



## SHORT COURSE OUTLINE

### SHORT DEMENTIA EDUCATION WORKSHOPS

#### **FUN AND FUNCTIONAL ACTIVITIES FOR PEOPLE WITH DEMENTIA**

Activities for people with dementia are the foundation of care and everyday life. They create opportunities for success, enhancement of self-esteem, and well-being within the care environment for both people with dementia and their carers. In order to optimise quality of life for people with dementia it is vital that carers understand and value the philosophy of person-centred activities and how they can work with people with dementia to develop successful, individualised activity programs. By doing this, activities programs can enhance a sense of well-being incorporating physical, cognitive, emotional and spiritual health, promote self-esteem, provide pleasure and comfort, optimise independence and reduce behaviours of concern. This workshop will assist participants to develop their skills in the planning and delivery of fun and functional activities and will challenge them to take a new look at the situation of the person with dementia and to consider how they can do things differently with the same resources to achieve better outcomes.

#### **EVIDENCE-BASED ACTIVITY INTERVENTIONS FOR PEOPLE WITH DEMENTIA**

Following on from our popular “Fun and Functional Activities for People with Dementia” workshop program, this workshop will further explore evidence-based activities for people with dementia and how recent research in this area can be applied to the residential and community care environment. This workshop will offer an opportunity for participants to discuss what they are doing and the challenges that they face in the delivery of activities to people with dementia. Workshop participants will also have the opportunity to look at and try out some activities on iPads that can be used with some people with dementia.

This workshop assumes a working knowledge of dementia and is suitable for managers, nurses, personal carers, diversional therapists, volunteers, psychologists, disability service workers, family carers and other people caring for people living with dementia.

#### **EXPERIENCING DEMENTIA**

Experiencing Dementia is a powerful simulation exercise designed to allow participants to experience what it may be like to have dementia. Participants have the opportunity to undertake a variety of tasks and participate in a variety of interactions that are designed to capture the essence of dementia and prompt reflection on a personal experience of dementia and give greater insight into the world of the person living with dementia.

The initial simulation exercise is followed by a reflection on our current care practices and a discussion of the issues raised and how we can best meet the needs of individuals living with dementia through our care practices and the development of a dementia-friendly environment.

## **BEHAVIOUR AND DEMENTIA - WHY, WHAT AND HOW**

Behaviour and Dementia - Why, What and How provides participants with the opportunity to develop an understanding of the behavioural and psychological symptoms associated with dementia. This full day, interactive workshop will assist participants to identify why people with dementia exhibit unusual behaviours, what is and is not a behaviour of concern, what these behaviours may mean, and how we can effectively develop strategies to respond to these behaviours and reduce the impact of the behaviour on the person with dementia, families, staff and others.

The workshop will include discussions, case studies, and practical activities. Participants are encouraged to bring along de-identified information about particular behavioural issues that they are currently facing in caring for a person or people with dementia as there is an opportunity for groups to work on problem solving these issues during the workshop.

## **MAKING CONTACT - COMMUNICATING WITH PEOPLE WITH DEMENTIA**

Making Contact is a full day, interactive workshop which equips participants to more effectively bridge the communication gap with people living with dementia. This highly practical workshop encourages participants to identify alternative forms of communication with people with dementia in order to identify the needs of the individual and offer them a high quality of life. Topics covered in the workshop include:

- The keys to communicating with people with dementia - Understanding the challenges and applying alternative techniques to communication.
- Reminiscence therapy - What is reminiscence therapy and how can it help people with dementia and their carers?
- Validation - A discovery of the foundations of Validation therapy and an exploration of how these techniques can be used to tap into the emotions of people with dementia.
- Music as a communication tool - The use of music as a tool to alternative experiences and communication.
- Using alternative communication methods and technologies.

## **VALIDATION CONNECTING AND COMMUNICATING WITH PEOPLE WITH DEMENTIA**

This workshop is based on the pioneering work of Naomi Feil, who developed Validation as a means of understanding the different behaviours of people with dementia and responding effectively to them. By utilising this understanding we can improve the quality of life of people with dementia through the use of a range of techniques which allow us to connect and communicate with people with dementia who are various points in their final stage of life. During this workshop we will explore the principles, theory and practice of Validation including who it is suitable for and who doesn't need it at all.

## **THE NEXT STEPS - PERSON-CENTRED DEMENTIA CARE, MAKING YOUR SERVICE BETTER**

"The Next Steps" is a half-day workshop designed to provide a refresher on the fundamentals of person-centred care and will review how it is being applied in the care setting of participants. This workshop encourages participants to examine the way in which they currently provide care to people living with dementia and to consider an alternative, person-centred model of care which not only improves quality of life for people with dementia and

can reduce behaviours of concern, but which can also improve staff satisfaction and efficiency. The workshop will allow participants to identify challenges to the delivery of person-centred care in their workplace and will discuss possible strategies to address these issues.

### **DEMENTIA CARE PLANNING - A PERSON-CENTRED APPROACH**

This workshop offers participants the opportunity to explore care planning outcomes, indicators, measures and related practice which support quality of life for people with dementia. The workshop helps participants to plan to meet the needs of people with dementia which may not be able to be voiced, in specific and measurable ways. Topics covered include:

- Understanding and meeting the basic needs of people with dementia
- Indicators for well-being and ill-being
- Using language to change perceptions
- Interpreting behaviour
- Developing outcomes, measures and indicators
- Implementing person-centred care plans
- Engaging people with dementia, their family and significant others

### **PARTNERS IN CARE (WORKSHOP FOR STAFF OF RESIDENTIAL AGED CARE FACILITIES AND RESIDENT'S FAMILIES)**

Partners in Care is designed to encourage family participation in residential aged care facilities and to develop a constructive partnership between staff, families and people with dementia. The workshop aims to develop positive ways of working together to help families to continue the relative-resident relationship and help to fulfil the special needs of their loved ones whilst also fostering better communication and relationships with staff. By the end of the workshop the group will have drawn up a set of goals to work towards and listed the actions required to achieve these goals as well as processes for reviewing progress. This workshop can be conducted over two half days or one full day.

### **MUSIC FOR THE MIND FACILITATOR TRAINING WORKSHOP**

The *Music for the Mind* Facilitator Training Workshop provides participants with practical, evidence-based training on the planning and implementation of a *Music for the Mind* program for people with dementia in the residential or community setting. This program is a structured singing, music and rhythm program which is designed to increase engagement by people with dementia at all stages of the illness. *Music for the Mind* takes a sing-along type activity to the next level by incorporating specific activities in an enjoyable manner which are designed to stimulate specific parts of the brain and improve wellbeing and outcomes for the person with dementia. Each participant in the workshop will receive a *Music for the Mind* Facilitator's Manual and music CD.

This workshop assumes a basic understanding of dementia and is suitable for diversional therapists, recreation staff, volunteers, personal carers, nurses and other people caring for people living with dementia who have an interest in the delivery of activities to people with dementia. **No previous music training or specific musical or instrumental skills are required for this workshop.**

## **SIMPLE SOLUTIONS TRAINING SHORT COURSES FOR DISABILITY SUPPORT SERVICES**

*All students will be issued with the relevant Statement of Attendance or Statement of Attainment for each training session.*

Half day sessions generally run from 9am – 12pm or 12:30pm – 3:30pm. All session times are negotiable.

Training can be delivered on site at your organisation or at our Hervey Bay Training rooms. In some cases we have more than one trainer available for sessions and could run concurrent sessions.

### **Dignity of Risk, SRV, Challenging Behaviours and Positive Behaviour Support including Restrictive Practice (1/2 day)**

- Trainer available Monday – Thursday
- Groups of up to 20
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### **Epilepsy/Seizure training including midazolam use (1/2 day)**

- Trainer available Monday – Wednesday
- Groups of up to 20

### **Infection Control, Health & Nutrition and Mealtime Management (1/2 day)**

- Trainer available Monday – Friday
- Groups of up to 20

### **Understanding and responding to Mental Health and Drugs & Alcohol influence (1/2 day)**

- Trainer available Monday – Friday
- Groups of up to 20

### **Cultural Awareness and Diversity (1/2 day)**

- Trainer available Monday – Friday
- Groups of up to 20

### **Non-accredited Medication Refresher (1/2 day)**

- Groups of 6 or 12
- Trainer available Monday – Thursday

### **General Workplace Health and Safety Refresher**

- Trainer available Monday – Friday
- Groups of up to 20

## **OTHER COURSES AVAILABLE**

Understanding Wandering

Problem-solving dementia-specific behaviours of concern within your organisation

Building successful dementia care teams

Food, Fun and Sex: Quality of Life in Dementia Care

Customised workshops can be developed to suit your unique needs.

*All courses can be conducted on an organisations request at a date and time to suit you.*

*Please contact us for a quote.*

**For more information phone 07 4325 4455 or**

**Email: [bookings@simplesolution.com.au](mailto:bookings@simplesolution.com.au)**