

### Aim of this course:

The aim of this training is to increase awareness of impairments that are often associated with dementia. Dementia is NOT a natural part of aging, but an umbrella term used to describe a syndrome caused by a number of illnesses in which there is a progressive decline in several areas of brain function, including memory and the ability to carry out daily activities.

Increased awareness of how an individual is affected by dementia will assist to develop person-centred strategies that reduce risk, positively support behaviour, and enhance their quality of life to enable them to be **Living Well with Dementia**, in line with the National Dementia Strategy.

This workshop is a stand-alone-course that has strong links to the NAPPI Positive Behaviour Support continuum. The more staff are aware about how an individual has been affected by dementia, the more that can be done to reduce **behaviour of concern** and empower them to have a better quality of life.

### This 3 hour Dementia Awareness workshop covers the following modules:

- Living well with Dementia - An Individual Strategy
- Elements of Cognitive Decline
- Understanding Cognitive Decline & Communication
- Problem Solving Cognitive Decline
- Primary and Secondary Prevention Overview
- Coping & Well-being

### Method of training:

A variety of presentation skills including demonstrations, discussions and group work. Performance objectives are established and checked after each module. Participant's performance is monitored and certificates issued that identify the modules successfully completed.

### Important points to remember:

- This 3 hour workshop will start promptly at either 9.15 am and finish at 12.30 pm (if it is a morning session) or 1.30 pm and finish at 4.45 pm (if it is an afternoon session). Please allow ample time to get to the venue and find parking (if necessary).
- There will be a 15 minute comfort break during the workshop. Tea, coffee and biscuits will be available during these breaks.
- If you are attending both a morning and afternoon workshop there will be a break of 60 minutes between the sessions. Lunch is not provided.

## Become a Dementia Awareness Trainer:

### **New to training?**

1. Attend this workshop.
2. Attend a one-day Trainer Skill Development workshop. Contact NAPPI for details.
3. Provide a video recorded micro-teach delivery, you can be recognised as being an occupationally competent licensed Dementia Awareness trainer.
4. Purchase a trainer licence.

### **Are you a Trainer already?**

1. Attend this workshop.
2. Evidence a Teaching or training qualification. Contact NAPPI for details.
3. Provide a video recorded micro-teach delivery, you can be recognised as being an occupationally competent licensed Dementia Awareness trainer.
4. Purchase a trainer licence.