

Dementia Module – Health Champions Training

Develop and deliver a dementia awareness module open to anyone living, working or volunteering in the West locality to be administered 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 West locality 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 September 2013 until March 2014. 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 2013/14 would be £5750.

The costs would allow for 10 courses with 18 participants from the West 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.

Dementia Awareness – Workshop (Draft)

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:

- Explain what dementia is, including common signs and symptoms, and causes of symptoms.
- Explain facts and common misconceptions about dementia
- Show how dementia impacts on families, friends and community and the support that is needed.
- Explain the different types of dementia and the key characteristics of each; Factors that are known to increase or lessen the risk of dementia.
- Explain how dementia affects each individual differently; four common areas of difficulty faced by people with dementia; Practical strategies to assist with difficulties; Difficulties faced by people with dementia not caused by damage to the brain, but by other factors.
- Name help and support available at a local and national level

Learning outcomes

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.

Challenge some common myths and negative attitudes about dementia.

Describe what dementia is and list common signs and symptoms of dementia.

Describe the causes of dementia and list some of the more common diseases and disorders that cause dementia.

Identify reasons why an early diagnosis is important

The importance of recognising the individuality of people with dementia and their unique strengths, preferences and needs.

The impact of dementia on family and friendship networks.

Identify some factors that can increase and decrease the risk of dementia.

Have a better understanding of the unique nature of every nature of every individual's experience of dementia.

Be able to describe ways in which some of the most common symptoms of dementia can affect people's everyday lives.

Recognise the possible physical and mental experience of people living with dementia.

Recognise that a person's experience of living with dementia will be unique to that individual.

Name local services which could help support the person living with dementia, their carer and their family.

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