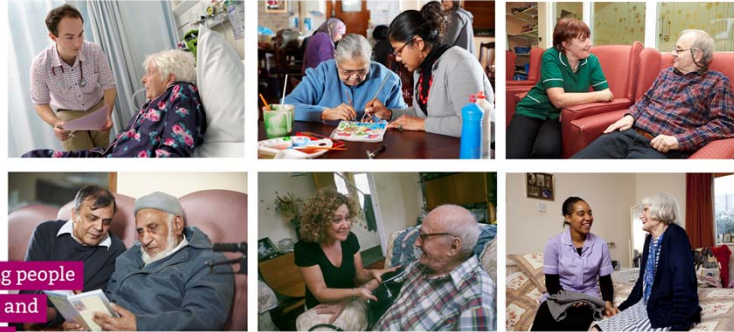


# Tier 1 Dementia Awareness Training

## Unit 6



Developing people  
for health and  
healthcare

[www.hee.nhs.uk](http://www.hee.nhs.uk)

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**Health Education England (HEE)**

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The Dementia Academic Action Group (DAAG) was commissioned by Health Education England Thames Valley and is a collaboration between University of Bedfordshire, Oxford Brookes University, University of Northampton and University of West London. For further information about the DAAG Tier 1 Dementia Awareness training, please contact Health Education England Thames Valley.

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The content of this package has been developed with a view to raising awareness of what dementia is and how it affects people with dementia along with their family, relatives, carers, friends and significant others. It has been delivered as face to face training to over 1,500 clinical and non-clinical staff working in a variety of health and social care settings.

# Tier 1 Dementia Awareness Training

## Unit 6

### Supporting people to stay well

“Personhood is so important. It has made me think of some of the nursing homes that I visit, the ones that feel homely and comfortable. I now understand why they are like that, they are being person-centred.”

GP, Medical Centre

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### Welcome to Unit 6

The quote from a General Practitioner, who attended the DAAG training, helps to set the scene for what this unit will consider.

## Welcome to Unit 6

- Unit 5 discussed the importance of using effective communication skills when talking & listening to people with dementia & their carers.
- Unit 6 will build on what you learned in Unit 5 by raising your awareness about how you can help people with dementia & their carers to stay well.



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### Welcome to the Unit 6

Setting of ground rules including disclosure of sensitive information and confidentiality.

Link to Unit 5

Participant health and wellbeing ~ make yourself available to debrief and to sign post after the session has ended.

Get participants to sign the attendance register.

Inform the participants about the length of the session, including a short comfort break if it is going to be longer than 30 minutes.

Give out Tier 1 Training Evaluation Form for each participant to complete page 1.

## Objectives of the Unit

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

- Explain what it means to stay well whilst experiencing dementia
- Describe how dementia friendly environments can support people to stay well
- Discuss some examples of best practice
- Explore ways that you can improve your own practice

### **Objectives of the Unit:**

It is important to state these at the start of the unit.

## Video Presentation

### Carer's perspective of living well with dementia

- This short video shows the carers perspective of living with dementia
- After watching the video, please give brief comments about what you saw on the video.



[Video Clip](#)

10 minutes

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### Video presentation ~ “Carers perspective of living with dementia”

(10 minute video)

Audience discussion: (2 minutes)

(12 minutes in total)

Facilitator explains: “This is a video that lasts for 10 minutes.

It presents some carers views of the care given to their loved ones who have dementia. .

At the end of the video, involve the participants in a discussion about what they just viewed.

Any lessons learned?

Discuss lessons learned.

Participants can make notes using the Unit 6 Activity Sheet if they wish.

## The importance of early diagnosis

- The right for someone to know
- Access to support & services
- Access to medication
- Future planning such as advanced directive, future care, financial planning, Lasting Power of Attorney, Enduring Power of Attorney
- Learning how to stay well with dementia

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### Present Slide 6

The importance of early diagnosis

Emphasise the importance of early diagnosis and how this may help people with dementia & their carers to plan to live well.

Each person's journey will be unique, which means that each person will have different needs.

If time permits, engage in a developmental conversation about useful support & services available for people with dementia.

## Pause & think: Ideas for staying well

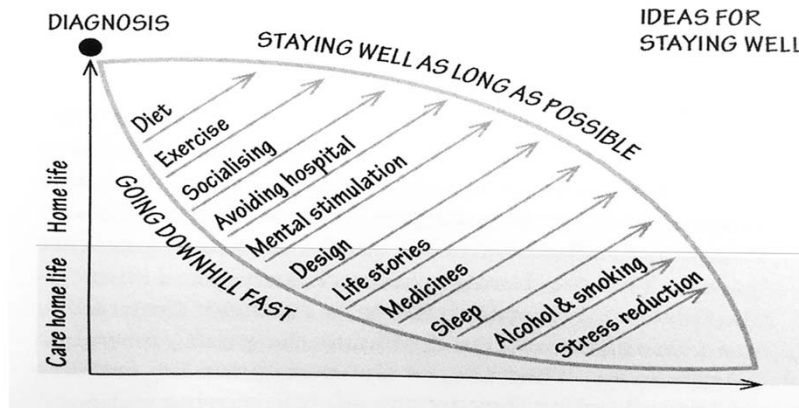


Image used with permission from (Andrews 2015) & Profile Books

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### Unit 6: Supporting people to stay well

The facilitator needs to encourage each member in the audience to look at the June Andrews Model which has “Ideas for Staying Well with Dementia”

Ask the participants:

“What do you think about some of the ideas being presented here?”

