

Dementia Module – Health Champions Training

Develop and deliver a dementia awareness module open to anyone living, working or volunteering in the Northlocality to be administrated through the Health Champion Programme and completed through either a workshop or e-learning programme. The individual would not need to be connected to an organisation or be a Health Champion to access the training.

There would be two ways of accessing the training, one through a community workshop, the other through e-learning which would be accessed through the Learning Pool via the Council Intranet or through Social Care Institute for Excellence both of which are free.

Workshop

The workshop would be a half day session delivered in the Northlocality aimed at community and voluntary workers, and carers. There would be a cost associated with this training as we would need to commission this from a local provider. We would commission one session per month, but would need some flexibility to commission more courses if the demand was high. Face to face training remains the most preferred form of training provision. Classroom training is preferred because of the unique qualities and learning opportunities that arise when face to face instruction occurs, and it allows students to share their personal experiences, thoughts and challenges in relation to the content.

The courses would be delivered from June 2014 until June 2015. The estimated costs would be £5000.00 (10 workshops based on £500 per workshop) plus administration charge for Health Champions at 15%. Total cost for 2014/15 would be £5750.

The costs would allow for 10 courses with a maximum of 18 participants on each course from the North area of Sunderland per course (180 in total).

The administration charge will cover the cost of additional monitoring of outcomes to include:

- Number of people attending training
- The number of people to whom information/advice/guidance were provided
- The number of people signposted to services
- The number of people formally referred to services

E-learning

E-learning would be aimed at care home staff (carers, administrative and managerial staff), domiciliary care workers, registered general, mental and district nurses, general and acute hospital staff, allied health care professionals, social workers, ambulance service staff, community support workers (meals on wheels, transport services) and family carers. **Distance education technologies have great appeal for people who may have high levels of self-motivation, are perhaps located in rural areas or cannot spare the time to attend face to face workshops.**

However, this mode of learning is certainly not for everyone.

E-learning would also be targeted at people who have been on the workshop and would like to continue their learning.

Course Overview

This half day workshop will provide up to date, interactive and engaging training for people to equipping them with the knowledge and skills to improve the lives of people with dementia.

The course will aim to:

1. Explain what dementia is and different types of dementia
2. Common signs and symptoms, health risks and factors of causes of dementia
3. Explain why an early diagnosis is important and how to get this.
4. Explain facts and common misconceptions about dementia
5. Show how dementia impacts on families, friends and community and the support that is needed.
6. Name help and support available at a local and national level

At the end of the course participants will have:

- Brief background to health champions programme and reinforce message around why the health champion approach is important in relation to address health inequalities in Sunderland.
- Increase knowledge and understanding of what dementia is
- Define dementia and increase knowledge around common signs and symptoms of dementia and be able to describe ways in which some of the most common symptoms of dementia can affect people's everyday lives.
- Increase knowledge around common health risks and factors for causes of dementia
- Identify reasons why an early diagnosis is important and services available
- Ability to challenge some of the common myths and negative attitudes about dementia
- The impact of dementia on family and friendship networks and how to make organisations 'dementia friendly' this included things like clear and appropriate signage, non-slip flooring, bright colours etc
- Name local services which could help support the person living with dementia, their carer and their family.

This training will consist of a half day course (3 hours guided learning with extra time allowed for a break and registration) which is classroom based.

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