

Dementia awareness

Full day course

Training audience:

- The health and social care workforce
- Businesses, charities and organisations where staff interact with people living with dementia as clients, customers or users of services
- Any organisation where staff may interact with people living with dementia in the course of their work and who need to have an awareness and understanding of the specific needs of people living with dementia (and their family, friends and carers).

Course level: This course aligns with Tiers 1, 2 and 3 of the [Dementia Training Standards Framework \(updated 2026\)](#) in England, Tier 1 of the [Dementia Learning and Development Framework](#) in Northern Ireland and the [Dementia learning and development framework for Wales](#) (the 'Good Work Framework') for Informed people in Wales.

Course prerequisites: None

CPD accredited: Yes

Length of course: Full day of 7 hours with breaks

Course delivery: Face to face or virtual delivery (for example by Zoom)

Course size: A minimum of 8 and a maximum of 15 people per course

Course learning outcomes*

- Know what is meant by the term dementia and be aware of the prevalence of dementia in society
- Be able to recognise signs of dementia and be aware that these signs may also be associated with other conditions or circumstances
- Understand that every person's experience of dementia is different and how important it is to treat people as individuals
- Be aware of the impact of dementia on people, families and society
- Be able to communicate effectively and compassionately with people living with dementia
- Be able to signpost people, families, carers and supporters to dementia advice, support and information
- Understand how you can support people with dementia in your role.

The following are also covered:

- Know what actions people can take to reduce their risk of dementia, or to delay onset or progression
- Be aware of the myths, stigma and stereotypes around dementia, particularly around age
- Know what actions people can take to reduce their risk of dementia, or to delay onset or progression
- Be aware of how cultural values and beliefs can impact on people living with dementia and their families
- Understand the reasons why a person living with dementia may exhibit signs of distress, and that their behaviours may be a way of communicating unmet needs

This course features the voices and experiences of people with dementia as well as families, friends and carers using Alzheimer's Society resources and case studies.

Alzheimer's Society training courses are created with the input of people with dementia and carers.

This course includes activities which encourage learners to reflect on their engagement with people with dementia and apply the information given to their roles.

Course structure*

Welcome and introduction ▪ Introduction ▪ Learning agreement and learning outcomes ▪ Activity
What is dementia? ▪ Myths and stereotypes about dementia ▪ Types and signs of dementia ▪ Other causes of symptoms and risks, delirium
The prevalence and impact of dementia ▪ Activity
Risk factors and treatments ▪ Risk factors for dementia and reducing risk ▪ Activity
Break
Homes and communities ▪ The importance of homes and communities for people with dementia ▪ Dementia inclusive environments and dementia inclusive society ▪ Activity
Staying active and involved • Activity
Positive language about dementia
Break
Different needs ▪ Person-centred care and cultural competency ▪ Younger people with dementia ▪ Activities
Cultural values and beliefs about dementia ▪ Activity
Effective communication with people with dementia ▪ Effective communication – tips, what not to say ▪ Activities
Break
Distress and behaviour ▪ Unmet needs, managing behaviour that challenges and calming techniques for distress ▪ Activity
Putting learning into practice ▪ Activity using case studies to encourage learners to apply learning to their roles

Signposting including support for the family, friends and carers of people with dementia
Questions and feedback

*Course learning outcomes and course structure differ slightly for England, Wales and Northern Ireland courses.

Please contact the team on dementiatraining@alzheimers.org.uk or 02074 233538 for a country-specific course outline, or to book a course.