**Course Title:** Person Centred Dementia Care  

**Subject category:** Dementia Support Skills  

**Course aim:** Increase our understanding of person centred care in dementia based on Tom Kitwood’s theory. Increase our understanding of the perspective of a person who has a dementia. Consider how we can best meet the needs of a person with dementia.

**Course overview:** As people are living longer, the incidence of dementia is greatly increasing and the provision of high quality support for people living, often for many years, with dementia is presenting huge challenges. It is also important to ensure that support is holistic in nature and takes account of the fact that people living with dementia may still have a package of needs relating to their mental and physical health as well as to the emotional and spiritual dimensions of their lives. This course is aimed at staff who work with people living with dementia in residential, community or other relevant settings and who would like to improve their knowledge and skills in the area of dementia and be able to offer effective holistic support to people living with this condition. In this session we discuss person centred care relating to dementia, and how we can best support an individual and meet that person’s needs.

**Pre course requirements:** It is preferable for participants to attend session 1: ‘Understanding Dementia’, session 2: ‘Experiencing Dementia’, and session 3: ‘Challenging needs in Dementia Care’ before attending this session.

**Name of trainer:** Christine Gallagher or Philippa Milton (representatives from Bromley Mind)

**Who should attend:** All people working with or coming into contact with people who have a dementia.

**Course level:** Level One (Introductory)

**What you will learn:**

- About person centred care, focusing on Kitwood’s ideas regarding a new culture of care relating to Dementia.
- Provide an opportunity to understand how highlighting strengths can have a positive effect on the wellbeing of a person with a dementia.
- Provide an opportunity to discuss how to improve wellbeing.
- Creating empathy by reflecting on our own needs.

**Course timings:** This session run either from 9.30am to 12.30pm, or from 1.30pm to 4.30pm with a ten minute comfort break.
Programme:

9.30am - 9.40am  Welcome & Introduction


9.55am - 10.00am  ‘What is Person centred Care?’ Understanding old culture of care vs the new culture of care based on Kitwood’s theory.

10.00am - 10.20am  Exercise: Preferences and Routines

10.20am – 10.50am  Perspectives on person centred care and the four essentials of person centred dementia care (Dawn Brooker, 2004).

10.50am – 11.00am  Discussion about the effect that negative language and labels can have.

11.00am – 11.10am  Break

11.10am – 11.55am  Exercise: strengths and weaknesses – Looks at the negative impact of highlighting weaknesses while ignoring strengths.

11.55am – 12.20pm  DVD on supporting needs. Part of ‘Tomorrow is another day’ Programme (Alzheimer’s Society). Discussion around how we can improve practice in our own work place.

12.20 pm – 12.30 pm  Learning outcomes. Questions, round up and evaluations.