



Meaningful activities for people with dementia

Learning Outcomes and Programme

The learning outcomes for this workshop are mapped to the Skills for Care Qualifications and Credit Framework Level 2 Unit DEM202 'The person centred approach to the care and support of the individual with dementia' and Unit ACT201 'Understand activity provision within social care'

Learning outcomes:

By the end of the workshop learners will be able to:

1. Explore the importance of activity in everyday life
2. Establish how to apply a person centred approach and principles when facilitating an activity
3. Gain an understanding of planning and implementing activities
4. Understand how specific therapies can be applied to support people with dementia

PROGRAMME

- 09.30 Welcome and Introductions
- 09.45 Presentation: Supporting individuals to live well with dementia: the context
- 10.00 Group discussion & exercise: What makes activity 'meaningful'?
- 10.20 Presentation and group exercise: Applying the person centred approach
- 11.00 Break
- 11.15 Presentation & exercise: Exploring the activity based approach to care
- 11.45 Group exercise: Making the most of life history
- 12.45 Lunch
- 13.30 Presentation and group exercise: Individual activity profiling
- 14.15 Presentation and group exercise: Planning a group activity
- 15.00 Break
- 15.15 Presentation & experiential exercises: Therapies and their use in supporting people to live well with dementia
- 16.15 Evaluation
- 16.30 Close