

Meaningful engagement with people living with dementia

Full day course

Training audience:

- The health and social care workforce
- Staff in roles working directly with people with dementia in a care and support or similar setting. For example, staff at a community day centre for older people run by a charity.

Course level: This course aligns with Tier 1 and 2 of the [Dementia Training Standards Framework \(updated 2026\)](#)

Course prerequisites: All learners to read **dementia training pre-course reading**. An accessible two-page information sheet about dementia will be provided by Alzheimer's Society before the course. It is the client's responsibility to ensure this pre-course reading is provided to all learners.

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

- Be able to support people living with dementia to continue their interests, social life and community involvement, and know why this is important
- Understand the needs of people living with dementia for day-to-day closeness with others
- Understand how to recognise and respond to the cultural and spiritual needs of people living with dementia
- Understand how activities can be adapted to suit the changing needs of people living with dementia
- Understand the importance of physical activity, including access to outside space, in maintaining a person's independence and abilities
- Be able to support people living with young-onset dementia to engage in meaningful, age-appropriate activities that promote wellbeing, identity and social inclusion
- Understand how you can support people with dementia to engage in meaningful activities in your role.

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
The benefits of engagement
Person-centred care and connection
Approaches to meaningful engagement ▪ Positive risk taking ▪ A strengths-based approach ▪ The Butterfly Approach ▪ Activities
Break
Helping a person with dementia enjoy activities ▪ Activity
Life story and reminiscence activities ▪ Activity
Break
Music and dementia
Sensory activities ▪ Activity
Physical activities ▪ Activity
Meaningful engagement for distress ▪ The VERA framework ▪ Activity
Cultural competency and needs
Break
Younger people and dementia
Activity
Spiritual needs ▪ Activity ▪ The HOPE approach
Adapting engagement for changing needs ▪ PAL instrument
Putting learning into practice ▪ Activity using case studies to encourage learners to apply learning to their roles
Engagement with family, friends and carers
Signposting and resources for engagement
Questions and feedback

Please contact the team on dementiatraining@alzheimers.org.uk or 02074 233538 to book a course.