

# Learning from Living with Dementia



'Learning from Living with Dementia', from **DementiaTrainers** and **EDUCATE**, is a dementia awareness training day with a big difference. It's both co-produced and co-delivered by people living with dementia. Who knows better what the experience of dementia is and what the needs of people with dementia are than those who live with the condition?

**All the key learning points on this course are taught, via embedded video clips, by people who have dementia...**

- ◆ They explain exactly what each symptom is really like...
- ◆ They talk about how it feels...
- ◆ They make us think about the impact of unhelpful practices...
- ◆ They talk about what others can do to help...
- ◆ They explain the importance of getting to know the person with dementia as an individual...
- ◆ They show us that despite their symptoms there are many strengths and abilities they've retained...
- ◆ They help us understand what enables them to live well with dementia.



The video clips are linked together by a variety of trainer-led interactive activities to consolidate the learning and encourage learners to plan how they will use what they have learnt to make a difference for people with dementia they support.

*"I have attended a lot of dementia awareness courses over the years. I can honestly say that Learning from Living with Dementia is the most engaging, thought provoking and person centred course I have ever had the pleasure of attending."* course participant



*"Participants can't help but connect and care deeply about the people they are working with after having a training day like this!"* course participant

**Course delivered by Fran Hamilton  
Dementia Specialist Occupational Therapist, Consultant and Trainer**

**For more information please contact me on 07838 719519 or via email at  
hello@franhamilton.co.uk**

# **LEARNING FROM LIVING WITH DEMENTIA**

A 1-day Dementia Awareness course designed  
and written by Buz Loveday, DementiaTrainers

Co-produced with EDUCATE

Course delivered by Fran Hamilton

Dementia Specialist Occupational Therapist, Consultant and Trainer

## **COURSE OUTLINE**

- Introductions and learning agreement
- What is dementia?
- Types of dementia
- Understanding the symptoms of dementia from the perspective of people experiencing them
- How we can help
- An enabling environment for people with dementia
- Overcoming communication barriers
- How it feels to live with dementia
- Supporting people with difficult feelings
- Causes of distress
- Problem-solving strategies
- Compensating for difficulties and drawing on strengths of people with dementia
- The importance of identity and life history
- Getting to know people as individuals
- Gaining knowledge of individuals' abilities and difficulties
- Working in partnership to facilitate maximum independence
- Well-being in dementia
- Recognising signs of well-being and signs of ill-being
- Enhancing the well-being of people with dementia
- Action planning

