

## **Topic Covered – Staying Home Alone**

**Levels** 2 (includes Unit 1 and Unit 3 of the QCF Award for the Diploma levels)

**Time** - Training over two days

**Aims and objectives** This training programme has been designed specifically for home care workers who work with people with dementia.

It aims to provide home care workers

- with a basic knowledge and understanding of dementia
- to look beyond the label of 'dementia' and recognise the individual
- to increase awareness of feelings that dementia may raise for both the person with dementia and the care worker
- to learn and identify practical ways of managing difficulties which may arise when working with a person who had dementia.

### **Course/learning programme**

#### Course contents

Dementia or forgetfulness?

- Getting to know a person who has dementia.
- Working with a person who has dementia.
- Maintaining personhood
- Workbook - action planning and evaluation of learning.

Why we behave the way we do.

- Understanding behaviour.
- Effective communication – some do's and don'ts.
- Understanding behaviour – mapping the reasons.
- Workbook – action planning and evaluation of learning.

Risk.

- Looking for the reasons.
- Managing risk.
- Case scenarios.
- The process of managing risk.
- Workbook – action planning and evaluation of learning.

Workbooks will be taken back from the final session to be marked and then returned to the training department for your records and then for distribution to attendees.

#### Training materials

- Staying Home Alone: Working in the community with older people who have dementia. Annette McDonald (2001). Pavilion
- Course workbook - Home Alone: Evidence of Learning. DSDC Bangor (2008)

### **Learning mediums**

Over the sessions a variety of teaching methods are employed. Lecture, OHP/power point, group discussion, small group work, handouts, case studies/vignettes, quiz, experiential exercises, presenting, workbooks, CD's.

Optional cost for accreditation for Level 1 and 2 is £25.00