

## **Topic covered – Dementia Managing Risk**

### **Building on strengths - Care planning and risk assessment**

**Levels 1-3**

#### **Aims and Objectives**

Building on strengths has been designed to

- Help services provide good quality individual care plans for people with dementia.
- Work towards common goals and a common philosophy
- Plan the support given
- Standardise record keeping
- Monitor changes and comparisons over time
- Consider how to provide a supportive and enabling environment
- Assess what the person can still achieve rather than focus on what they can no longer do
- Consider how to address the person's feelings and needs
- Consider how to provide meaningful activities
- Focus on important areas of the person's life
- How to work in partnership between staff, people with dementia and their family carers

Attendees are invited and encouraged to bring along copies of the current care plans used in their place of work.

It is expected that the information and exercises from the day will enable individuals to see how existing care plans can be used and/or adapted to embrace a truly person-centred and strengths-based format.

#### **Course/Learning Programme (including duration)**

The course is based on the collaborative work of the Alzheimer's Society and Dementia Care Matters (the UK's leading dementia training group).

The workshop is allocated 7.5 hours

- 1) Introduction to the day
- 2) Expectations of attendees – open floor
- 3) Identify difficulties or problems experienced by staff with the format or execution of their current care plans
- 4) Care Planning
  - Who? Who does the care plan? Who is the care plan for?
  - What? What does the care plan assess? Is it appropriate?

- Why? Why do we need care plans?
- When? When and how often should they be carried out/reviewed?
- How? How are the assessments done? How are they implemented?

Break

- 5) Care planning in relation to dementia – implications of assessment in relation to care plans.
- What do they assess?
  - How do they show change?
  - Are they person-centred?
  - What is the way forward?

Lunch

- 6) Risk Assessment
- Defining risk
  - Considering risk
  - Managing risk

Break

- 7) Working with the person with dementia
- What skills do staff need to assess the person with dementia?
  - Including the person with dementia in the decision making and planning
  - Respecting the individual and enabling autonomy

8) Summary

9) Evaluation

10) Close

Learning Mediums/styles used

Lecture, group discussion, case studies, sharing personal experiences, worksheets, handouts, reading materials, working in small teams (exercises in working as a team, making decisions, planning and carrying out tasks), role play.

Costs depend on whether the course is put on by DSDC or commissioned by an organisation.