

Distress Behaviours Refresher

Join us for our Distress Behaviours Refresher Course, where we aim to provide a fresh perspective on behaviours exhibited by individuals with dementia.

Our course challenges the traditional attitudes towards these behaviours labelled as “challenging” and instead recognises them as expressions of distress. Language matters, and understanding the true nature of these behaviours can help you support individuals with empathy and dignity.

Our courses are mapped to the Dementia Training Standards Framework, ensuring that you gain the skills and knowledge necessary to provide effective support to those in need and our experienced trainers, including former Alzheimer’s Society professionals, blend evidence-based knowledge with practical insights to empower you to make a positive impact.

[Learn more](#) >

Learning Outcomes

- Recognise behaviours we may find difficult
- See behaviour as a form of communication
- Appreciate that all behaviours are as a result of a trigger
- Explore what the triggers may be
- Recognise changes in the brain
- Appreciate that distress is also experienced by family members
- Recognise different approaches when responding to distress behaviour

Course Content

- **Module 1:** What do we see as 'difficult behaviour'?
- **Module 2:** Correct Terminology
- **Module 3:** How to manage "Challenging Behaviour"
- **Module 4:** The Brain
- **Module 5:** How to help reduce distress
- **Module 6:** Memory
- **Module 7:** Communication