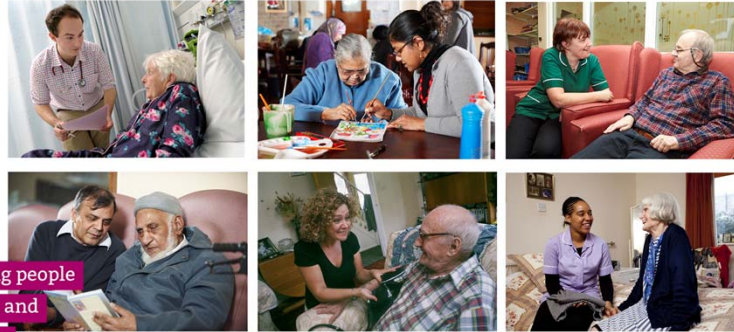


# Tier 1 Dementia Awareness Training

## Unit 7



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 7

## Living well in society

“This training has prepared me for how to care for my mum.”

Receptionist, GP Practice

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### Welcome to Unit 7

The quote from a Receptionist at a GP surgery, who attended the DAAG training, helps to set the scene for what this unit will consider.

## Welcome to Unit 7



- Unit 6 discussed the importance of supporting people with dementia & their carers to stay well. This can be done by developing dementia friendly environments.
- Unit 7 will develop this concept further by focusing on the development of dementia friendly communities. It will raise your awareness about how you can help people with dementia & their carers to live well in society.

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### Welcome to Unit 7

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

Link to Unit 6

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 how we can support people with dementia & their carers in society
- Describe some of the legal provisions that support people to live well in society
- Discuss examples of best practice
- Explore how you can contribute to a dementia friendly society

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

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

## Pause & think: What do you think are the principles of good support?

- Person-centred approach
- Inclusion of person with dementia and carer(s)
- Service is 'carer aware'
- Ways of sharing information and confidentiality
- Formal and informal support for carers
- Relationship-centred care
- Maintaining social & emotional connections

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### Activity – Pause & Think:

“What do you think are the principles of good support?”

Present Slide 4- 6 – Principles of good support

Triangle of Care

(5 minutes in total)

The facilitator needs to encourage each member in the audience to reflect on the June Andrews Model from Unit 6 which has “Ideas for Staying Well with Dementia”

Ask the participants:

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

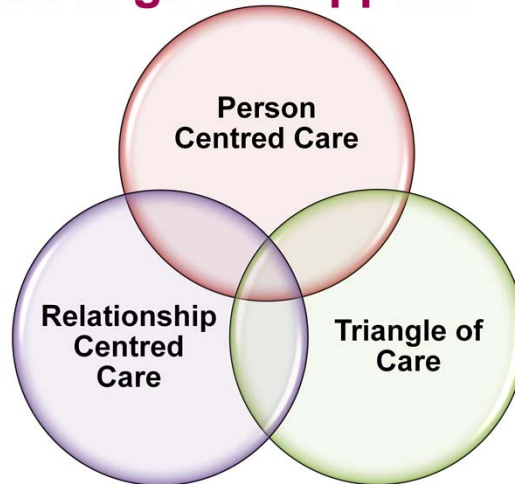
Ask for any lessons learned?

If time permits, engage in a discussion:

Any areas for personal and professional development identified?

Participants can make notes using the Unit 7 Activity Sheet if they wish.

## Principles of good support



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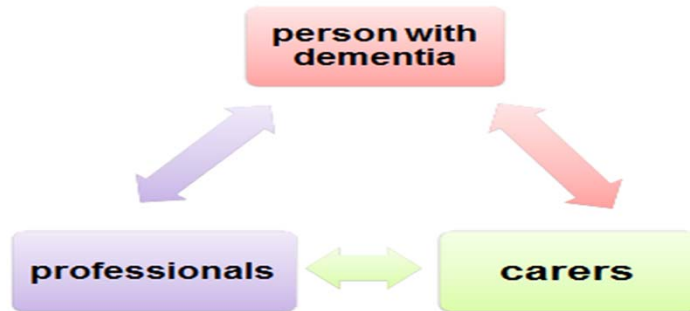
### Principles of good support:

Most advice nowadays is that any intervention must be person centred, and negotiated in collaboration with (where possible) the person with dementia and/or their carers. These could include professional carers or partners, relatives and friends of the person. These may include:

- Communities
- Health & social care services
- Organisations
- Police
- Allied Health Organisations
- Religious communities
- City & Town councillors

The next slide will show what Hannan et al (2013) call the Triangle of care.

## Triangle of Care



Hannan et al, (2013)

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### The Triangle of Care:

Instead of communication going via the person with dementia there is a continuous three way communication patterns established, called the triangle of care. This is outlined in a joint publication of the Carers Trust and the RCN foundation in 2013.

