

# Stockport Dementia Care Training

*Dementia Training  
June – December 2018*

**Stockport Dementia Care Training is a partnership between Pennine Care NHS Foundation Trust and Stockport Council. We provide training for the dementia workforce and for care partners – the family and friends of people living with dementia. All our courses are free to staff and carers who live or work within the borough of Stockport, unless otherwise stated.**

## **The role of EDUCATE in our awareness raising and training programme**

We are privileged to be able to involve members of EDUCATE, a group of people with dementia, in supporting our training programme. EDUCATE stands for Early Dementia Users Cooperative Aiming To Educate. EDUCATE members have developed the insight and confidence to discuss their experience of living with dementia. They are experts in describing their symptoms and the techniques they use to overcome them. By promoting the idea of living well with dementia, they make a unique contribution to our programme. If you would like EDUCATE to speak to your organisation, please get in touch.

### *Basic dementia awareness training*

Stockport Dementia Care Training supports the national Dementia Friends initiative, a campaign to raise awareness and understanding about dementia led by Public Health England. You can become a dementia friend by watching an on line video or by attending an information session. Follow the link to [www.dementiafriends.org.uk](http://www.dementiafriends.org.uk) . Local information is available at:

[www.stockport.gov.uk/services/socialcarehealth/workinginpartnership/dementia](http://www.stockport.gov.uk/services/socialcarehealth/workinginpartnership/dementia)

For customer facing staff, having some awareness about dementia can help people with dementia to stay active and get out and about in the community. See the Alzheimer's Society's guide for customer facing staff at [info@alzheimers.org.uk](mailto:info@alzheimers.org.uk) .

Basic dementia awareness is an important part of induction programmes for new or inexperienced staff. However, it is not an adequate level of training by itself for staff working in care settings.

For staff and volunteers working in health and social care organisations and personal assistants, we recommend the completion of our two day foundation course. This course is mapped to the Qualifications and Credits Framework level 2 Awareness of Dementia units. The course is appropriate for all grades of staff.

For more information about the induction, training and accreditation of your workforce, visit [www.skillsforcare.org.uk/Skills/Dementia](http://www.skillsforcare.org.uk/Skills/Dementia) SDCT can support accredited learning, but this is a chargeable service.

The Social Care Institute of Excellence (SCIE) has lots of useful resources at its Dementia Gateway, [www.scie.org.uk](http://www.scie.org.uk). We recommend you complete the Open Dementia e-learning programme prior to attending our foundation course.

### *The two day foundation course in person centred dementia care*

Day One – *An Introduction to Dementia* - looks at how dementia is experienced by each individual, and how we can learn from people with dementia themselves. Members of EDUCATE, who are living with dementia, will help deliver this part of the course. Emphasis will be placed on the right of people with dementia to make their own decisions and have meaningful involvement and occupation. Facts and figures about the different types and symptoms of dementia are presented. A 'whole person' approach to dementia is taken, explaining how factors like the environment, an individual's 'life story', their physical health and the responses of others can cause difficulties for people with dementia. We look at how we can compensate for these difficulties, and develop support strategies based on meeting individual needs and promoting wellbeing.

Introduction To Dementia (day 1) must be completed before any other course provided by Stockport Dementia Care training can be accessed.

Day Two – *Understanding Behaviour and Supporting Communication* - looks at how both the symptoms of dementia and the individual's circumstances can bring about changes in their behaviour and responses to others. We look at the communication difficulties dementia can cause, and the abilities that are likely to remain. We explain how our own communication style can be adapted to support people with dementia. Members of EDUCATE will help deliver this part of the course. We will look at the 'different realities' some people with dementia experience, as well as the messages behind challenging responses and behaviour. We consider the assessment and management of risk, and look at support strategies to resolve problems and meet individual needs.

## *Follow on courses*

We run a number of courses throughout the year addressing different issues in dementia care, and these are available to staff and volunteers who have completed the foundation course.

### ***Dementia and the Environment***

This course looks at how the environment can disable people living with dementia and how appropriate adjustments can promote independence and well being.

### ***As Dementia Advances***

This course looks at how people experience the changes brought about by the progression of dementia, and how they can be affected by deterioration in memory, perceptual ability, living skills and physical health. We will consider how support strategies need to be adapted to maximise well-being and dignity as dementia advances.

### ***Learning Disability and Dementia***

As people with learning disability are living longer, their risk of developing dementia is increasing significantly. This course will look at the identification of dementia in people with LD, how to improve communication, and how to respond to changing needs as dementia develops. Consideration will be given to supporting people with LD and dementia who experience strong feelings, and whose unmet needs present a challenge to carers.

### ***Life Story, Reminiscence and Music – Enhancing Personhood***

Life Story work has been called ‘the passport to person centred care’. This workshop explores techniques for understanding people with dementia as individuals, so that relationships are enhanced and support strategies are genuinely personal. We will also consider some of the risks involved and how they can be avoided.

