



Information, Awareness and Training

A resource for
creating better lives

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Information

Age Scotland



If someone receives a dementia diagnosis, they and their family will have questions, including about what support they will receive.

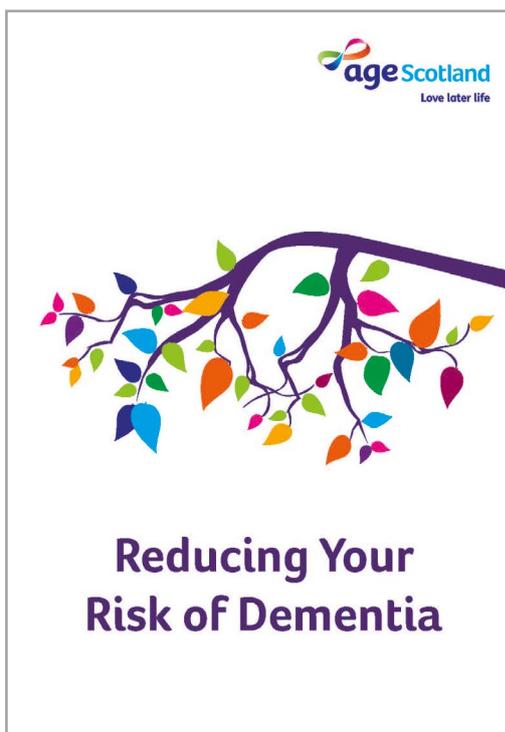
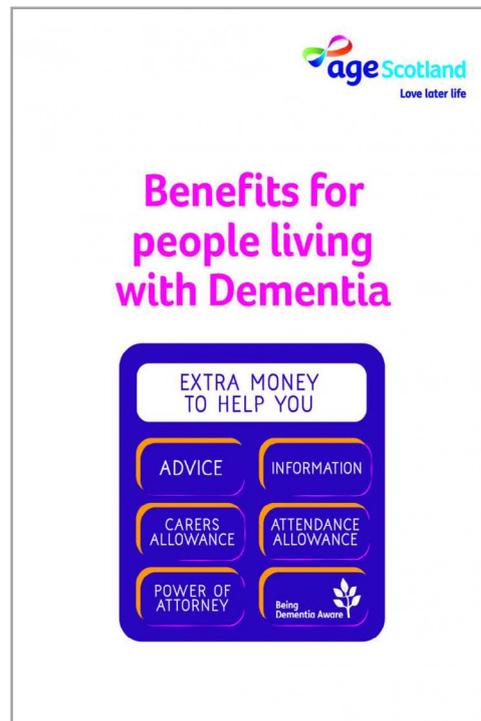
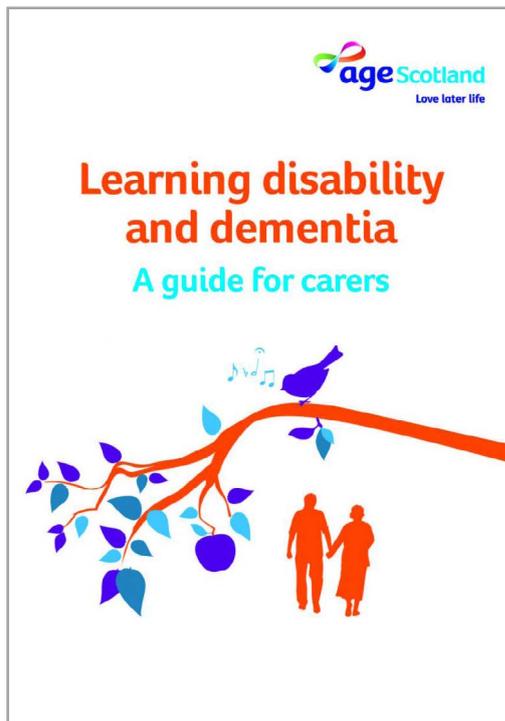
Guides

We have created guides to help answer some of these questions and to give key information on issues surrounding a dementia diagnosis. These include:

- ▶ Reducing your risk of dementia
- ▶ Smoking and dementia
- ▶ Alcohol and dementia
- ▶ Dementia and healthy living
- ▶ Living well with early stage dementia
- ▶ Caring for someone with dementia
- ▶ Benefits for people living with dementia
- ▶ What is dementia?
- ▶ Could it be dementia?
- ▶ A carer's guide to creating a dementia friendly home
- ▶ Learning disability and dementia
- ▶ Scams prevention: a guide for someone living with dementia
- ▶ Scams prevention: information for carers of people living with dementia
- ▶ Living with early stage dementia in the Highlands



These guides are all available to download from our website, bit.ly/2WjivyF, or available in hard copy and sent out free of charge. These publications complement our core publications which provide information and advice about care, benefits, housing and legal issues such as Power of Attorney.



Helpline

The Age Scotland free national helpline provides information, friendship and advice to older people, their families and carers. People with dementia, and those helping to care for someone who has dementia, can get one-to-one advice on topics including Power of Attorney and welfare benefits. Call our team on 0800 12 44 222 (Monday to Friday, 9am – 5pm).

If you want to know more, please contact:

Julie Turner,
Early Stage Dementia Training Programme Officer
Age Scotland
160 Causewayside
Edinburgh
EH9 1PR

Tel: 0333 323 8040

Email: Julie.turner@agescotland.org.uk

Website: www.agescotland.org.uk

Facebook: facebook.com/agescotland

Twitter: @AgeScotlandESDTeam



Alzheimer Scotland

Alzheimer Scotland provides services and support across Scotland to help you live well with dementia. They can help if you need information and advice, peer support and personalised support services, including day opportunities or activities and groups in your community.

Their network of Dementia Advisors, Community Activity Organisers, Dementia Resource Centres, and Freephone 24-hour Dementia helpline help to make sure you are not facing dementia alone.

Please use the website link below to learn more about the various ways Alzheimer Scotland can support you.

<https://www.alzscot.org/>



Helpline

The helpline is staffed by trained volunteers supported by staff at Alzheimer Scotland. Many of the volunteers have had personal or professional experience of caring for people with dementia. Volunteers on the helpline can provide information right away if you have any questions or concerns, as well as send out free information to carers, family members or people with dementia. The Helpline can offer information relating to any of the following topics, and more:

- ▶ Understanding the illness
- ▶ How to get help locally
- ▶ Maintaining independence
- ▶ Financial and legal matters
- ▶ Rights and entitlements
- ▶ Coping with behaviour
- ▶ Community care
- ▶ Long-stay care
- ▶ Anything else to do with dementia

You can call the helpline on 0808 808 3000 or email helpline@alzscot.org



Alzheimer Scotland: Dementia Friends Scotland



Dementia Friends is part of a social action movement to increase awareness of dementia and to address the stigma experienced by many people living with the illness. Dementia Friends enables communities to start conversations around how they can build a dementia friendly community.

With the right support and understanding people can live well with dementia and still contribute to their local community. Only by raising our own level of understanding and awareness can we make a positive difference.

Dementia Friends has two routes of engagement. We have a suite of videos that anyone can access which gives an insight into a person's day-to-day lived experience and highlights some of the ways you can support a person to maintain independence. You can then register as a Dementia Friend and will receive a badge and certificate.

Alternatively, and Alzheimer Scotland's preferred method, a one-hour face-to-face session can be tailored to specific needs. The face-to-face sessions aim to bring to life five key messages:

- ▶ Dementia is not a natural part of ageing.
- ▶ Dementia is caused by brain diseases.
- ▶ Dementia is not just about losing your memory.
- ▶ It is possible to live well with dementia.
- ▶ There is more to the person than the dementia.

These sessions offer interactive activities, which have participants thinking about what they understand about dementia. Firstly, we ask them to look at twelve facts about dementia, aiming to dispel some of the myths that are still apparent in society. We ask them to consider their perception of people living with dementia, around what they can and cannot do. The aim is to ensure that we don't make assumptions about people living with dementia.

We have a focus on the use of negative language that can often be used about and around people living with dementia. We want people to consider more positive language going forward, thus reducing the negative perception.

The format of the sessions is unique in that we are asking people to consider what they know about dementia in a very interactive and inclusive way.

Dementia Friends Scotland is now in its fourth year and we have over 1% of the Scottish population now registered as Dementia Friends, which equates to around 90,000 people to date.

Our main outcome is to ensure that people living with dementia continue to remain part of their community and feel that they can go about their day-to-day business, by having a society who understands the challenges people may face but who can support that person to live well.

If you want to know more, please contact:

Anne McWhinnie,
Dementia Friendly Scotland Lead
81 Oxford Street
Glasgow, G5 9EP

Tel: 0141 410 1169

Email: amcwhinnie@alzscot.org

Website: www.alzscot.org/our-work/dementia-friendly-communities/dementia-friends-scotland

Facebook: facebook.com/dementiafriendsscotland

Twitter: @AlzheimerScotland



Awareness

Age Scotland



Age Scotland is the national charity for older people. We work to improve the lives of everyone over the age of 50 so that they can love later life.

We support and enable more than 1,100 community groups across Scotland, provide information and advice through our free helpline and publications, tackle loneliness and isolation with our Community Connecting Service and much more. We work to influence policy makers and run campaigns to make Scotland the best place in the world to grow older.

We raise awareness about dementia and ensure those with experience and expertise have their voice heard. We have produced a number of helpful publications for individuals and organisations.

Awareness workshops

We offer free dementia awareness workshops for Age Scotland's members: older people's clubs and groups, and charities providing opportunities for and support to older people.

Our workshops typically last 90 minutes. Given longer we can explore dementia in greater depth, including training sessions of up to two and a half hours.

A free awareness workshop covers matters such as:

- ▶ what is dementia?
- ▶ signs and symptoms of dementia
- ▶ communicating with and including someone living with dementia
- ▶ reducing risk of developing dementia and living well with early stage dementia

Dementia is a serious topic but that doesn't mean that learning about it can't be fun. In fact, learning that's enjoyable is more likely to be remembered. That's why we've designed our workshops so that everyone can join in and have fun.

A workshop leader, learning materials and equipment are provided.

Groups requesting a workshop are expected to provide a suitable venue and any catering participants may require.

If you want to know more, please contact:

Julie Turner
Early Stage Dementia Training Programme Officer
Age Scotland
160 Causewayside
Edinburgh
EH9 1PR

Tel: 0333 323 8040

Email: Julie.turner@agescotland.org.uk

Website: www.agescotland.org.uk

Facebook: facebook.com/agescotland

Twitter: @AgeScotlandESDTeam



CSREC (Central Scotland Regional Equality Council)



We hold regular dementia awareness workshops, focusing on issues affecting people living with dementia in BME communities, and we have recently opened these workshops to public, private and voluntary sector organisations, and the general public. For further information regarding upcoming workshops, please contact sarah@csrec.org.uk.

If you want to know more, please contact:

Eman Hani
Dementia Project Worker
Central Scotland Regional Equality Council (CSREC)
Community Education Centre
Park Street
Falkirk
FK1 1RE

Tel: 01324 610950

Email: eman@csrec.org.uk

Website: www.csrec.org.uk

Facebook: facebook.com/CSREC01

Twitter: @CSREC01

Training

Age Scotland



Bespoke training

As well as offering free awareness workshops, we offer specific dementia training for other organisations aimed at targeted groups including housing staff, HR managers. (There is a charge for these workshops.)

For more information contact Jonathan Park on 0333 323 8040.

Train the Trainer

We offer Train the Trainer sessions to enable organisations to deliver a short awareness workshop to other staff/members/volunteers in order to achieve a broader reach.

The workshops aim to ensure managers, HR teams and customer facing staff are better informed and prepared to:

- ▶ respond effectively should dementia become a 'live' workplace issue
- ▶ minimise risks associated with dementia in the workplace, including legal compliance and safety
- ▶ foster a positive working culture in which staff with dementia, or who are caring for someone with dementia, feel supported by both their employer and co-workers



After attending one of our workshops your staff are more likely to:

- communicate effectively and empathically with someone living with dementia, whether a customer or co-worker
- seek medical advice for worries about their thinking, memory or communication abilities
- tell their employer if they have problems with thinking, memory or communication, or if they have a diagnosis of dementia
- adopt healthy working lifestyles that reduce the risk of dementia and,
- managers and HR teams will understand how to support employees who may be living with early stage dementia or are carers

If you want to know more, please contact:

Jonathan Park
Business Development Manager
Age Scotland
160 Causewayside
Edinburgh
EH9 1PR

Tel: 0333 323 8040

Email: jonathan.park@agescotland.org.uk

Website: www.agescotland.org.uk

Facebook: facebook.com/agescotland

Twitter: @AgeScotlandESDTeam

Alzheimer Scotland

The best of Alzheimer Scotland's dementia knowledge and skills is shared through our tailored learning. Alzheimer Scotland is recognised for its human-rights-based approach to dementia and its skill in supporting people to live well with dementia. This informs the training that we offer (there is a charge for this training).

The importance of ensuring the voices of those with lived experience is reflected in everything we do, and the learning programmes and workshops are developed alongside people living with dementia and their families and/or friends.

The Promoting Excellence Framework is the learning and skills framework for health and social care professionals working in dementia in Scotland. Alzheimer Scotland can shape the learning for you, drawing on the skills within the framework, whether you are part of a national organisation or working in your local community.

Those who purchase our training reflect the range of agencies that people with dementia and their families engage with and include social care organisations, local authorities, banks, lawyers, the retail sector, theatres and festivals, housing associations, call centres and schools.

Alzheimer Scotland wants to change how society views dementia. We want to reduce the stigma, fear and misunderstanding that still surrounds dementia. Our training is a small part of this ambition. Supporting people to learn about dementia and its effects helps demystify the illness which, in turn, changes behaviour and assumptions about how people and their families live with dementia.



If you want to know more, please contact:

Susan Rendell
Dementia Learning Agent
Quality and Workforce Development Team
Alzheimer Scotland
81 Oxford Street
Glasgow
G5 9EP

Tel: 0141 418 1178

Website: <https://www.alzscot.org/>

Email: srendell@alzscot.org

Twitter: @AgentRendell

British Deaf Association Scotland: Transforming the Deaf Dementia Experience



We provide training about being Deaf and having dementia or being a carer of someone who is Deaf and has dementia.

We recently launched **'Remember...The Deaf Dementia Experience in Scotland...A Toolkit for All'**. We believe this is the first toolkit of its kind in the world. It has a number of helpful videos in British Sign Language (BSL).

You can see it online here and you can also request hard copies:
www.bda.org.uk/dementiatoolkit

Other training

- ▶ Do you have BSL users with dementia access your services?
- ▶ Would you like to have a better understanding of the experiences of Deaf people living with dementia, and their carers?
- ▶ Do you want to know more about resources suitable for Deaf people?
- ▶ Would you like your organisation to be BSL and dementia friendly?

If so, we can provide you and your team with a maximum of half a day's training. Get in touch with us to discuss your requirements.

We can also deliver dementia awareness training in BSL for Deaf people.

See www.bda.org.uk/dementia



If you want to know more, please contact:

Avril Hepner
Community Development Manager
BDA Scotland
Suite 58, Central Chambers
93 Hope Street
Glasgow
G2 6LD

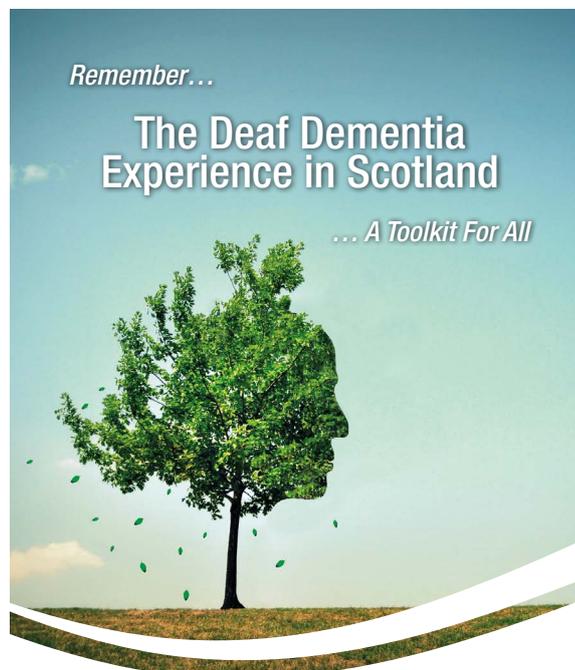
Tel: 0141 248 5565

Website: www.bda.org.uk

Email: cado.sthscot@bda.org.uk

Facebook: facebook.com/BritishDeafAssociation

Twitter: @bda_deaf



Capital Theatres Dementia Friendly Community



We deliver a training programme for artists and arts organisations. Other training and informal consultation may be available on request – please contact us! We are in the process of developing a dementia friendly toolkit for performing arts organisations and anticipate this being available online and as a hard copy in 2020.





If you want to know more, please contact:

Festival Theatre
13–29 Nicolson Street
Edinburgh
EH8 9FT

Tel: 0131 622 8444

Email: dawn.irvine@capitaltheatres.com

Website: www.capitaltheatres.com/

Facebook: www.facebook.com/captheatres

Twitter: @captheatres

Instagram: www.instagram.com/captheatres

We offer bespoke dementia awareness and dementia-informed training on several dementia-related topics in addition to dementia awareness and dementia-informed training in line with the Promoting Excellence Framework.

Ceartas staff are not legally trained, but we can cover the practical implications of areas such as:

- ▶ Adults with incapacity legislation
- ▶ Power of Attorney and Guardianship
- ▶ Mental Health Act
- ▶ Adult support and protection

If you want to know more, please contact:

Gordon Thomson
Ceartas
Suites 5–7
McGregor House
10 Donaldson Crescent
Kirkintilloch
Glasgow
G66 1XF

Tel: 0141 775 0433

Email: gthomson@ceartas.org.uk

Website: www.ceartas.org.uk

Twitter: @CeartasAdvocacy



Dementia Friendly Pentlands



We provide:

- ▶ dementia audits: personalised audits done collaboratively to build confidence and skills for specific people in specific settings
- ▶ designs for life: practical workshops on how to create supportive, positive environments
- ▶ designs of life: practical workshops to help people with dementia and families create and share life stories
- ▶ understanding dementia: basic training on dementia, the impact on people with dementia, families, friends and how to make a difference. Tailored to specific needs and settings
- ▶ developing friendly communities: workshops and training on applying assets-based community development to develop dementia friendly, age friendly and carer friendly communities
- ▶ yoga moments: we are currently developing training so people with dementia, unpaid carers and activity and health professionals, can use yoga to support their own and others' health and wellbeing

If you want to know more, please contact:

Mobile: 07587 034 535

Email: dementiafriendlypentlands@gmail.com

Website: dementiafriendlypentlands.org.uk

Facebook: [facebook.com/Dementia-Friendly-Pentlands-1488486381272535/](https://www.facebook.com/Dementia-Friendly-Pentlands-1488486381272535/)

Twitter: @DFPentlands

Dementia Services Development Centre



The University of Stirling is also home to the Dementia Services Development Centre (DSDC), an international centre of knowledge and expertise dedicated to improving the lives of people with dementia. The DSDC offers a variety of courses as well as in-house training.

Flagship courses

The following courses have become established as popular across health, social care, housing and acute care. Each offers an evidence-based approach to the subject, with clear learning outcomes and with proven practical value across all professional groups.

- ▶ Best Practice – a learning programme for staff working in care settings using a validated cascade model
- ▶ Intersection of Dementia + Design – a leading specialist programme on dementia design
- ▶ Leadership and Management in Dementia Care: Aspiring to Excellence – DSDC’s most popular management and leadership development programme
- ▶ Family Carers, Information and Training – the DSDC’s ‘10 helpful hints’ day discusses practical ways of coping and introduces participants to local services and sources of support
- ▶ Meaningful Activity – a course for anyone involved in organising activities for people with dementia
- ▶ Dementia and Sexuality – a course to provide understanding of the role of sexuality in meeting the social and emotional needs of the older person



If you want to know more, please contact:

Dementia Services Development Centre (DSDC)

Iris Murdoch Building

University of Stirling

Stirling

FK9 4LA

Scotland

Tel: 01786 467 740

Website: <https://dementia.stir.ac.uk/>

For the DSDC flagship courses:

<https://dementia.stir.ac.uk/education/flagship-courses>



Kinections East Ayrshire: Strengthening Community in Care Homes



Development of resources is a key component of Kinections – all resources developed are freely available online at:
<http://myhomelife.uws.ac.uk/scotland/kinections>

An example of the development opportunities available within Kinections is the Kinections Open Badge initiative. In collaboration with the Scottish Social Services Council (SSSC), care home staff across East Ayrshire can apply to be awarded an Open Badge in recognition of their everyday ‘on-the-job’ learning. The Open Badge offers an opportunity for staff to reflect on their practice, and identify points of learning from within what could be a small, everyday action or encounter. Through this intentional reflection on moments of learning, such as learning the power of friendship among residents, this learning can then be celebrated and other opportunities explored for it to be applied in other areas or with other residents.

If you want to know more, please contact:

Edel Roddy, Project Lead
and Alison McLaughlin, Research Assistant
School of Health and Life Sciences
University of the West of Scotland
Lanarkshire Campus
Stephenson Place
G72 0LH

Tel: 07720897717

Email: KinectionsEA@uws.ac.uk, Edel.roddey@uws.ac.uk,
Alison.mclaughlin@uws.ac.uk

Website: <http://myhomelife.uws.ac.uk/scotland/kinections/>

Twitter: @KinectionsEA



Outside the Box: Food Buddies



We provide training for cafes to support them in becoming dementia friendly.

We also provide training for community groups and care providers around aspects of supporting people living with dementia and other older people to have more choices and good experiences around food.

All resources, including the training materials, can be found here:
www.otbds.org/projects/food-buddies

These include resources such as:

- ▶ Food Buddies – Tips for Days Out
- ▶ Food Buddies Café Checklist
- ▶ Tips for Older Vegetarians and Vegans
- ▶ Getting the Motivation to Cook
- ▶ Sensory Changes and Dementia

If you want to know more, please contact:

Christine Ryder
Outside the Box
3.10 The Whisky Bond
2 Dawson Road
G4 9SS

Tel: 0141 419 0451

Email: Christine@otbds.org

Website: www.otbds.org

Twitter: @OTBCommunities

Paths for All

At the outset of the Dementia Friendly Walking project we anticipated the need to train volunteer walk leaders and offer a basic understanding on dementia and the practicalities of leading dementia friendly walks. We initially looked to external providers to deliver this and we reviewed both ‘off the peg’ and bespoke training options and piloted two courses. Feedback indicated this did not meet participants’ needs with too detailed information and not enough emphasis on leading walks. The cost of using external trainers meant we risked not meeting demand from projects.

As a result, we have designed our own half-day training course. The course focuses on increasing understanding and awareness of dementia and how it can affect someone, use of appropriate language and importance of communication, benefits of physical and social activity and what makes a health walk accessible, safe and interesting. We piloted the course in 2016 and it was well received. We have since revised the content based on feedback and over 550 people have attended this course.

