

# Course Information Sheet Level 3 Train the Trainer Award in Learning Disability and Dementia

## Course Introduction

People with learning disabilities are now living significantly longer. However, as our population grows, they face age related health challenges. In addition, many people living with a learning disability experience significant inequality in accessing timely diagnosis and support. Some are at significantly higher risk of developing dementia, particularly those living with Down Syndrome. Risk reduction, timely diagnosis and targeted enablement strategies are all critical elements of wellbeing. However, working with learning disabilities and dementia is complex. Accessing a timely diagnosis and supporting independence where there are multiple co-morbidities remains a key challenge. This is leading to increasingly poor outcomes for those living with dementia. The presentation of dementia differs in this community and standard dementia awareness training is not fit for purpose.

Dementia may be difficult to spot in this group because of the complex presentation. Support staff working in this area need to be appropriately trained to spot the signs and be able to work proactively to determine individuals at risk. Once someone develops dementia staff need to be trained in how to manipulate the social and physical environment to enable the person to function optimally through the progression of the condition.

This course provides candidates with all the resources to deliver effective, high impact training to support their workforce. The train the trainer course will equip staff with the knowledge they need to upskill their teams with a basic awareness in LD and Dementia.

This course is accredited so candidates will be expected to attend all 3 days sessions and complete the required assessment work.

This Train the Trainer qualification will be valid for three years. Once completed the candidate will be qualified to teach Learning Disability and Dementia training. Candidate should have completed a basic dementia course before starting this qualification.

## Who should attend?

Staff attending should have already completed a basic awareness in dementia and should be working in a learning disability service. This course would suit individuals currently working at a level 3 senior support level.

## What resources are available?

Candidates will receive

- A lesson plan
- Power point presentation
- Handouts
- Activities
- Associated Resources

## How long is the course?

The course is delivered over three days.

### **Dates of Training**

Day 1 25<sup>th</sup> October

Venue: The Redmond Community Centre, Kayani Avenue, N4 2HF

Day 2 26<sup>th</sup> October

Venue: The Redmond Community Centre, Kayani Avenue, N4 2HF

Day 3 22<sup>nd</sup> November

Venue: The Redmond Community Centre, Kayani Avenue, N4 2HF

### **How is the course assessed?**

The course is accredited by Advantage accreditation body. Candidates must complete the assessment to achieve the award.

The assessment includes:

- Completion of a workbook - Learning Disabilities and Dementia
- Completion of a workbook – Teaching Strategies
- Micro Teach presentation

If you have completed a recognised teaching qualification

### **Why should we complete this course?**

Whilst people are living longer with learning disability many health inequalities still exist. Taking a proactive approach to health management supports risk reduction around dementia. Investing in training in the short term can be preventative and reduce costs in the long term.

### **Cost of Course**

Cost of course is £607.64, which includes VAT and all assessment and registration costs.

## Course Mapping

### Unit 1

- a) Know what is meant by the term dementia.
- b) Be aware of the prevalence of dementia in the UK population.
- c) Be able to recognise signs of dementia and also be aware that these signs may be associated with other conditions or circumstances.
- d) Know what actions individuals can take to reduce their risk of dementia, or to delay onset.
- e) Know why early diagnosis of dementia is important.
- f) Know the actions that people affected by dementia can take in order to live as well as possible after diagnosis.
- g) Understand the importance of recognising a person with dementia as a unique individual.
- h) Be aware of the impact of dementia on individuals, families and society.

### Unit 2

- a) Know why early diagnosis of dementia is important and the likely outcomes if assessment and treatment is delayed.
- b) Understand how to differentiate between dementia, delirium, depression and other conditions presenting with similar symptoms.
- c) Be aware of the potential impact of diagnostic errors.
- d) Be able to act on the findings in partnership with people affected by dementia and the multi-professional team.
- e) Be aware of the experience of a person with dementia and their family and carers and be able to communicate with sensitivity about the diagnosis of dementia and related implications.
- f) Understand the needs of people with learning disabilities and dementia.
- g) Understand the importance of equal access to dementia assessment and diagnosis for people from diverse communities.

### Unit 3

- a) Know the lifestyle factors that may increase the risk of developing certain types of dementia and how lifestyle changes may delay the onset and severity of certain types of dementia.
- b) Be aware of the challenges to healthy living that may be experienced by different socio-economic and/or ethnic groups.

### Unit 4

Know how to adapt the physical environment to meet the changing needs of people with dementia.

### Unit 6

- a) Be aware of the impact of delirium, depression and social stressors.
- b) Understand the signs of dementia, depression and delirium and appropriate responses and treatment options.
- c) Understand the complexity of ageing and co-morbidity in dementia.

### Unit 8

- a) Be able to incorporate assistive technology to support self-care and meaningful activity j) be able to develop strategies to reduce the struggle with unfamiliar environments.
- b) Be aware of ways to adapt the physical environment to promote independence, privacy, orientation and safety (e.g. To reduce risk of falls).
- c) Know about perceptual distortions that may occur in dementia and how the impact of such distortion can be minimised by changes to the environment.

### Unit 10

- a) Be aware of the stigma, myths and stereotypes associated with dementia.
- b) Be aware of the impact of dementia on people with learning disabilities.

### Course Mapping Level 3 Award in Dementia: 601/7430/4

#### 1 Understand the neurology of dementia

1.1 Describe a range of causes of dementia syndrome

1.2 Describe the types of memory impairment commonly experienced by individuals with dementia

1.3 Explain the way that individuals process information with reference to the abilities and limitations of individuals with dementia

1.4 Explain how other factors can cause changes in an individual's condition that may not be attributable to dementia

1.5 Explain why the abilities and needs of an individual with dementia may fluctuate

#### 2 Understand the impact of recognition and diagnosis of dementia

2.1 Describe the impact of early diagnosis and follow up to diagnosis

2.2 Explain the importance of recording possible signs or symptoms of dementia in an individual in line with agreed ways of working

2.3 Explain the process of reporting possible signs of dementia within agreed ways of working

2.4 Describe the possible impact of receiving a diagnosis of dementia on

- the individual
- their family and friends