

End of life care for people with dementia

Course level: Advanced

Course duration: Half day (3 hours)

Delivery style: Interactive face-to-face or virtual training

Who should attend? Health and social care staff responsible for supporting people with dementia to die well

Delegate numbers: 8 – 15 people per course

Pre-course requirements: Dementia awareness training

Course overview: This course enables participants to understand key considerations in end of life care for people with dementia.

Benefits to your organisation: This course provides employees with the knowledge and skills to improve end of life care for people with dementia.

Learning outcomes:

- Recognise the signs of end of life for someone with dementia
- Understand the importance of decision making around end of life
- Recognise and address the needs of people with dementia at end of life, including pain management
- Be aware of cultural, religious and spiritual needs and differences when caring for people at end of life
- Understand how to support family and friends of people with dementia through end of life

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 organisation that has been providing training since 1979.

Course timetable:

Time	Activity
15 minutes	Registration and refreshments
15 minutes	Welcome ▪ Introductions and housekeeping ▪ Learning agreement ▪ Learning outcomes
15 minutes	Introduction Activity – Talking about death and dying ▪ Introducing the importance of talking about death and dying
15 minutes	End of life care, dementia and definitions ▪ Definitions in end of life care ▪ Dementia and end of life ▪ Guidelines for end of life care
20 minutes	Planning ahead ▪ Why is planning ahead important for people with dementia? ▪ What do good conversations about the future cover? ▪ The Mental Capacity Act, LPA, advance statements and decisions and other document
10 minutes	Identifying the end of life in people with dementia ▪ Recognising physical signs and symptoms in people with dementia
15 minutes	Break
30 minutes	Best practice in supporting people with dementia at end of life ▪ Physical needs – eating and swallowing ▪ Physical needs – treatment and interventions ▪ Physical and emotional needs – routine care ▪ Emotional needs – agitation ▪ Pain and dementia
15 minutes	A good death ▪ The meaning of a 'good death' ▪ Ideas around what this may mean for different people
20 minutes	Person centred care at end of life for people with dementia ▪ Person centred care ▪ Intersectionality ▪ Activity featuring video hearing from people with dementia ▪ Communication ▪ Cultural, spiritual and religious needs at end of life ▪ Supporting younger people at end of life (young-onset dementia)
10 minutes	Involving family and friends at end of life ▪ Supporting family and friends of a person with dementia

15 minutes	Evaluation and closing questions
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Further your learning:

Completion of this course will equip delegates with the knowledge to further their learning by attending the below courses:

- **Supporting people with advanced dementia (live training half day course):** Learn about the changes a person may experience as their dementia progresses, and how to confidently support a person in the later stages of dementia
- **Meaningful activities and engagement for people with dementia (live training full or half day course):** Develop the knowledge and skills to meaningfully engage with people with dementia and improve their wellbeing

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