

## Tier 1 Dementia Awareness Training Unit 4 Worksheet

# Tier 1 Dementia Awareness Training Worksheet

## Unit 4: How does dementia affect the person and those around them?

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 behavioural and emotional aspects of dementia

### Video presentation – Pause & think: What is the impact of a dementia diagnosis on the person?


  
 Health Education England

## 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



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

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**Pause & think: How does dementia impact the person?**

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### 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

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People with dementia may sometimes feel frustrated or agitated. Why do you think this might happen? Write your thoughts here:

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

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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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Write your thoughts here:

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**Pause & think:** This slide lists some of the common behavioural symptoms of dementia. Can you think of examples when people with dementia have shown any of these behaviours?


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### 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)



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Write your thoughts here:

**Pause & think:** This slide shows the emotional aspects of dementia on carers. How do you think carers can be supported?

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### 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

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Write your thoughts here: