



Gofal Cymdeithasol **Cymru**
Social Care **Wales**

People with dementia

Find out more about the role we play in supporting the care and support of people with dementia.

First published: 8 April 2019

Last updated: 19 May 2023

This document was downloaded from socialcare.wales and may not be the latest version.

Go to <https://socialcare.wales/resources-guidance/improving-care-and-support/people-with-dementia> for the latest version.

These pages include advice and resources for people supporting people living with dementia.

Dementia isn't a natural part of getting older and can only be diagnosed by a health professional.

To find out more about getting a diagnosis of dementia, [visit the Alzheimer's Society](#).

An introduction to people with dementia

We know that things need to be done to improve social care for people living with dementia, including making sure people can find the care and support they need in rural communities, and using Welsh where it is people's first language.

One in a Million: Dementia Training Resource

A two and a half hour classroom-based training package to help those who work with people with dementia.

The session will give your staff a better understanding of dementia and its different forms and helps you achieve the aims of the Good Work Dementia learning and development framework.

Staff will also learn practical tips about improving the day-to-day experiences of people with dementia. The package includes guidance notes and video to support the facilitator.

Order your copy from dementia@socialcare.wales

To find out more about the training, please watch the video below:

[View transcript](#)

00:01

[Music]

00:06

my name is Fabian Akshay I'm the general

00:08

manager at ballast a nursing home in

00:10

Cardiff as well as the one in Bari and I

00:13

think the training exercise was actually

00:15

a gem in itself for us to move forward

00:18

look into what we can do better

00:20

it opens up a whole new world when you

00:22

go to this training because it is

00:23

something that they wouldn't really know

00:25

what to do if they didn't have it having

00:28

an understanding of the dimensions and

00:30

the causes makes a huge difference to me

00:34

and so those around me

00:38

[Music]

00:41

in 2016 Care Council for Wales launched

00:46

good work and dementia learning

00:48

development framework for Wales and as a

00:50

result of that social care Wales and

00:53

asked me to create some training which

00:57

would translate the reports and the

01:01
framework in something usable for staff

01:03
and organisations to be able to deliver

01:06
training at that informed level one in a

01:09
million was developed and works and

01:12
consulted with people living with

01:14
dementia family carers and colleagues

01:17
and Health and Social Care dementia

01:19
itself is a complex subject but at the

01:21
same time we need to make it simple for

01:23
people who actually don't understand

01:25
about dementia make sure that they

01:27

understand what it is directly support

01:29

or to live with someone who's got

01:32

dementia Bernina million was actually a

01:34

very good pilot project and I think a

01:36

lot of people will benefit from it long

01:38

run I found the training important

01:42

because it was very informative and even

01:46

though we have a lot of experience with

01:47

dementia I always feel that it's

01:50

important to refresh our knowledge and

01:52

there is always something new to learn

01:55

the course was developed and produced in

01:58

a way that anyone with confidence and

02:01

knowledge and understanding of dementia

02:03

can deliver the session to either staff

02:06

groups family members or anyone really

02:09

that needs that informal training the

02:12

way the course is structured and

02:13

delivered I find it really really user

02:16

friendly the way the questions are put

02:18

across all the way the information is

02:20

delivered a leaves room for questions

02:21

and it's encouraging you know the our

02:25

trainer Fabian when he delivers it he

02:27

asks the staff to participate and then

02:30

we question each other and we it sort of

02:33

opens up a mini debate within the

02:34

training so you get to talk about it and

02:36

I think it also gives us the ideas and

02:40

the information for us to research on

02:42

our own my name's chris chris Roberts

02:45

and I live in North Wales I was

02:48

diagnosed a few years ago with mixed

02:52

dementia

02:53

which is vascular and Alzheimer's I

02:57

think it's very important to have for

03:00

everyone that's around me to understand

03:03

dementia it makes it much easier for

03:07

myself

03:07

Ill I don't need to explain I die and it

03:12

stops me getting stressed or anxious and

03:14

I don't have to worry about doing

03:17

anything right or wrong if people

03:20

understand and it's it's that

03:22

understanding that that takes away the

03:25

stigma that exists I think around the

03:28

dementia it's at some unknown that

03:31

people fear so so by having people that

03:34

understand dementia and makes it just so

03:38

much easier for everyone affected by

03:39

dementia good training courses

03:44

[Music]

03:50

you

Dementia reablement training resources

This resource pack is for those working with people living with dementia in their own homes.

This could be domiciliary care workers, health care assistants or allied health professionals, such as occupational therapists. You can use the resources for your own learning, or to train others.

We've designed the resources so that they can be completed in one go or in sections.