## Providing support for carers

There are many support organisations available to support carers.

Carers need to be encouraged to access the services that are most appropriate for their needs.

One size does not fit all. It is important to recommend a variety of resources for people to choose from.



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### **Providing support for carers:**

Emphasise the importance of encouraging carers to access services and support. Everyone working in health & social care can do this by sign posting.

Each person's journey will be unique, which means that each person will have different needs. One size does not fit all

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

Participants can make notes using the Unit 7 Activity Sheet if they wish.



## The Mental Capacity Act (2005) as a legal provision

1. Everyone must be assumed to have capacity (unless there is clear evidence to contrary)
2. No treatment until all reasonable steps were taken to obtain informed consent
3. Reason for decision may be 'unwise'
4. If consent is not possible, use principle of 'best interest'
5. Decisions under (4) must be 'least restrictive' to rights and freedoms of person with dementia

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### These are the five core principles of the MCA

Common misconception:

In the past many people with cognitive impairment were excluded from decisions about their health and their lives. Now everyone must be assumed to have capacity, which has for examples allowed some people with a learning disability a greater say. The slogan they use is 'nothing about me without me!'

Changes in thinking can affect capacity to make decisions.

To have capacity a person must be able to:

- understand information relevant to the decision
- retain information long enough to be able to make the decision
- weigh up the information available to make the decision
- communicate their decision by any possible means, including talking, using sign language, or through simple muscle movements such as blinking an eye or squeezing a hand. (Alzheimer's Society 2012)

Notes:

Emphasise the importance of the Mental Capacity Act (2005) and other legal provisions in helping people with dementia & their carers to live well in society.

Ask: "What do you think about some of the suggestions?"

If time permits, engage in a developmental conversation about useful legal strategies that can be implemented in order to help people with dementia & their carers live well in society.

## Legal provisions to help people live well

- **Advanced Directives:**

- Drawn up with full capacity
- Choice of treatment or refusal
- Advanced care planning

- **Lasting Power of Attorney :**

- Someone appointed in advance to make future decisions
- About personal welfare/health or finance/property



(Brooker & Lillyman 2013)

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### Note:

These principles kick in when a person's capacity is lost through cognitive deterioration. Where possible the person must still be included in decision making as this is person centred and because capacity can fluctuate.

Ask: "What do you think about some of the suggestions?"

If time permits, engage in a developmental conversation about useful legal strategies that can be implemented in order to help people with dementia & their carers live well in society.

Participants can make notes using the Unit 7 Activity Sheet if they wish.

## Legal provisions to help people live well

- **Court of protection:**

- Make declarations on a person's capacity
- Make single decisions
- Can appoint a deputy
- Decide if Lasting Power of Attorney is valid
- Remove inappropriate attorneys

(Brooker & Lillyman 2013)



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### Note:

These principles kick in when a person's capacity is lost through cognitive deterioration. Where possible the person must still be included in decision making as this is person centred and because capacity can fluctuate.

Ask: "What do you think about some of the suggestions?"

If time permits, engage in a developmental conversation about useful legal strategies that can be implemented in order to help people with dementia & their carers live well in society.

Participants can make notes using the Unit 7 Activity Sheet if they wish.

## Video presentation

### Best practice example – Lien Foundation



- This short video shows an example of how people with dementia can live well in society.
- After watching the video, please give brief comments about what you saw on the video.
  - [Video Clip](#)
  - 5 minutes

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#### Video presentation:

Teck Seng returns home from his overseas studies and finds his dad, Tan Yee Ming, with worsening dementia. See how the Tan family and their community rally around him in various heart warming ways.

The "Forget Us Not" initiative by Lien Foundation & Khoo Teck Puat Hospital invites the public to develop dementia-friendly communities where persons with dementia are respected, valued & supported to maintain a good quality of life. This campaign was announced in January 2016 in Singapore's Yishun Estate.

This film is conceptualised by Mandate Communications and produced by Little Red Ants Creative Studio. The production is supported by the Singapore Police Force.

Find out more about "Forget Us Not" at <https://www.forgetusnot.sg>

#### Notes:

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

Any lessons learned?

Participants can make notes using the Unit 7 Activity Sheet if they wish

## Review of Unit 7

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

- Explain how we can support people with dementia & their carers in society.
- Describe some of the legal provisions that support people to live well in society.
- Discuss examples of best practice.
- State how you will contribute to a dementia friendly society?.

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Complete presentation & review objectives for Unit 7.

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

Sign post to Unit 8

Complete evaluations.

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

Sign certificates. Give out Certificates for Unit 7.

## 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>

### Notes:

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