Notes:

This model was developed by Professor June Andrews, Director of the Dementia Services Development Centre (DSDC) in the School of Applied Social Science at the University of Stirling. (We need to access permission for the use of this for the DAAG)

It shows that although each dementia journey is unique, there are two possible pathways

One is to **stay as well as possible for as long as possible**, and delay the possible point of needing admission to a care home

The other is to **go downhill faster than you need to for avoidable reasons**

Professor Andrew’s book **Dementia: The One-Stop Guide: Practical advice for families, professionals, and people living with dementia and Alzheimer’s Disease**, is a very easy to read, comprehensive and helpful guide.

## Creating dementia friendly environments

- Clear signage
- Bright, well lit environment
- Quiet/reduced stimuli
- Coloured crockery
- Coloured Toilet seats
- Coloured doors



[Virtual Dementia Environments](#)  
[Stirling University](#)

There are simple ways in which you can help people

Stirling Kitchen

Glass fronted fridges

Dignity crockery

Get links from Sterling

Corridor in care home

Corridor in hospital

Make it really diverse to suit all audiences.....



## Pause & think:

### Dementia friendly hospital - best practice example

The Virtual Hospital shows how to make an acute setting dementia-friendly and in doing so, easier for everyone.



[Getting well in hospital](#)

What do you think about some of the suggestions?

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**Pause & think:** Dementia friendly hospital – best practice example

Notes: Modern acute hospitals are very busy, noisy places with a very fast through-put of patients. People with dementia, who are also very ill and anxious, find this environment very difficult.

An additional factor is that modern hospitals are very different from the hospitals of the past so make little sense to them. It may not be obvious, for example, where the toilet is, and they cannot always see the staff. Modern hospitals are rarely designed to take account of the cognitive and perceptual problems of people with dementia. The Virtual Hospital shows how to make an acute setting dementia-friendly and in doing so, easier for everyone.

The layouts of fifteen areas are modelled, with information revealed interactively on how the features can make a difference for people with dementia.

**Encourage participants to look at this website:** <http://dementia.stir.ac.uk/design/virtual-environments/virtual-hospital>

**Ask the question:** What do you think about some of the suggestions presented here?

If time permits, encourage the participants to think about how they could use this information to help people with dementia.

## Pause & think:

### Dementia friendly care home - best practice example

The Virtual Care Home is an online resource that demonstrates dementia-friendly design in care home settings or people's own homes.



[Living well at home](#)

What do you think about some of the suggestions?

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### Pause & think:

The Virtual Care Home is an online resource that demonstrates dementia-friendly design in care home settings or people's own homes.

Understanding age-related changes and impairments is the first step towards creating living environments which support the needs of older people and those with dementia, keeping them safe from dangers such as falls, which can have a devastating effect on an older person; allowing them the freedom and confidence to use their abilities to the fullest extent, in all things from the mundane to the creative; aiding memory in day-to-day living; and reinforcing personal identity.

The layouts of seven individual rooms are modelled with information revealed interactively on how the features can make a difference for people with dementia.

**Encourage participants to look at this website:** <http://dementia.stir.ac.uk/design/virtual-environments/virtual-care-home>

**Ask the question:** What do you think about some of the suggestions presented here?

If time permits, encourage the participants to think about how they could use this information to help people with dementia.

## Review of Unit 6

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

- Explain what it means to stay well whilst experiencing dementia.
- Describe how dementia friendly environments can support people to stay well.
- Discuss some examples of best practice.
- State ways that you can improve your own practice.

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### Conclude Unit 6

Review objectives

Sign post to Unit 7

Complete evaluations.

Complete presentation & review objectives for Unit 6

Verbal feedback to the group about how it felt for facilitator.

Sign post to electronic resources, dementia apps and any relevant dementia support services.

Completion of evaluation forms by participants.

Sign certificates. Give out Certificates for Unit 6

## 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 Patrona 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/nerves-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/>

### Notes:

Show this slide and encourage participants to access the freely available resources.

## 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>

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### Notes:

Show this slide and encourage participants to access the freely available resources.

## 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.....



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### Evaluation of Unit:

- Encourage participants to complete their Tier 1 Dementia Awareness Training Unit Evaluation Form
- Collect the evaluation forms and prepare to send them to your Local Education & Training Lead
- Thank all the participants for attending the training.



## Acknowledgements

### Commissioners and Programme Leads

#### Health Education England Thames Valley

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