



## Caring for People with Dementia—The Fundamentals

**Volume discounts available for annual licences—please call for more information**

This online e-learning Fundamentals training course has been developed for anyone who is new to, or will soon be involved in, caring for someone with dementia, whether within the family or as a professional, either at home or as part of a team in a residential facility.

At the end of the course, learners will be able to:

- Define clearly what dementia is and list its main causes
- Identify the early symptoms and warning signs
- List some of the potential middle and late-stage symptoms
- Explain the importance and benefits of tracking the progression of dementia

The full course is currently under development. It provides a much more in-depth introduction to the condition: its definition, causes and effects on people as it progresses. The course then looks at the importance of good communication between carers and the people they care for and examines ways of improving communication in different situations.

**All candidates will receive a certificate upon completion.**

### Individual course units include:

- What is Dementia?
- Improving Communication
- Day-to-Day Care
- Responding to Challenging Behaviour
- Activities and Exercise

Dementia is a condition, most commonly caused by Alzheimer's disease, whereby loss of a number of mental abilities affects a person's ability to cope with everyday life.

- Possible warning signs include loss of short-term memory, difficulty carrying out everyday tasks and confusion / disorientation.
- Improving communication between you and a person in your care makes the bond between you stronger and helps to give reassurance.
- Create a safe environment: reduce risks around the home by installing guards and barriers in appropriate places, checking food dates etc.
- Activities enable people with dementia to feel involved and purposeful.
- Identification of possible causes and appropriate responses to challenging behaviour is vital for the carer. Managing pain and / or distracting the patient are key strategies.
- Preservation of dignity and quality of life, and showing respect are priorities when caring for someone with late-stage dementia.
- The physical and mental well-being of the carer is as important as that of the person in his or her care.

*Please contact us on 0114 281 3746 for more information*



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# Caring for People with Dementia - Fundamentals



The types of day-to-day care covered in the full course include creating a safe environment for people with dementia, helping at mealtimes, helping with bathing, washing and toileting as well as tips for dressing and managing medication.

Types of challenging behaviour that carers may come across when looking after people with dementia are identified. The course then goes on to explore effective and sensitive ways to cope with and respond to each type in different circumstances and at different stages of the condition.

Learners will discover how activities and exercise can improve the quality of life for people with dementia as well as giving them a sense of purpose. The course looks at the kinds of activities and exercise appropriate for different people's needs as the condition progresses.

The course concludes with a unit about late-stage care requirements and how carers can meet these sensitively and efficiently. It also identifies sources of support and advice available to carers and emphasises how essential it is for them to look after themselves throughout the process.

## Learning Objectives

On completion of the course, learners will be able to:

- Define the term dementia and describe common symptoms of the condition at each stage
- Describe the benefits of monitoring, recording and reporting on the changing needs and capabilities of people with dementia in their care
- Apply a range of methods which can improve verbal and non-verbal communication with someone in their care as the condition progresses
- Adopt effective techniques for helping people with dementia to carry out day-to-day tasks in a stress-free and relaxing environment
- Prepare for different types of challenging behaviour they may encounter and respond sensitively and appropriately
- Explain the importance of helping people in their care to remain as mentally and physically active for as long as possible
- Describe the emotional and physical care required in the late stages of the condition in order to keep people healthy and comfortable for as long as possible
- Understand the importance of taking care of themselves throughout the process in order to be able to provide the strength and support required by the people in their care.

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