

Tier 1 Dementia Awareness Training Unit Delivery Plan

Unit 6: Supporting people to stay well

Organisation:

Number of participants in the group:

Date:

Duration of Session:

Venue:

Key words: staying well, dementia friendly environments, examples of best practice

Aim:

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.

Objectives of the unit:

By the end of this unit, the participants 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

A note to the trainer:

This lesson plan must be read in conjunction with the power point presentation for Unit 6, including the notes pages. Before you start the session, arrive an hour early to set up the room for the training. You will need to check that the equipment is working and that there is internet access.

You need to ensure the health and safety of your participants by checking for Fire Exits and planned Fire Drills or Fire Alarm Testing. The content of this unit can be delivered in 30 minutes. However, you can increase the time to 60 minutes, should you feel that this is appropriate. This explains why this unit delivery plan suggests estimated timings.

Be prepared to welcome your participants and thank them for attending the training. Check that your participants have completed Unit 5 of this training package. Recognise that some people may be experiencing dementia on a personal level and they struggle to think about how they can help people with dementia to live well.

Be mindful that the use of a video presentation in this training session may act as a catalyst in bringing the experience of living with dementia to the fore. Inform your participants of the emotional nature of dementia and prepare to support your participants during the session.

Be available to provide debriefing to participants who may want to talk to you after the session. Alternatively, be prepared to sign post them to appropriate support. Details are contained within this unit.

Estimated Timings	Content	Facilitator Activity “What the facilitator will be doing”	Participant Activity “What the learners will be doing”	Resources needed
3 mins	<p>Welcome to the Unit</p> <p>Setting of ground rules including disclosure of sensitive information and confidentiality.</p> <p>Link to Unit 5</p> <p>Participant health and wellbeing ~ make yourself available to debrief and to sign post after the session has ended.</p>	<p>Facilitating discussion.</p> <p>Get participants to sign the attendance register</p> <p>Inform the participants about the length of the session, including a short comfort break if it is going to be longer than 30 minutes.</p> <p>Give out Tier 1 Training Evaluation Form for each participant to complete page 1.</p>	<p>Sign the Attendance Register.</p> <p>Listening, participating</p> <p>Completing page 1 of the Tier 1 Training Evaluation Form</p>	<p>Tier 1 Evaluation Forms</p> <p>Pens</p> <p>Flip chart paper, pens, white board</p> <p>Hand outs & other supporting materials which are on a USB Storage Stick. Certificate will be made available at the end of the session.</p>
7 mins	<p>Video presentation ~ “Carers perspective of living with dementia”</p> <p>(5 minute video)</p> <p>Audience discussion: (2 minutes)</p> <p>(7 minutes in total)</p>	<p>Facilitator explains:</p> <p>“This is a video that lasts for 5 minutes.</p> <p>It presents some carers views of the care given to their loved ones who have dementia. .</p> <p>At the end of the video, involve the participants in a discussion about what they just viewed.</p> <p>Any lessons learned?</p>	<p>Watch the Video featuring the carer’s perspective of living with dementia</p> <p>After watching video, engage in group discussion about the content of the video.</p> <p>Discuss lessons learned.</p> <p>Participants can make notes using the Unit 6 Activity Sheet if they wish</p>	<p>Video is linked to the Power Point Presentation Slide.</p> <p>To open, place cursor on the words “Video Clip”, right click on the mouse and a drop down menu will appear, left click on the mouse on the words, “open hyperlink”. This will take you to video on the website.</p> <p>Alternatively use the MP4 file that has been downloaded on to the USB Stick.</p>
2 mins	<p>Present Slide 5</p> <p>The importance of early diagnosis</p>	<p>Emphasise the importance of early diagnosis and how this may help people with dementia & their carers to plan to live well.</p> <p>Each person’s journey will be unique, which means that each person will have different needs.</p> <p>If time permits, engage in a developmental conversation about useful support & services available for people with dementia.</p>	<p>Listening and participating mentally and responding verbally</p> <p>Participants can make notes using the Unit 6 Activity Sheet if they wish</p>	<p>Power Point</p> <p>Unit 6 Activity Work sheet.</p>
5 mins	<p>Activity – Pause & Think:</p> <p>“Ideas for staying well”</p> <p>(5 minutes in total)</p>	<p>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”</p>	<p>Discuss experiences.</p> <p>Ask for any lessons learned?</p> <p>Any areas for personal and professional development identified?</p>	<p>Unit 6 Activity Work sheet.</p>

		Ask the participants: "What do you about some of the ideas being presented here?"	Participants can make notes using the Unit 6 Activity Sheet if they wish.	
5 mins	Present Slide 7 - 9 Creating dementia friendly environments in: Hospitals Care homes Look at Stirling University Websites	Emphasise the importance of creating dementia friendly environments and how this may help people with dementia & their carers to live well. Ask: "What do you think about some of the suggestions?" If time permits, engage in a developmental conversation about useful strategies that can help people with dementia & their carers.	Listening and participating mentally and responding verbally Participants can make notes using the Unit 6 Activity Sheet if they wish	Power Point Unit 6 Activity Work sheet.
3 mins	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. Sign certificates. Give out Certificates for Unit 6	Verbal feedback Completion of evaluation forms.	Evaluation Forms On-Line Resources Recommended reading Dementia Apps on iTunes & Android. Certificates for Unit 6