

Tier 1 Dementia Awareness Training Unit Delivery Plan

Unit 7: Living well in society

Organisation: _____ **Number of participants in the group:** _____

Date: _____ **Duration of Session:** _____

Venue: _____

Key words: living well, dementia friendly communities, legal provisions

Aim:

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.

Objectives of the unit:

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

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

A note to the trainer:

This lesson plan must be read in conjunction with the power point presentation for Unit 7, 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 6 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 in society. Reassure them by pointing to relevant resources listed in this unit.

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 6</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>
5 mins	<p>Activity – Pause & Think:</p> <p>“What do you think are the principles of good support”</p> <p>Present Slide 4 - 6 – Principles of good support</p> <p>Triangle of Care</p> <p>(5 minutes in total)</p>	<p>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”</p> <p>Ask the participants:</p> <p>“What do you about some of the ideas being presented here?”</p>	<p>Discuss experiences and ideas.</p> <p>Ask for any lessons learned?</p> <p>Any areas for personal and professional development identified?</p> <p>Participants can make notes using the Unit 7 Activity Sheet if they wish.</p>	<p>. Unit 7 Activity Work sheet.</p>
7 mins	<p>Present Slide 7</p> <p>Providing support for carers</p>	<p>Emphasise the importance of encouraging carers to access services and support. Everyone working in health & social care can do this.</p> <p>Each person's journey will be unique, which means that each person will have different needs. One size does not fit all</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 7 Activity Sheet if they wish</p>	<p>Power Point</p> <p>Unit 7 Activity Work sheet.</p>
5 mins	<p>Present Slides 8 - 9</p> <p>The Mental Capacity Act & Other Legal Provisions</p>	<p>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.</p> <p>Ask: “What do you think about some of the suggestions?”</p>	<p>Listening and participating mentally and responding verbally</p> <p>Participants can make notes using the Unit 7 Activity Sheet if they wish</p>	<p>Power Point</p> <p>Unit 7 Activity Work sheet.</p>

		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.		
7 mins	<p>Video presentation ~ “Forget us not”</p> <p>(5 minute video)</p> <p>Audience discussion: (2 minutes)</p> <p>(7 minutes in total)</p>	<p>Facilitator explains: “This is a video that lasts for 5 minutes.</p> <p>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.</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 “Forget Us Not” Video</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 7 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>
3 mins	<p>Conclude Unit 7</p> <p>Review objectives</p> <p>Sign post to Unit 8</p> <p>Complete evaluations.</p>	<p>Complete presentation & review objectives for Unit 7</p> <p>Verbal feedback to the group about how it felt for facilitator.</p> <p>Sign post to electronic resources, dementia apps and any relevant dementia support services.</p> <p>Sign certificates. Give out Certificates for Unit 7</p>	<p>Verbal feedback</p> <p>Completion of evaluation forms.</p>	<p>Evaluation Forms</p> <p>On-Line Resources</p> <p>Recommended reading</p> <p>Dementia Apps on iTunes & Android.</p> <p>Certificates for Unit 7</p>