Through ‘train the trainer’ workshops we now have a pool of 19 health walk coordinators who are delivering the course within their projects.





Care About Walking resource pack for care homes

This resource was developed by Paths for All, Perth & Kinross Health and Social Care and residents from Parkdale Care Home in Auchterarder. The pack contains a short booklet with information about the physical, mental and social benefits of walking, along with suggestions on how to increase activity throughout the day. There is also a wall chart for people to use to track steps and set goals, e.g 'walk around the garden twice a day'. The wall charts are also a prompt/talking point for other residents, staff and family, which increases awareness, support and encouragement.

The resource can be accessed here:

<https://www.pathsforall.org.uk/care-about-walking>

Outcomes

We have developed the course to give volunteer walk leaders the confidence and basic knowledge and skills to lead dementia friendly walks, creating a community of support for people living with dementia.

In addition, we deliver one-off workshops on dementia friendly design targeted at outdoor access professionals and volunteers. See our latest Dementia and the Outdoors Guidance Note: <https://bit.ly/2n00pcF>

The walk leaders are integral to delivery of dementia friendly walks, as described in the following quote from a project coordinator:

Training is vital within that and it gives them confidence to be able to do what they are doing and, like yourself, we have several walk leaders who have dementia and for them, actually, it was a very positive experience, doing the training and finding out far more about the dementia that they had and are more confident when they are chatting to people that they are walking with, with the lived experience that they have. You cannot put a price on that – that is all just down to their people skills, but it comes from the training they have had.

The quotes from walk leaders illustrate the learning outcomes from the course. Better understanding and commitment to making health walks dementia friendly:

Walk the route with new eyes and ears with the aim of improving our walks for people with dementia.



Think about walking from a dementia friendly point of view as it is probably good for all walkers and tell walkers I've been on the course.

Importance of language and communication:

Be a lot more aware of how I am speaking to people affected by dementia.

Be more confident interacting with a person living with dementia.

Help others to understand dementia and its symptoms better so we can help people living with dementia feel safe and supported.

Promoting health walks to people with dementia:

Continue to promote dementia friendly walks.

Talk more about dementia.

Need for further information and training on dementia:

I will always have things to learn about dementia.

Just wish to further my knowledge.

If you want to know more, please contact:

Paths for All,
Kintail House
Forthside Way
Stirling
FK8 1QZ

Tel: 01786 641851

Email: dementiafriendly@pathsforall.org.uk

Website: www.pathsforall.org.uk

Twitter: twitter.com/PathsforAll

Facebook: facebook.com/PathsforAllScotland



Playlist for Life

Playlist for Life provides face-to-face and online training to health and social care professionals, community organisations, students and carer groups. Our training courses provide the knowledge and skills to become a music detective and how to integrate Playlist for Life into care plans. For community organisations it can strengthen existing services through the use of music.

Personal music is a powerful tool!

Our training introduces you to an innovative and powerful tool to help care for a person with dementia. There is growing scientific evidence that personal music can help those living with dementia.



What are the benefits?

- brings family members, friends and carers closer to the person living with dementia as they learn their story, evoke memories, prompt conversation and strengthen relationships
- improves mood and awareness
- carers get to know their rhythms and moods better, promoting truly person-centred care using personalised music
- strengthens connections between family members and carers as they work together on a playlist
- organisations can create a better and easier work environment

If you want to know more, please contact:

Playlist for Life
Unit 1/14 Govanhill Workspace
69 Dixon Road
Glasgow
G42 8AT
Tel: 0141 404 0683
Email: info@playlistforlife.org.uk
Website: www.playlistforlife.org.uk
Twitter: @playlistforlife



Royal National Institute of Blind People Scotland (RNIB)

R N I B

See differently

The Royal National Institute of Blind People Scotland (RNIB) helps blind and partially sighted people of all ages live as fully and independently as possible. It provides advice, support, training and equipment and transcribes books and other materials. It also campaigns to improve sight loss prevention and works to highlight 'hidden' sight loss among groups who might not easily be able to communicate problems with their vision.

Sight loss affects at least 250,000 people with dementia in the UK and is typically under-diagnosed in people with dementia because one condition can mask or be mistaken for another.

RNIB'S dementia and sight loss page has a range of resources for those living with dementia produced in partnership with Alzheimer Scotland to support and promote access to eye care to 'identify hidden sight loss' and support independent living.

RNIB's award-winning UK Practice and Development Team (UKPDT) offers specialist training to support health and social care professionals and optometrists to understand living with sight loss and dementia and the impact that this can have on everyday life.

Our work is influenced by the Prevalence of Visual Impairment in People with Dementia (the ProVIDe study), by the College of Optometrists, whose findings state:

- ▶ a third of people with dementia had significant sight loss
- ▶ almost half of the study participants could have their sight loss corrected by wearing up-to-date spectacle prescriptions
- ▶ participants unaware of domiciliary visits and of adaptations. These could be made to standard testing procedures to support people living with dementia

We want to ensure that people with dementia have:

- ▶ access to eye care to detect and prevent ‘hidden sight loss’
- ▶ independence
- ▶ awareness that eye care is for all – sight tests can be adapted, and that people can access domiciliary visits
- ▶ current correct spectacles

Research reports on sight loss can be found here: <https://bit.ly/2YZ00aV>

UKPDT offers a range of training which will raise awareness of potential barriers to timely diagnosis and treatment and signs of sight loss and provide resources to support access to eye care services. Training will provide you with skills to implement practical strategies for independent daily living by making simple changes to communication, guiding and the environment.

The team won a Scottish Dementia Award for its work in training ‘vision champions’ to act as advocates for individuals with undetected sight loss.

