

AIM OF THE COURSE:

The course aims to provide Carers' / Learners with a general understanding of Dementia and how to identify some of the signs and symptoms and that Dementia is not part of the "normal" ageing process. Learners will learn how to relate and care for someone with Dementia using the principles of Person-Centered Care. The role of the family and the use of available resources must also be understood. Valuing diversity forms an integral part of the course in terms of accepting people's individuality (person with dementia and the carers') and using it to enhance care.

LEARNING OBJECTIVES FOR THE COURSE:

1. Learners must have a clear understanding of Dementia and the most common types of Dementia.
2. Learners must be familiar with the early signs of dementia.
3. Learners must be familiar with the correct terminology.
4. Learners must be aware of the impact of cultural diversity and have sensitivity to the individual needs of the Person living with Dementia.
5. Learners must be familiar with the concept of Person Centered Care and to be able to see how it will be able to benefit them in caring for someone with Dementia.
6. Learners must have a better understanding of how to communicate with someone with Dementia.
7. Learners must have a clearer idea of how to deal with behaviour that challenges them.
8. Learners must be able to understand the impact that the Dementia has on the family and on them as carers'.
9. Learners must be familiar with resources in their area or where to go to access more information with regards to them.

LEARNING OBJECTIVES FOR MODULE 1:INTRODUCTION

1. To make Learners more comfortable and to have an understanding of what their expectations of the course are and trainers expectation of them as Learners, (eg. Punctuality participation).
2. To make sure that everyone feels safe in the training environment.
3. Learners to get to know and trust each other and the facilitators.
4. Learners to have a practical knowledge of dementia and what they want to get out of the training progamme.
5. To have a clear idea of the course and the days events.
6. To set the objectives for the day
7. Facilitator is to communicate a message in a way that produces a desired change in the Learners understanding and opinion of the information.
8. Housekeeping issues to be clarified.

LEARNING OBJECTIVES FOR MODULE 2: DEALING WITH DIVERSITY

1. Understanding the impact of cultural differences on people with dementia.
2. Understanding what valuing diversity means.
3. To have an understanding that the different cultures in South Africa all need to be respected and taken into account when providing care.
4. Learners to be sensitive to the individual needs of people with dementia.
5. Learners need to be able to recognize that their own cultural background impacts on their interaction with someone with dementia.

LEARNING OBJECTIVES FOR MODULE 3: UNDERSTANDING NORMAL AGEING AND DEMENTIA

1. Learners must understand what normal ageing is.
2. Learners to understand the main types of dementia.
3. Learners to take responsibility as careworkers for the level of care they provide and they must realize that they must be multi-skilled.
4. Learners to understand that the more they understand about the nature of the illness, the easier it will make their role of caring.

LEARNING OBJECTIVES FOR MODULE 4: UNDERSTANDING PERSON CENTERED CARE

1. Learners must understand the concept of Person Centered Care.
2. Learners to understand the difference between Person Centered Care and Task Centered and the importance of moving towards a Person Centered Approach in terms of caregiving.
3. Learners to understand the importance of practicing Person Centered Care in the workplace.
4. Learners to become PERSON CENTERED rather than TASK CENTERED in their caring roles.
5. Learners to understand how to deal with behaviour that challenges them as caregivers.
6. Learners need to recognize that all behaviour is a form of communication.
7. Learners must understand how to communicate better with someone with Dementia.

LEARNING OBJECTIVES FOR MODULE 5: UNDERSTANDING THE NEEDS OF RELATIVES AND CARERS

1. Learners to understand the importance of support for the carer be it a family member or a careworker.
2. Learners to understand the importance of a healthy relationship between the person with Dementia, the family, the carer and the care facility.
3. Learners to understand that carers need to look after their own health and wellbeing in order to function effectively.

LEARNING OBJECTIVES FOR MODULE 6: UNDERSTANDING AVAILABLE RESOURCES IN THE COMMUNITY

1. Learners must realise that carers will need support and assistance in providing effective care to someone with dementia.
2. Learners must be able to identify some of the resources available in the community to support people with dementia and their families.
3. Learners to clearly understand the role of Dementia SA in providing care to people with Dementia and their carers and also acting as a referral source.
4. Learners must be able to refer people to appropriate resources or will know who to ask about appropriate resources.

LEARNING OBJECTIVES FOR MODULE 7:

1. Learners will be able to give an overview of what they have learnt during the training.
2. Learners need to have met their own learning objectives for the day.
3. Learners need to be feeling comfortable with the concepts learnt during the day and have a clear understanding of what Dementia is and especially Person-Centered Care
4. Learners will be able to clearly define their future training needs.
5. Learners to have completed their written evaluation of the training and the workbook.
6. Learners should be feeling excited about what they have learnt and feel ready to implement new ideas.

DEMENTIA SA IN ASSOCIATION WITH DEMENTIA UK IN LONDON

This course material has been adapted from **DEMENTIA UK** material to suit South African economic and social conditions. **DEMENTIA UK (formerly known as *for dementia*)** is an organization in London who specialize in dementia care training. They are registered with the NHS, the Open University College of London, Alzheimer's Society of the UK and Bradford University.
(www.dementiauk.org)

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