

Innovative Training Solutions in Dementia

MEMORY MATTERS SOUTH WEST CIC

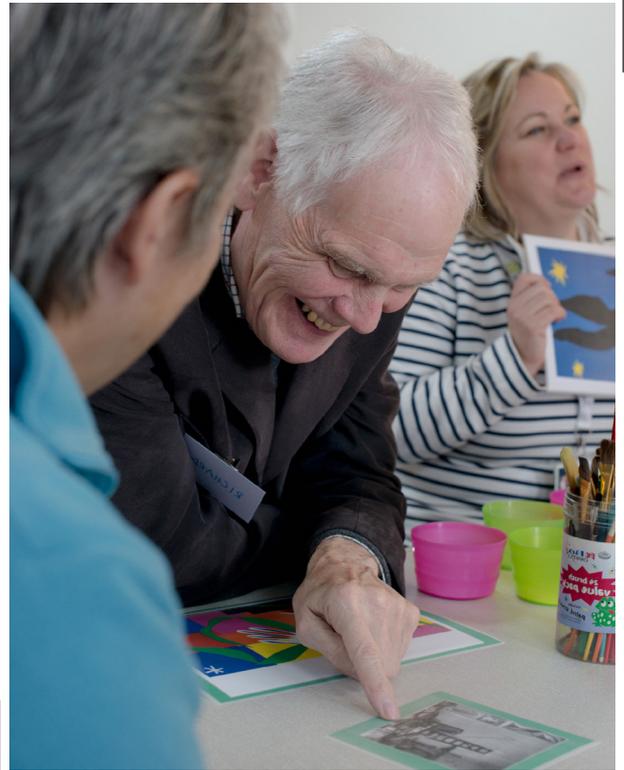
Memory Matters South West is a Community Interest Company and a Social Enterprise, founded in June 2010 by nurses Kate and Laura, to meet the needs of those living with dementia in the community.

Memory Matters's small training team have a wealth of clinical experience, they all work therapeutically with people living with dementia and have a passion and enthusiasm for excellent care in dementia, which is the driving force of the Memory Matters ethos.

Memory Matters South West CIC provide training for members of the public, Care Homes, Domiciliary Care Providers, Hospitals, Volunteers, Memory Cafés, Schools, Colleges and Universities.

All training is designed to meet the needs of the learners, using 'real life' examples. Courses can be run anywhere in the UK and can also be arranged to be held at our venue, Moments Café in Plymouth.

Details can be found on our website
www.memorymatterssw.co.uk.



"Thank you so much for your enthusiasm, positivity and obvious care in what you do. For passing that on and motivating me."



Laura Walker and Kate Smith

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Community Interest Company

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Title of Course:	Cognitive Stimulation Therapy Facilitators Training
Duration of Course:	Full Day
Cost of Course:	£1500 per day (maximum 12 learners per course) Travel and overnight expenses added if training is at your place of work

Details of Course:

This course, delivered by two experienced trainers and CST facilitators, will give an in depth understanding of Cognitive Stimulation Therapy and its effectiveness in the treatment of the cognitive symptoms of dementia. –The National Institute of Health and Clinical excellence (NICE) recommend that all people living with mild to moderate dementia should have access to CST.

This interactive course will explore, examine and create understanding around the principles of Cognitive Stimulation Therapy. It will cover all the key CST topics and teach the specific facilitation approaches to increase effectiveness.

The course will give learners the confidence to facilitate and evaluate CST groups through role play and discussion.

Objectives:

- Understand the structure, topics and content for CST.
- Outline the evidence base and research supporting the use of CST as a structured psychosocial treatment.
- Understand the remit for referral to groups.
- Identify the principles of CST and demonstrate how these can be used to create cognitively stimulating interactions.
- Recognise activities that fit the CST criteria.
- Prepare, facilitate and evaluate CST groups.

Who is it for?

Nurses, Occupational Therapists, Care staff, Activity co-ordinators, community groups working with those living with dementia. (Learners will need to have an understanding and experience of working with people with dementia).

Includes: Certificate, course materials, access to online CST community.

What people have said about this course:

“Thank you very much for your enthusiasm, positivity, and obvious care in what you do. For passing that on a motivating me to at least think that change may be possible.”

“A great day’s training with the right balance of informality and quality teaching.”

“The course was well presented, and with enthusiasm and passion.”

