

STUDY DAYS

1ST STEPS IN DEMENTIA

Developed for exercise, physical activity, health and other professionals working with people living with dementia.

Providing an opportunity to learn and develop their skills and understanding of person centred approaches to programme planning.



TUTORS:

Bob Laventure

Consultant, physical activity and ageing

Emma Cameron

Exercise specialist & Leader of Dementia in the community

Karen Gug

Exercise Specialist working with older adults & people living with dementia

COST:

LLT Members

£99 + VAT

Non-members

£110 + VAT



This training has been endorsed by CIMSPA and receives 7 Developmental CPD points

DO YOU WANT TO LEARN...

- ✓ How to adopt a person centred approach to your programme planning for people living with dementia?
- ✓ How dementia friendly your customer journey and programmes are?
- ✓ How to support people living with dementia taking part in physical activity and exercise programmes?
- ✓ What evidence and research you can use to improve the effectiveness of your programmes?
- ✓ How to improve your communication and organisational skills for working with people living with dementia?

WHAT TO EXPECT

- Four hours of online and tutor supported pre-course learning, using a case study to apply your learning in practice
- Practical activities involving communication strategies, problem solving and group planning
- A day of discussion based activities and practical work (loose clothing required), supported by short information sharing presentations
- An opportunity to reflect upon your current practice and use the learning from this day to plan future actions
...and after the course, access to the Planning for I Can © resource, to support conversations
- 3 months on-line support to assist implementation

OVERVIEW OF 1ST STEPS IN DEMENTIA

This study day provides physical activity and exercise instructors, teachers and leaders with underpinning evidence and practical applications to increase access and participation for people living with dementia.

It includes:

- The principles of person centered programme planning
- The evidence behind physical activity recommendations
- The potential impact of physical activity and exercise environments
- Motivation and the supportive role of informal care givers, and volunteers
- Communication skills and problem solving

IMPACT

In our 2019 impact report, those attending 1st Steps in Dementia in 2018 reported their key learning as:

- Using conversations, including histories and interests, as starting points to person centred planning and understanding individual differences
- Looking at the participant journey to assess the potential impact of the physical activity environment
- Adapting and modifying verbal and non-verbal communication strategies
- Providing programmes that are progressive and that challenge participants
- Identifying the potential of informal care givers and volunteers to support participation

WHO IS THE DAY SUITABLE FOR?

This day is designed for a wide range of people with an interest in physical activity, exercise and people living with dementia including:

- ✓ Exercise instructors (PSI), teachers and leaders including Otago and Chair Based Exercise
- ✓ Physiotherapists, Occupational Therapists, rehabilitation and re-ablement professionals
- ✓ Movement teachers and leaders including those involved in dance, walking and walking sport programmes
- ✓ Health, adult and social care and dementia services professionals
- ✓ Active Ageing, physical activity, recreation and sports development officers.

CONTINUAL PROFESSIONAL DEVELOPMENT

