

Equality, Diversity and Inclusion in Dementia Care (half day)

Course level: Introductory

Course duration: Half day (3 hours)

Delivery style: Interactive face-to-face learning (in person or virtual)

Who should attend: This course is suitable for anyone working or volunteering in the health and/or social care sector

Delegate numbers: 8 -15 people per course

Pre-course requirements: Dementia awareness training or equivalent previous dementia knowledge and/or experience

Course overview: This course uses stories, testimonies and lived experience case studies to illustrate the importance of person-centred care in dementia. It touches on all parts of what makes a person who they are – including race, religion, gender and sexual orientation – and how understanding these characteristics can improve the wellbeing of people living with dementia.

Benefits to your organisation:

- Learners will explore how to think outside of the box when it comes to dementia care, by considering all the different characteristics of what makes a person who they are
- Learners will know how different characteristics can be considered while providing care and support
- Learners will be able to understand the dangers of making judgements and unconscious bias, and how to address this
- Learners will be given the tools needed to consider how they might be able to provide more personalised and focused care

Learning outcomes:

- Understand the importance of person-centred care
- Recognise the many unique aspects that make up a person living with dementia
- Begin to consider how care and support can be tailored to accommodate someone's varying needs
- Appreciate that unconscious bias exists, and how damaging this can be

Why Alzheimer's Society training?

We are the largest national charity specialising in dementia and are passionate about our cause. Our trainers all have professional experience of supporting people living with dementia and our courses include the latest research, knowledge and practice from across the Society. Our training is outcome focused, activity based and engaging. You can be confident that you are buying specialist training from an expert organization that has been providing training since 1979.

Course Timetable:

Time	Activity
5 minutes	Welcome ▪ Introductions and housekeeping ▪ Learning agreement ▪ Learning outcomes
10 minutes	Activity- Your whole self
10 minutes	Fact and stats on current landscape
30 minutes	Who are we? ▪ What is person-centred care? ▪ Kitwood's flower ▪ Activity: Jane
25 minutes	Understanding Equality, Diversity and Inclusion ▪ Equality ▪ Diversity ▪ Inclusion
10 minutes	Break
30 minutes	Diving into our differences ▪ Attitudes towards dementia ▪ Real Stories: Rukiya Mukadam ▪ Cultural Humility
25 minutes	Bias and judgement ▪ Activity addressing bias ▪ Real Stories: Chris Maddocks ▪ Microaggressions
15 minutes	Regression ▪ What does regression mean in relation to dementia

15 minutes	Doing better ▪ Meaningful engagement and activities
5 minutes	Closing questions and evaluation

Further your learning:

Completion of this course will equip you with the knowledge to further your learning by attending one of our intermediate courses, including:

- **Meaningful engagement with people living with dementia** (live training): Develop the knowledge and skills to meaningfully engage with people with dementia and improve their wellbeing
- **Creating dementia friendly environments** (e-learning): This interactive course will help you to understand how the symptoms of dementia affect the way a person experiences the environment around them

Contact the team on dementiatraining@alzheimers.org.uk to find out more.