The link below has resources including top tip cards on communication, the environment and promoting access to eye care and a leaflet on sight loss and dementia with a checklist to identify sight loss and question to ask the optometrists: <https://bit.ly/31ZDfQK>

If you want to know more, please contact:

Tel: 0303 123 9999

Websites: www.mib.org.uk/Scotland

<https://bit.ly/2toYM9Q>

Facebook: [facebook.com/RNIB.Scotland](https://www.facebook.com/RNIB.Scotland)

Twitter: @rnibscotland



Royal Blind

ROYAL BLIND

Royal Blind is Scotland's largest visual impairment organisation and runs Scotland's only two specialist care homes for older people living with sight loss. Staff at our care homes receive training in visual impairment awareness and approaches to care which meet the needs of people living with a range of sight loss conditions. All staff at Royal Blind and our sister charity Scottish War Blinded receive visual impairment awareness training, and for external partners we can assist with and signpost visual impairment awareness training.

As an organisation we are now seeking to share our learning and expertise on caring for older people with visual impairment with a wider audience and have recently developed a working with older people with sight loss. This offers advice on a range of areas of care including aids and equipment, eating and drinking, mobility, communication, maintaining independence and activities. Through the Dementia and Sight Loss project funded by the Life Changes Trust a new information guide on care and activities for people with dementia and sight loss is being developed.

To find out about the range of information on visual impairment made available by Royal Blind or to contact the charity to find out about visual impairment awareness training visit www.royalblind.org



ROYAL BLIND

Seeing past blindness

RoyalBlind.org

The Scottish Social Services Council (SSSC) is the regulator for the social service workforce in Scotland. Our work means the people of Scotland can count on social services being provided by a trusted, skilled and confident workforce. We protect the public by registering social service workers, setting standards for their practice, conduct, training and education and by supporting their professional development.

Please visit our website www.sssc.uk.com/the-scottish-social-services-council/ to read about the projects we are working on, resources to support your development and tools available for employers to support workers in developing their knowledge and expertise. There is also information about the social service qualifications we develop, and quality assure, such as the degree in social work and childhood practice award. You can also find information for employers, employees and students working in social services about funding for qualifications and training.

Learning resources from the SSSC

Whatever your role and level of experience, the SSSC Learning Zone has apps and resources to help you develop your knowledge and skills. These are all completely free and you can work through them at your own pace. Learning from the resources can contribute towards Post Registration Training and Learning (PRTL) and employers are more than welcome to use our resources within their workplaces.

Promoting excellence in dementia care: To help you develop the right knowledge and skills for working with people living with dementia, the SSSC and NHS Education for Scotland (NES) developed a learning framework called Promoting Excellence. For more information, see <https://bit.ly/31XgH2U>



Promoting Excellence helps you to:

- ▶ understand the knowledge and skills expected of you in your role
- ▶ identify and explore areas of strength or gaps in learning
- ▶ prepare for work-based qualifications and registration
- ▶ create job descriptions and outlines for workers
- ▶ assess and develop the content of learning programmes

Promoting Excellence defines four levels of knowledge and skills which will help you identify learning needs and plan appropriate learning activities. All of these Promoting Excellence resources are available from the website address listed below.

Dementia Ambassadors: work in various social and public service settings and work to improve the lives of people with dementia and their families and carers. Ambassadors work closely with colleagues and the wider workforce to support the development of knowledge and skills, increasing awareness and promoting learning opportunities.

We continue to be encouraged by the fantastic work of Dementia Ambassadors and social service Dementia Champions while they work in an ever changing and transforming landscape. Their commitment to using Promoting Excellence to improve outcomes for people living with dementia is to be celebrated.

Please see ‘The Impact of Promoting Excellence in Social Service Settings: the Positive Role of Dementia Ambassadors’ booklet on our website:

<http://bit.ly/2OJ8yLQ>

- ▶ SSSC Promoting Excellence information and resources online: <https://bit.ly/2SfzTrp>
- ▶ SSSC Learning Zone: <https://bit.ly/2NioiE8>
- ▶ SSSC Careers in Care website: <https://bit.ly/2BRFTxl>

If you want to know more, please contact:

Wendy Johnston
Scottish Social Services Council
Compass House
11 Riverside Drive
Dundee
DD1 4NY

Tel: 01382 207 316

Website: <http://www.sssc.uk.com/>

Email: promotingexcellence@sssc.uk.com

Twitter: @SSSCnews and @SSSCwendy



Sporting Memories

Free guidance for one-to-one reminiscence is available on our online learning zone at <https://bit.ly/3bLpWsw>

We also have a free Replay Sporting Memories App available to download at Playstore for Android or iTunes shop for Apple devices.



tide (Together in Dementia Everyday)



We offer a unique, bespoke carer development programme which is co-designed, co-produced and co-delivered by our Learning and Development team alongside our carer members. It is a commitment from **tide** to invest in the personal development of our carer members as individuals in their own right.

To find out more about our development programme and how to access it, please visit our website: <https://bit.ly/2riUHQt>

If you want to know more, please contact:

tide (Scotland Office)

Robertson House

152 Bath Street

Glasgow

G2 4TB

Tel: 0141 353 4310

Website: www.tide.uk.net

Twitter: @tide_carers



Education

University of Edinburgh



THE UNIVERSITY
of EDINBURGH

The university is home to the Edinburgh Centre for Research on the Experience of Dementia, an interdisciplinary group of dementia researchers, people with dementia, dementia practitioners and representatives from a range of dementia organisations. The Centre is interested in exploring and developing theories, methods and impact around the experience of living with dementia, and aims to create international social research and impact that prioritises the experience of dementia and strengthens global understanding of living with dementia.

School of Health in Social Science: Counselling, Psychotherapy and Applied Social Sciences – Continuing Professional Development (CPD)

Critical Issues in Intellectual Disability and Dementia

This CPD course is for practitioners working in the field of dementia. Critical issues are covered in semester one, followed by online supervised critical reading in semester two.

Applicants should have an undergraduate degree or equivalent qualification in nursing, social work or allied health profession experience of providing support for people with dementia.

