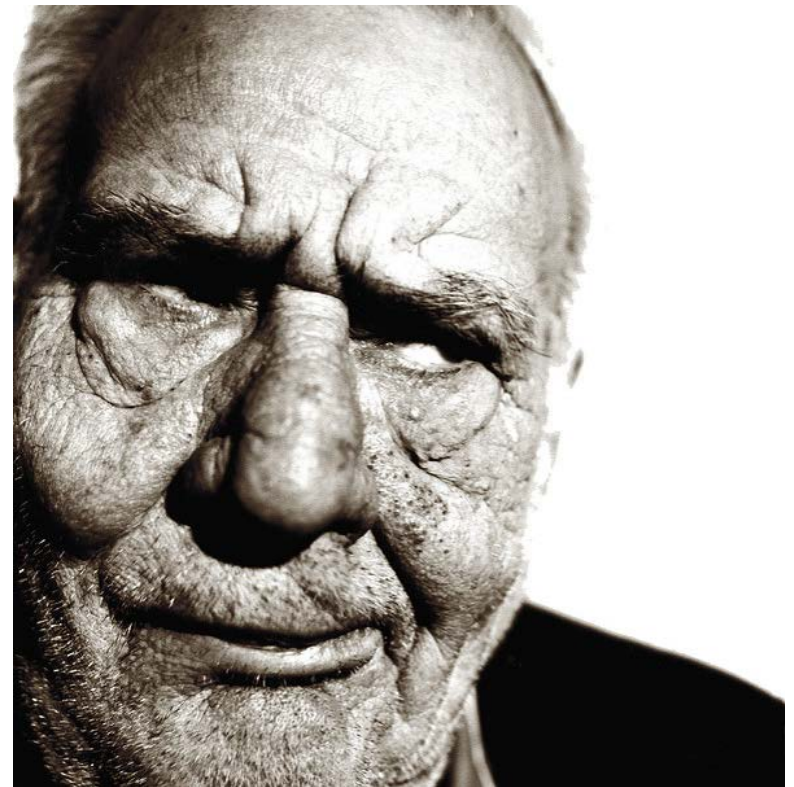
Many of these may also apply to carers





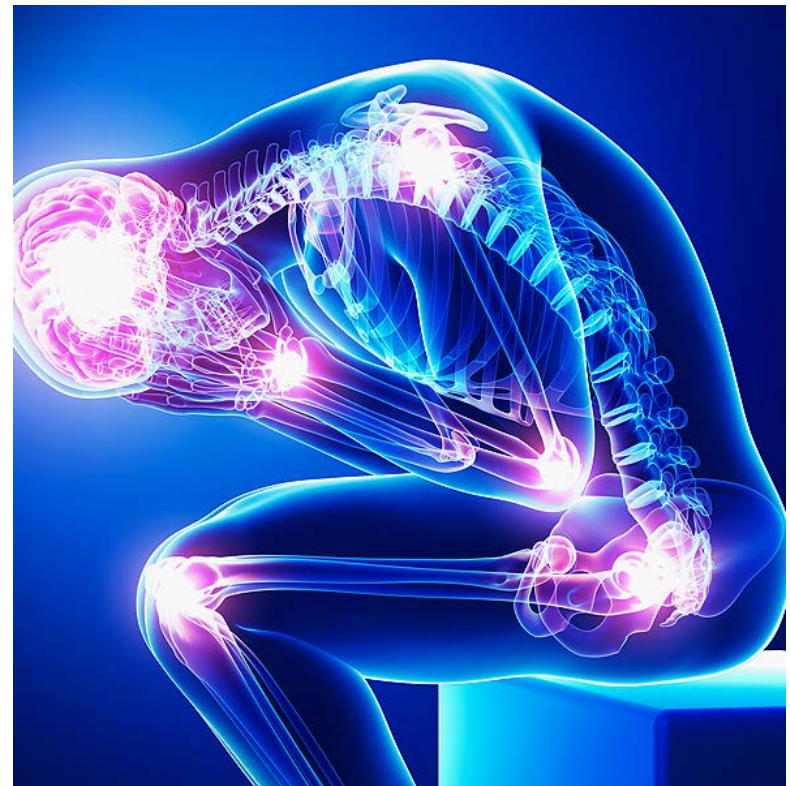
# Why might a person with dementia show signs of distress?

- 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.



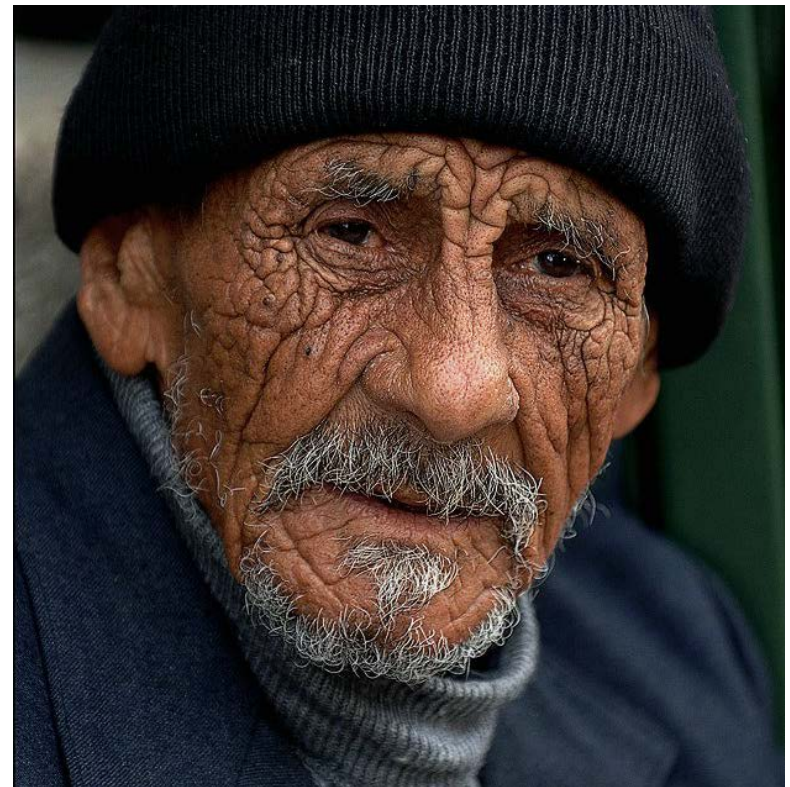


# What are the most common behavioural symptoms in dementia?

7 main challenges\*:

1. Aggression
2. Anxiety and Agitation
3. Depression
4. Hallucinations or Delusions
5. Sleeplessness
6. Walking or being restless
7. Repeating the same conversation

\*This list is not exhaustive (Adapted from James, 2015)





# Emotional aspects of dementia on Carers

Carers for the person with dementia may experience:

- Denial
- Anger or resentment
- Grief, loss or bereavement
- A sense of relief
- Feeling overwhelmed or unable to cope
- Social isolation or loneliness
- Anxiety or fear about the future

There is a need to include the needs of carers in services/support



# Review of Unit 4

At the end of this unit, you should be able to :

- Explain the impact of dementia on people.
- Describe how some people may feel after being diagnosed with dementia.
- Discuss reasons why people with dementia may sometimes show signs of distress.
- State the behavioural & emotional aspects of dementia.

# 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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