

A Mile in My Shoes (Dementia Awareness)

Originally developed for the Care Quality Commission (CQC) to train their inspectors, A Mile in My Shoes is our Dementia Awareness course. We've developed this course as an introduction to dementia and a basic level dementia training course for care services which is mapped to the Dementia Training Standards Framework.

With our range of Dementia Training Courses, our main aim is to gain a full and deep understanding of people with dementia.

Delivered by our experienced trainers through interactive exercises, videos and group work, learners will build a deeper understanding of dementia by covering topics such as "What is Dementia?", Diagnosing Dementia, Understanding How Our Brain Works and will explore the holistic needs of a person with dementia in our "Are All Needs Being Met?" module.

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Learning Outcomes

- To separate the facts from fiction and see each experience as unique to the individual
- To recognise the risk factors associated with dementia
- Know the most common types of dementia, their underlying causes and to recognise the diagnostic process
- Identify the impact of neurological impairment on the person
- Understand how our memory works and appreciate how our past can shape our future
- To put person centred approach at the heart of care and support
- Recognise that the reality for people living with dementia is likely to be different from our own
- Understand how dementia can affect our senses
- Identify how dementia can affect the perception of the environment
- Appreciate ways of connecting with a person with dementia and to recognise how our own actions can affect the way a person connects with us
- Recognise different ways of communicating

Course Content

- **Module 1:** What is Dementia?
- **Module 2:** The different types of Dementia
- **Module 3:** Diagnosing Dementia

Course Content

- **Module 4:** Understanding how our brain works
- **Module 5:** How dementia affects our senses
- **Module 6:** Changes to the brain
- **Module 7:** Are all needs being met with the person living with dementia?