These resources will help you meet the skilled level of the Good Work Learning and Development Framework.

[View transcript](#)

1

00:00:02 --> 00:00:03

Hi.

2

00:00:03 --> 00:00:08

I'm Helen Lambert, an independent occupational therapist and Director of Cofio Dementia Training.

3

00:00:08 --> 00:00:12

It's my pleasure to introduce the Dementia Reablement Training Resources.

4

00:00:12 --> 00:00:17

Commissioned by Social Care Wales and Health
Education Improvement Wales, these resources

5

00:00:17 --> 00:00:22

have been developed to upskill front line
staff to enhance their care and support of

6

00:00:22 --> 00:00:26

people living with dementia and their care
partners.

7

00:00:26 --> 00:00:30

These resources are for anyone supporting
a person or people living with dementia in

8

00:00:30 --> 00:00:36

their own home, for example domiciliary care
workers or health care assistants, allied

9

00:00:36 --> 00:00:44

health professionals such as occupational therapists, physios, dieticians, social workers

10

00:00:44 --> 00:00:46

or nursing staff.

11

00:00:46 --> 00:00:51

The Dementia Reablement Training Resources

bring together a range of different resources,

12

00:00:51 --> 00:00:55

which are practical, strengths based and flexible.

13

00:00:55 --> 00:01:01

These include: a video which offers guiding principles to support people living with dementia,

12

00:01:01 --> 00:01:08

another video which introduces Positive Approach
to Care as a way of delivering a relationship

15

00:01:08 --> 00:01:14

centred, enabling approach, a workbook that
gives information about dementia reablement,

16

00:01:14 --> 00:01:19

information about dementia friendly design
and meaningful activities, and a number of

17

00:01:19 --> 00:01:25

practice dilemmas to support the understanding
of behavioural and emotional expression of

18

00:01:25 --> 00:01:26

need.

19

00:01:26 --> 00:01:31

The resources can be completed in full or
dipped in and out of to best meet people's

20

00:01:31 --> 00:01:32

needs.

21

00:01:32 --> 00:01:37

They may be completed alone or used as part
of a team meeting or a more formal teaching

22

00:01:37 --> 00:01:38

session.

23

00:01:38 --> 00:01:41

They might guide and support clinical supervision.

24

00:01:41 --> 00:01:47

To give people a range of options, the same

content is available in different formats.

25

00:01:47 --> 00:01:53

So, somebody who is responsible for staff

training or supervision, such as an allied

26

00:01:53 --> 00:01:58

health professional or team manager, may work

through the resources in one format to improve

27

00:01:58 --> 00:02:03

their own knowledge and understanding, or

use the same resource in another way to support

28

00:02:03 --> 00:02:04

others' learning.

29

00:02:04 --> 00:02:09

Learning isn't assessed but can be used

to show continued professional development,

30

00:02:09 --> 00:02:15

for example after someone is registered with

Social Care Wales or as a requirement of a

31

00:02:15 --> 00:02:20

professional body such as the Royal College

of Occupational Therapists.

32

00:02:20 --> 00:02:22

A reflective record sheet is provided.

33

00:02:22 --> 00:02:31

To request your access to the self-directed,

learners' content please email dementia@socialcare.wales

34

00:02:31 --> 00:02:36

If you need access to resources to support

others' learning, please specify 'facilitators

35

00:02:36 --> 00:02:39

folder' in the subject line of the email.

The video above explains more about the resources. To request a free copy, e-mail dementia@socialcare.wales

If you want to use these resources for your personal use, please write “learners resources” in the subject line of the email.

If you plan to use the resources to support others learning, please write “facilitators resources” in the subject line of the email.

Dementia resource for care professionals

Dementia resource for care professionals

A resource to support good practice in dementia care by giving access to essential information, case studies, data, and research.

Dementia care and support learning and development implementation toolkit

[A simple, practical guide](#) for organisations and partnerships to put the Good Work framework into practice.

Other useful resources for dementia care

We have also produced a learning and development framework for dementia care, developed in partnership with NHS Wales and Public Health Wales:

[Good work: Dementia learning and development framework](#)

PDF 3MB

We're building on this work to improve social care for people living with dementia. We're also working with the Welsh Government and partner organisations to ensure our work aligns with national activity across Wales:

[Welsh Government dementia action plan 2018 to 2022](#)

[Dementia: more than just memory loss](#)

PDF 926KB

Good Work framework: working with people living with dementia who have hearing loss, or use British Sign Language

[Guidance and learning outcomes](#) for working with people living with dementia and who have hearing loss, or use British Sign Language.