If you want to know more, please contact:

University of Edinburgh
Old College
South Bridge
Edinburgh
EH8 9YL

Tel: 0131 650 1000

Website: www.ed.ac.uk/

For Critical Issues in Intellectual Disability and Dementia
Course organiser, Joanna Alexjuk

Tel: 0131 651 3942

Email: Jo.Alexjuk@ed.ac.uk

Course administrator, Sue Larsen (for a course application form)

Tel: 0131 651 6671

Email: sue.larsen@ed.ac.uk





University of the Highlands and Islands



The university offers students the choice of studying at one of 13 colleges and research centres, over 70 local learning centres, or online.

Promoting Excellence in Dementia Skilled Practice PDA (Professional Development Award) – continuing professional development

The course has been designed to specifically reflect the knowledge and skills required by all staff working with people with dementia, their families and carers.

It is aimed at health and social care support workers or practitioners, and is particularly suited to staff who already hold an approved care qualification. However, candidates without formal qualifications will be considered on an individual basis and will be asked to complete a piece of written work to ensure they can work at the level required for the course.

This part-time, one-year course is delivered online, with fully interactive learning materials. Students are assessed on their actual work practice in the workplace. This includes reflective accounts and direct observation by an assessor. Students can study the course at eight of UHI's 13 colleges across the Highlands and Islands. Students will receive an award that is recognised by care agencies.

If you want to know more, please contact:

University of the Highlands and Islands

Tel: 01463 279 000

For the PDA in Promoting Excellence in Dementia Skilled Practice.

Tel: 01463 279 190

Website: <https://bit.ly/34usPKc>

For UHI colleges teaching the PDA in Promoting Excellence in Dementia Skilled Practice.

Argyll College UHI, Dunoon

Tel: 0345 230 9969

Website: <https://www.argyll.uhi.ac.uk/>

Inverness College UHI, Inverness

Tel: 01463 273 000

Website: <https://www.inverness.uhi.ac.uk/>

Lews Castle College UHI, Stornoway, Isle of Lewis

Tel: 01851 770 000

Website: www.lews.uhi.ac.uk/

Moray College UHI, Elgin

Tel: 01343 576 000

Website: <https://www.moray.uhi.ac.uk/>

North Highland College UHI, Thurso, Caithness

Tel: 01847 889 000

Website: <https://www.northhighland.uhi.ac.uk/>

Orkney College UHI, Kirkwall, Orkney

Tel: 01856 569 000

Website: <https://www.orkney.uhi.ac.uk/>

Perth College UHI, Perth

Tel: 0845 270 1177

Website: <https://www.perth.uhi.ac.uk/>

Shetland College UHI, Lerwick, Shetland

Tel: 01595 771 000

Website: <https://www.shetland.uhi.ac.uk/>

West Highland College, Fort William, Highland

Tel: 01397 874 000

Website: <https://www.whc.uhi.ac.uk/>



The Open University in Scotland



The Open University (OU) is the most popular university in Scotland for flexible, part-time study, working with its partners – from employers and trade unions, to schools and voluntary sector groups – to deliver personalised, supported open learning to a wide range of people at every stage of life.

The OU Vocational Qualification Assessment Centre (VQAC)

The Centre delivers vocational qualifications through a flexible, distance learning, modular approach. The OU's style of distance learning is called supported 'Open Learning'. It's 'open' as students learn in their own time – reading material supplied on the OU resource website, completing online assessment activities on their e-portfolio and receiving regular support from an assessor, providing support and guidance as they progress through the qualification, and from the VQ Learner Support Team.

There are no face-to-face support sessions, workshops, classes or other types of day events.

Students need support from their line manager or a workplace supporter. For the majority of vocational qualifications offered, students are normally observed in their workplace.

Health and Social Care

Level 3 Award in Awareness of Dementia (vocational qualification)

This Level 3 award is a supported distance learning award consisting of four modules, completed over a period of up to nine months. Each one has set activities to enable students to gather evidence for the qualification, along with guidance on how to present their evidence. An assignment must be completed for each unit.

The four mandatory units cover the following topics:

- ▶ understanding the process and experience of dementia
- ▶ understanding the administration of medication to people who have dementia using a person-centred approach
- ▶ understanding the role of communication and interactions with individuals who have dementia
- ▶ understanding the diversity of individuals with dementia and the importance of inclusion

Students have access to online resources and other OU courses to help them develop their knowledge and understanding, are allocated an assessor, and have support from the OU's VQAC Learner Support Team.

Level 3 Certificate in Dementia Care (vocational qualification)

To achieve this Level 3 certificate, learners work through a series of eight modules, completed over a period of up to 12 months. Each one is structured with set activities to enable students to gather evidence for the qualification, along with guidance on how to present their evidence.

Students have access to online resources and other OU courses to help them develop their knowledge and understanding, are allocated an assessor, and have support from the OU's VQAC Learner Support Team.

The four mandatory units cover the following topics:

- ▶ understanding the process and experience of dementia
- ▶ enabling rights and choices of individuals with dementia whilst minimising risks
- ▶ understanding and enabling interaction and communication with individuals who have dementia
- ▶ equality, diversity and inclusion in dementia care practice

A further six credits minimum have to be chosen from the range of optional units offered as part of this qualification.



Health and Social Care / Nursing & Healthcare Practice / Health & Wellbeing

Improving Dementia Care (module)

This 50-hour, non-accredited course is for registered and unregistered practitioners, and carers with an interest in, or responsibility for, the care of people with dementia. It encourages students to think critically about what it means to be person-centred and reflect on the challenges of providing quality care. Real accounts of practice from people affected by dementia, their family members and practitioners enrich the course.