“Very powerful and motivating training.”

Title of Course:	Activity Provision & Dementia
Duartion of Course:	Full Day
Cost of Course:	£960.00* + VAT (maximum 12 learners per course)

Details of Course:

This is a jam-packed, thought-provoking day that will arm Activity Co-ordinators and Care Staff with all the skills required to engage every person in their care in meaningful activity.

We all have an in-built desire and need for occupation and this doesn't change when we have dementia. In an average day in a care home there are between 10- 12 hours when a person is not sleeping or having their personal care provided. How do your residents spend their time? Would you welcome some ideas for creating successful activities?

Whilst many people enjoy group activities, many do not. When living with the symptoms of dementia, engagement in meaningful activity can be a challenge.

This full-day workshop will take activity co-ordinators and care- staff through a framework to help them plan person-centred activity and teach them how to encourage others to put those plans into action using a whole team approach.

The workshop will give all members of staff the knowledge and skills to create and encourage meaningful activity that promote health in every interaction.

Objectives:

- Understand a person-centred approach to activity.
- Define different types of activity and understand the importance of balance.
- Describe what makes activity meaningful & why it is important.
- Understand how the symptoms of dementia affect a person's ability to engage.
- Understand how to adapt activities for people living with dementia.
- Plan, facilitate & record person-centered activity on a one to one and in groups.
- Understand the importance of a whole team approach.

Who is it for?

Nurses, Care staff, Activity co-ordinators, community groups working with those living with dementia. (Learners will need to have an understanding and experience of working with people with dementia).

Includes: Certificates, activity plan template & evaluation tools for use in the workplace.

What people have said about this course:

"I have learnt a few things and I have a plan in my head already regarding a new activity."

"I did get some new ideas that I could use which makes me feel better about myself."

"I learnt that attitudes are more important than just being an 'activity' it's much more in depth about the person's well-being."

"I learnt a lot and more, it made me think of new ideas and different ways to implement activity."

Title of Course:	Exploring Dementia
Duration of Course:	3 Hours
Cost of Course:	£432* + VAT (maximum 12 learners per course)

Details of Course:

This interactive dementia workshop uses creative and engaging techniques that will have you interested from the moment it begins!

All of us will find ourselves in a role in life, through work or personally where we are interacting with people who are living with dementia. Sometimes we can feel lost in knowing the best way to approach, or what to say. The reality of this is that people with dementia can often feel isolated and lonely. This course will give you all the tools you need to empathise with the many symptoms that people with dementia may experience and how that impacts communication and day to day living.

We all need human connection more than anything else and you can make an amazing difference in your community for people living with dementia if you can do this confidently and with an understanding of some of the difficulties that you can help with.

People tell us this course is a real eye-opener and go away feeling much more confident and empathic and full of new ideas to try for positive and meaningful.

Objectives:

- Common Symptoms and their impact on communication, perception and relationships and how your approach can make a difference.
- Useful communication techniques.
- Positive and enabling activities.
- How to support someone to live well with dementia.
- How to have successful interactions.
- Thinking creatively about dementia in your community.
- Suitable for anyone who would like to learn more about dementia.

Who is it for?

Anyone with an interest in learning more about how the effect of the symptoms of dementia.

Includes: Certificate and course slides.

What people have said about this course:

“This is the best training course I have ever been on!”

“Really good short course. So interesting and the trainer is really knowledgeable.”

“Lots of discussion. I really enjoyed the group discussions. Thought provoking.”

“I’d recommend this training to ANYONE, as we are very likely to all come across someone living with dementia within our lives. Thanks so much for inspiration, reassurance and practical tips. Brilliant, I highly recommended”

Title of Course:	Understanding Behaviour & Dementia
Duration of Course:	Full Day
Cost of Course:	£1080* + VAT (maximum 12 learners per course)

Details of Course:

One of the most common mistakes we make with dementia is judging behaviours as problematic, before taking time to look creatively at behaviour as a form of communication.

More people living with dementia & complex needs are being cared for in a care home environment and yet care home staff are not always armed with the theory, practical solutions or creative interventions they need to manage situations that they find challenging.

This training workshop will give staff all they need to find the reasons behind distressed behaviour and think creatively about solutions.

By introducing some common frameworks, staff will learn how to find the unmet need driving the behaviour & how to meet that need using an agile approach.

