



# Tier 1 Dementia Awareness Training

## Unit 6



Developing people  
for health and  
healthcare



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### 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



# 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.





# 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



# 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





# 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

# Pause & think: Ideas for staying well

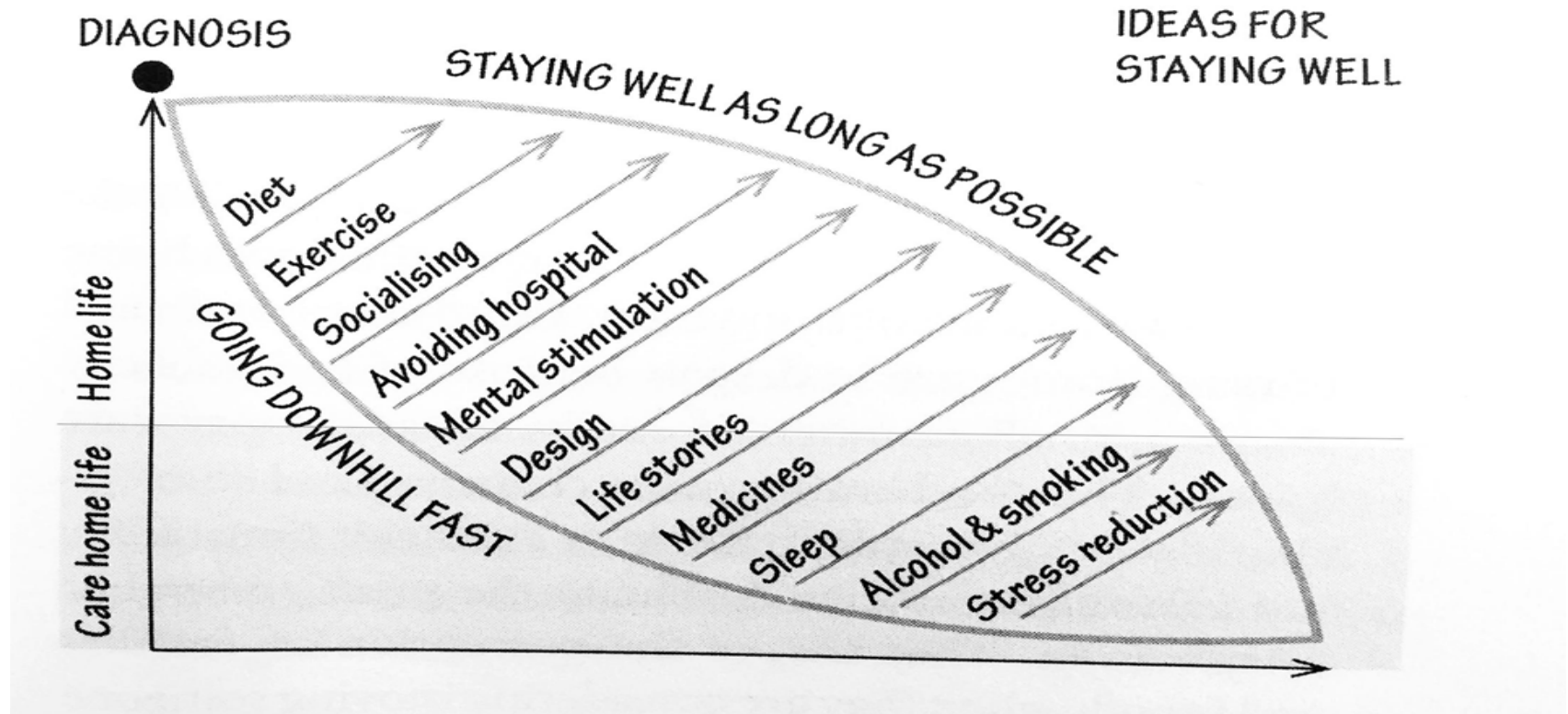
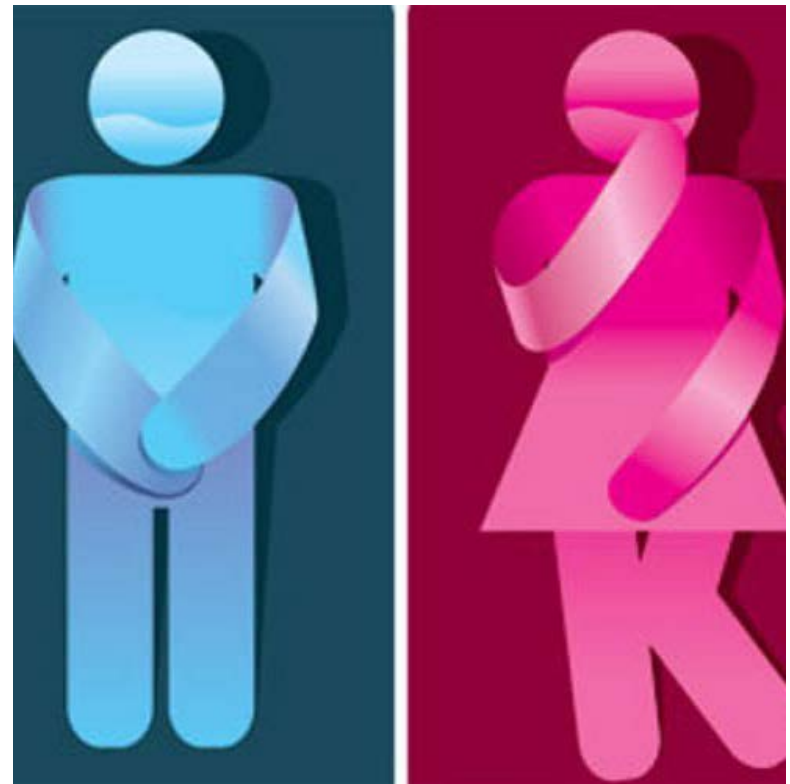


Image used with permission from (Andrews 2015) & Profile Books

# 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](#)







# 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?



## 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?



# 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.

# 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 Patrina 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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