# **Tier 1 Dementia Awareness Training Unit 4 Worksheet**

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# 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

@NHS HealthEdEng

#DAAG

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

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



# 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.



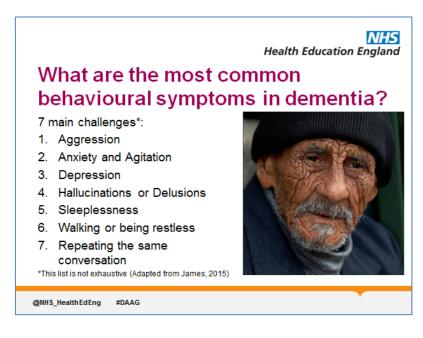
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Write your thoughts here:

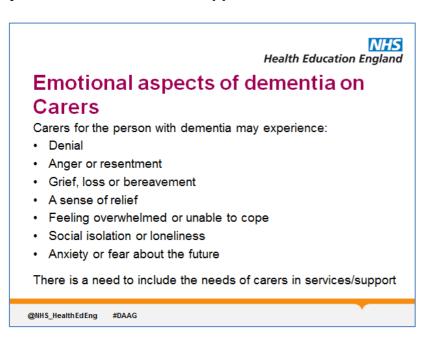
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Pause & think: This slide lists some of the common behavioural symptoms of dementia. Can you think of examples when people with dementia have shown any of these behaviours?



Write your thoughts here:

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



Write your thoughts here: