

# DEMENTIA AWARENESS

COURSE CONTENT OVERVIEW

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This Dementia Awareness training course has been designed to provide carers, whether at home or in a care setting, with an introduction to dementia so they can feel more confident about looking after someone with the condition.

The course outlines the main symptoms of dementia to look out for, explains how the condition is diagnosed and provides many tips and ideas for adaptations that can be made to the person's home or lifestyle to make everyday living a little easier.

#### **Module One: Introduction**

This module looks at what dementia actually is, including the different types of dementia, and explains who is most likely to be at risk from developing the condition.

- What is dementia?
- Dementia statistics
- Types of dementia
- People most at risk
- Can dementia be prevented?
- Case study example

#### **Module Two: Symptoms of Dementia**

This module provides an overview of the most common symptoms of dementia so you know what to look out for and understand when certain behaviours are a cause for concern, enabling you to take action when needed.

- The role of a carer
- The most common symptoms
- Memory loss
- Disorientation
- Losing track
- Personality change
- Difficulty with everyday tasks
- Problems with words
- How dementia progresses

#### **Module Three: Diagnosis**

This module outlines the dementia diagnosis process, providing information on when you should consider involving a doctor and what to do after a person has been diagnosed with dementia.

- Contacting a doctor
- Early diagnosis
- How dementia is diagnosed
- After a diagnosis
- Contacting a support group
- Living arrangements
- Work arrangements
- Driving
- Legal and financial affairs
- Treatment for dementia

#### **Module Four: Caring for Someone with Dementia**

This module looks at the best techniques for caring for someone with dementia so that you can ensure you are doing everything possible to look after the person and keep them comfortable throughout the course of their illness.

- Remaining independent
- Managing relationships
- Memory aids
- Everyday life - washing and dressing
- Diet and meals
- Maintaining general health
- Getting further help
- Support for carers
- Top tips

#### **Module Five: Home Adaptations for People with Dementia**

This module provides ideas of adaptations you can make to the person with dementia's home in order to make everyday living easier and less frustrating for them.

- Introducing changes
- Kitchen adaptations
- Bathroom adaptations
- Living space adaptations
- Stairways and corridors
- Lighting
- Keeping warm
- Specialist equipment
- Further information and contacts

## Aims of the Training

At the end of this course learners will:

- Understand what the different types of dementia are and understand who is most at risk from the illness.
- Know which are the most common symptoms of dementia to look out for.
- Understand how dementia is diagnosed.
- Understand the importance of taking care of everyone involved in the diagnosis, including both the patient and the carer.
- Know how to care for someone with dementia, maintain their health and help them with everyday tasks and issues.
- Be aware of the different home adaptations that can be made to make living with dementia easier and maintain the person's independence.