Experiential learning gives staff an understanding of some common symptoms of dementia and how dementia affects a person's interpretation of commonly misunderstood situations.

Through exploratory exercises and discussion, staff will explore personhood and the true meaning of person-centred care. Through role-play and problem-solving exercises staff will gain the confidence to work as a team to find solutions in difficult situations, creating a positive environment for all.

This course gives teams the tools and techniques that make for a happier place to live and work. It will give the staff team confidence in being creative in the face of challenges.

Objectives:

- Understand perspectives in dementia.
- Understand personhood.
- Understand how to assess need driving behaviour.
- Understand the distress of unmet needs.
- Understand what to do when unable to meet a need.
- Know how to de-escalate a situation where someone is exhibiting distressed behaviours.
- Be confident in creating an environment for positive experiences.
- Create solutions that work.

Who is it for?

Residential and care home staff, nurses, care workers, domiciliary care providers.

Includes: Certificate and course material.

What people have said about this course:

"It really made me think differently about what people are experiencing. I am going away with some really good ideas to try."

"Interesting with good humour.- I learnt a lot."

"Very interesting with new ideas to try."

"I learnt so much I didn't know, some really simple ways to make things easier."

*All Courses can be delivered at any location in the UK. Travel expenses and overnight expenses that are incurred will be added to the invoice and agreed beforehand. Travel will always be calculated from Plymouth.

Title of Course:	Understanding Behaviour & Dementia in a Clinical Environment
Duartion of Course:	Two Full Days
Cost of Course:	£1800* + VAT (maximum 12 learners per course)

Details of Course:

Environment is key when it comes to caring for someone living with a dementia and all would agree that a hospital environment is not the most familiar, relaxing or positively stimulating environment for any individual.

It is estimated that approximately 25% of beds in hospitals are occupied by people living with dementia. Their length of stay is often longer than for people without dementia and there can also be delays in supporting them to leave hospital. (Alzheimers Research UK)

When living with a diagnosis of dementia the world can be a frightening place, more so when the environment is unfamiliar and confusing.

In this two-day experiential learning workshop, hospital staff will be taken through theory and exercises designed to better understand communication approaches that work in creating connection and reducing anxiety and fear.

All behaviour is meaningful and learners will learn how to discover the unmet needs that culminate in distressed behaviour. They will gain confidence in trying approaches and working creatively as a team to meet those needs resulting in less distressed behaviour and better quality of life for their patients whilst in hospital.

Objectives:

- Understand what dementia is and how it affects individuals.
- Have the skills to reduce incidences of distressed behaviour.
- Have confidence in trying out different communication techniques.
- Know how to de-escalate a situation where someone is in distress.
- How to assess the unmet needs of someone living with dementia.
- Be confident in trying out creative solutions to unmet needs.
- Understand the importance of meaningful activities.
- Recognise and celebrate moments of well-being.

Who is it for?

All hospital staff.

Includes: Certificate and course material.

What people have said about this course:

“Amazing sessions, really interactive. Thank you.”

“Enjoyed this course. Really fun and interactive.”

“Thoroughly enjoyed this course. I have a lot more understanding in dementia now.”

“made me rethink about how patients may view the ward area/ care.”

“I found the course to be a lot of fun and very informative at the same time. I have a better understanding and I strongly recommend the course to all people working with people with dementia.”

*All Courses can be delivered at any location in the UK. Travel expenses and overnight expenses that are incurred will be added to the invoice and agreed beforehand. Travel will always be calculated from Plymouth.

Why choose us?

Social enterprises are businesses that trade to tackle social problems, improve communities, people's life chances, or the environment. They make their money from selling goods and services in the open market, but they reinvest their profits back into the business or the local community.



Memory Matters' courses are energetic, interactive and enjoyable and will increase staffs understanding of the key concepts of person centred care.

The positive learning experience we provide will enthuse your staff and engage them in understanding the needs and experience of people living with dementia. We use current examples as we are working with people living with dementia on a daily basis.

Our courses inspire a deeper understanding of staff's influential and essential role in enriching the lives of people living with dementia; increasing dignity, value and creative care.

Consultancy services are also available – what is the issue that needs addressing in your establishment? Do you need external verification and a support plan? Ask us! We have many years of experience – we can help.

For more details:

Tel: 01752 243333

Email: hello@memorymatterssw.co.uk



Memory Matters is a Community Interest Company limited by guarantee
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