

## **Topic Covered –Magical Moments: Meaningful activities in dementia care**

This evidence-based approach to improving the lives of people with dementia has been developed by the Training Team at the Dementia Services Development Centre, Bangor University. Over the past few years, numerous care workers across North Wales, have expressed the need for training in the area of activity based interaction and facilitation.

The content and approach of each training session is based on the needs and abilities of people with dementia, who have participated in a number of research projects facilitated by DSDC. These projects were held in a range of settings, and participants ranged from individuals who are self-caring in the community to those who are resident in specialist nursing care.

The aim of this approach is to improve the quality of life and well-being for people with dementia through improving the culture of care by training and enabling staff to offer meaningful activity by way of:

- Appropriate assessment methods for people with dementia (PAL assessment)
- Facilitation skills
- Suitable therapeutic activities e.g. reminiscence programmes
- Music and song
- Life story work
- Art and craft activities
- Activity with people with severe dementia

Courses comprise of two half day sessions, project work and a workbook

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