There will be a presentation by members of EDUCATE about the benefits of completing their own Life Story books.

### ***Understanding Vascular Dementia***

This course explains how problems in the supply of blood to the brain can cause vascular dementia, the second most common form of dementia after Alzheimer’s disease. We look at the progression of vascular dementia and how it is experienced by the person. Particular attention is given to modifiable risk factors, and how physical health treatments, diet, exercise and lifestyle choices can play a part in promoting better outcomes for people. Members of EDUCATE living with vascular dementia will share their experience of how they manage the condition.

### ***Understanding Fronto Temporal Dementia***

This course is delivered alongside members of Stockport FTD Carers Support Group, who have expertise gained in their role as carers for people with this rarer form of dementia. The course will explain how the changes brought about in the frontal and temporal areas of the brain affect people with FTD, and how the symptoms experienced differ from other forms of dementia.

Case studies will be used to show how person centred care can be adapted to support people with this condition.

### ***What is Lewy body Dementia?***

This course provides an explanation of dementia with Lewy bodies, which shares symptoms with both Alzheimer's disease and Parkinson's disease. Case studies will be used to enable more effective support strategies.

### ***What is Delirium?***

People with dementia are particularly vulnerable to developing delirium, which can pose a serious risk to health. This course provides both a clinical explanation of the condition and how it is experienced by the person. Using case studies, there will be an emphasis on how delirium can be identified, what treatments are available and how support can be best delivered.

### ***Advanced Communication Skills for Decision makers***

This course aims to enable staff working with people with dementia to enhance their communication skills and develop their ability to understand needs and wishes people may struggle to express.

The course is delivered by Buz Loveday, Lead Trainer from Dementia Trainers.

### ***Dementia Train the Trainer course***

This is a two day course that trains experienced staff to deliver modular dementia training units. These units are designed to be delivered in short sessions in the workplace. The course comes complete with training materials for use once you have completed the training. The course is delivered by Buz Loveday, Lead Trainer from Dementia Trainers.

**Please contact us if you are interested in attending this course**

### ***Dementia Awareness for volunteers***

This course looks at the increasing contribution people with dementia are making to the creation of dementia friendly communities. Aimed at both staff and volunteers working in community settings like drop-ins and activities groups, we will examine the kind of support people with dementia need to stay active and involved.

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**All courses are held at the Carers Centre, Thornfield Road,  
Heaton Moor Stockport SK4 3LD**

**Introduction to Dementia**

Tuesday 12<sup>th</sup> June 2018 9.30am – 4.30pm

**Trainer – Mark Perry & EDUCATE**

**Understanding Delirium**

Monday 18<sup>th</sup> June 2018 9.30am – 1pm

**Trainer – Dr Carol-Ann McArdle**

**Introduction to Dementia**

Tuesday 31<sup>st</sup> July 2018 9.30am – 4.30pm

**Trainer – Mark Perry & EDUCATE**

**Life Story Workshop**

Tuesday 18<sup>th</sup> September 10.30am – 1pm

**Dementia and the End of Life**

Wednesday 26<sup>th</sup> September 9.30am – 4.30pm

**Trainer – Rachel Price, Bridget Willis & EDUCATE**

**Please explain that this course will raise emotive and challenging issues for those participating.**

**What is Vascular Dementia?**

Tuesday 9<sup>th</sup> October 9.30am – 12.30pm

**Trainer – Rachel Price & EDUCATE**

**What is Lewy Body Dementia?**

Tuesday 23<sup>rd</sup> October 9.30am – 12.30pm

**Trainer – Jenny Day & Maria Curphy**

**Understanding Behaviour and Supporting Communication**

Tuesday 13<sup>th</sup> November 9.30am – 4.30pm

**Trainer – Mark Perry**

**Dementia and Learning Disability**

Monday 26<sup>th</sup> November 9.30am – 4.30pm

**Trainer – Janet Lallysmith**

**Introduction to Dementia**

Tuesday 4<sup>th</sup> December 9.30am – 4.30pm

Trainer – Mark Perry and EDUCATE

## ***How to book places***

***Send the nomination form:***

By email : [stockportdementiacaretraining@nhs.net](mailto:stockportdementiacaretraining@nhs.net)

By fax : 0161 716 4506

By post: SDCT, the Meadows, Owens Farm Drive, Stockport SK2 5EQ

**You are welcome to give us a call to discuss your training needs  
Telephone: 0161 716 4531**

## **NOMINATION FORM – Please Print Details**

Name <i>(as you wish it to appear on certificate)</i>	STOCKPORT NHS FOUNDATION TRUST STAFF YES/NO
Job Title: Workbase address and telephone number	
Email (please print)	
Course Title	
Course Date	
Line Manager <i>contact details: including Address, Tel No, Email</i>	
Access needs/ other information	