



Alzheimer's Society Certificated Course Foundation Certificate in Dementia Awareness Course

This new course is usually delivered over five half-day sessions. It is designed to give learners an introduction to dementia care and current best practice.

The training will encourage learners to reflect on their views about dementia care through experiential exercises, discussion and debate, reinforced by real footage from an Alzheimer's Society produced film. At the end of the course, learners will be given the opportunity to take the Alzheimer's Society examination and upon successful completion, will be awarded the Foundation Certificate in Dementia Awareness and a badge.

Topics covered include:

- The experience of dementia (how it might feel to have dementia). This session is supported by real footage of people living with dementia, speaking about their lives.
- What is dementia?
- Signs and symptoms of dementia.
- Factors, including the care approach and the environment, which can cause "secondary losses of ability".
- The importance of "working with", rather than "doing to".
- Supporting good nutrition.
- Identifying and implementing appropriate activities and occupations for individuals with dementia.
- Identifying communication barriers and building on skills to maximise communication and understanding with people with dementia.
- Recognising the importance of reminiscence for many people with dementia.
- How to facilitate reminiscence.