UNIVERSITY OF STIRLING

Dementia: a six part self-study course for care home staff

The Dementia Services Development Centre

Features:

- developed in conjunction with care staff to ensure the content is relevant to them
- piloted in a care home setting to demonstrate that it works in practice
- based on the RCN-accredited programme for healthcare assistants working in hospitals

Purpose

- to help you provide the best care for people with dementia in care homes
- to develop your existing skills
- to gain new knowledge and understanding
- to learn what is meant by a person-centred approach

Format:

- a self-study course, with group discussions and support from a trained facilitator
- designed to take 60 hours – or three hours a week over six months
- grounded in your existing practice
- includes six self-study workbooks with background information and exercises to complete

Topics covered:

The self-study workbooks cover a series of topics relating to caring for people with dementia:

1. The person and dementia
2. Seeing the person
3. Communication and behaviour
4. Support for the person with dementia, family and carers
5. Health and wellbeing
6. Legal aspects and issues in relation to dementia

Covers nutrition, restraint, skin care and medication issues

Reflective practice:

An important part of the programme involves looking at your existing practice and asking questions like ‘Why?’, ‘How?’ and ‘Could I have done things differently?’. Reflective practice makes up part of the three hours per week that are needed to complete the course.

How it works in practice:

Although care assistants do most of the studying for this course on their own, they also take part in group discussions, and are supported by a trained facilitator. The group discussions provide an opportunity to share your experiences with colleagues and talk through what you have learned in the self-study booklets. Your facilitator will help you if you have any questions or concerns.

Links to national standards and other education programmes:

For the individual, completing this programme can contribute towards an NVQ or SVQ in Health & Social Care. For the organisation, training your team in caring for people with dementia helps you meet the standards set by the UK’s four care inspection agencies.

How to enrol or become a course facilitator

If you have any questions about the course, or would like to enrol (or become a facilitator) contact Shirley Law or Lynsey Manson

shirley.law@stir.ac.uk
lynsey.manson@stir.ac.uk

“Since doing the course I look at the person in a different light. No two people are the same and I understand what the impact of the illness has on the person” (Feedback from HCA version of course)

The Dementia Services Development Centre (DSDC) provides education and training for all those involved in caring for people with dementia. Our trainers run practical, accessible courses that are tailored to the needs of you and your organisation. Learning with us is completely flexible. You can come to our centre in Stirling, do a distance learning course, or we can provide on-site training at your workplace. For details of the full range of courses available, please visit our website.

"Expect to be challenged, but also inspired!"

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