Students should develop knowledge and understanding of:

- ▶ the medical and physiological dimensions of dementia in relation to symptoms, changes in the brain and medication
- ▶ the personal experience of dementia in relation to memory, identity and social relationships
- ▶ person-centred care of people with dementia and the role of the family
- ▶ how the physical environment affects the person with dementia and how its design can improve their experience
- ▶ decision-making in partnership with people with dementia which supports autonomy
- ▶ how organisational cultures shape the care of people with dementia

All learning materials are delivered online and all study is self-directed. A learning advisor is available, via a forum on the website, to answer questions and provide advice. No credits are awarded for studying this course and it cannot be counted towards an OU qualification, but it includes an OU Statement of Participation with a grade based upon a computer marked test.

If you want to know more, please contact:

The Open University in Scotland
Jennie Lee House
10 Drumsheugh Gardens
Edinburgh
EH3 7QJ

Tel: 0131 226 3851

Email: scotland@open.ac.uk

Website: www.open.ac.uk/scotland

For the Level 3 Award in Awareness of Dementia (vocational qualification):

Tel: 01908 653 774

Email: vq-enquiries@open.ac.uk

Website: <https://bit.ly/2S7UCxw>

For the Level 3 Award in Dementia Care (vocational qualification):

Tel: 01908 653 774

Email: vq-enquiries@open.ac.uk



University of St Andrews: School of Psychology and Neuroscience



University of
St Andrews

The Psychology of Dementia Care (PGCert)

Run by the School of Psychology and Neuroscience, the Postgraduate Certificate in The Psychology of Dementia Care focuses on the practical application of psychological theory in dementia care and comprises three modules. It is intended for professional care staff and management who provide services to people with dementia. Students are encouraged to question current practice and to apply psychological theory to their own working situation.

This is an online, distance learning course designed for maximum flexibility, allowing students to take one, two or all three modules, and at their own pace within a minimum of one year and a maximum of two years. Tutors are available for support via email and telephone.

If you want to know more, please contact:

School of Psychology and Neuroscience
University of St Andrews
St Mary's College
South Street
St Andrews
KY16 9JU

Tel: 01334 462 399

Email: pgsecpsych@st-andrews.ac.uk

Website: <https://bit.ly/2ExxErw>

Faculty of Social Sciences

Masters, Postgraduate Diploma and Postgraduate Certificate in Dementia Studies (online)

The University of Stirling is the longest running provider of online postgraduate qualifications in dementia care.

The Dementia Studies (online) course has been developed to provide an in-depth, research-based knowledge of dementia and approaches to dementia care. It is designed for professionals from all relevant disciplines already working in the field and for carers/volunteers who are supporting people with dementia.

Students learn about the latest theories, innovations and best practice in dementia care, as well as gaining an overview of policy drivers and initiatives, and a grounding in academic and research skills.

The Dementia Studies (online) course features nine individual modules, and three possible qualifications – a Masters (MSc), Postgraduate Diploma (PgDip) or Postgraduate Certificate (PgCert).

Apart from an introductory session, all teaching uses text and web-based distance learning materials. Flexibility is offered through regular provision of one-to-one and group tutorials, recognising that some students work shifts. Online learning allows students to interact and get support from the tutors, as well as providing access to course materials and much of the reading material required. Special emphasis is placed on a collaborative and problem-solving approach to learning and on encouraging reflective practice.

The Dementia Studies (online) course benefits from an advisory group of people with dementia, who support course development.



Facilitating the Best Practice in Dementia Care learning course

This work-based course is a learning resource for all frontline health and social care staff. It enables learners to develop their existing skills, gain new knowledge and improve their care of people with dementia. The aims of this course are to develop the knowledge and skills required to lead the Best Practice in Dementia Care learning course, enabling students to act as facilitators.

It comprises six months' work-based practice, with two days of classroom learning. All of the learner course content is written to meet the skilled level of knowledge in the Promoting Excellence Framework.

The course is accredited by The Royal College of Nursing (RCN) and The Chartered Institute of Housing (CIH).

Applied Social Research Doctorate

The Applied Social Research Doctorate is for experienced professionals and is designed to enhance the way they think as professionals and give them research skills to make an impact in their working environment.

Based on students' own professions, there is the opportunity to choose one of six pathways, including dementia studies. This pathway includes a choice of modules in Evaluation and Assessment in Dementia Care and Researching Dementia.

The course is flexible and on-campus attendance is kept to a minimum. Teaching methods are adapted to suit the aims of each module, and include lectures, seminars, computer-based workshops and group work. Attendance for each of the 'core' Applied Social Research modules is concentrated into either three or four one-day blocks. The professional modules are also designed for part-time students, with several being offered online (including Dementia Studies).

Improving Dementia Care

An online, 15-week undergraduate course designed for health and social care practitioners looking to improve their knowledge and practice in the field of dementia care. This comprises one introductory session on campus, followed by 14 weeks of online learning.

The objectives for the MSc include helping students to:

- ▶ develop an advanced understanding of theory and multidisciplinary perspectives in social gerontology and approaches to ageing
- ▶ critically analyse research and policy on key social gerontological and ageing issues
- ▶ demonstrate critical awareness of international best practice and interventions that facilitate positive ageing with complex co-morbidities, frailty or dementia
- ▶ become critical thinkers who can reflect on the experiences of older people globally and apply this to their local context
- ▶ develop knowledge and skills in digital learning and online collaboration





Learning Disability and Dementia

Over an extensive period the work of Karen Watchman has focused on people with a learning disability with a particular emphasis on ageing, and specifically Down's syndrome and dementia. This began whilst she was Director at Down's Syndrome Scotland in the 1990s/2000s where Karen developed the first accessible resources for people with a learning disability and dementia and their families.

Karen currently works with co-researchers who have a learning disability. Ensuring that the research findings are accessible is a core part of her work.

Karen developed and delivered the first training course on learning disability in the UK and Ireland, a model that has since been developed in other countries, and has supported over 500 health and social care staff to deliver training in their workplace. Recently, Karen has updated her one-day course to focus on the neglected area of post-diagnostic support for people with a learning disability and dementia. Her training materials and accompanying resources such as Jenny's Diary and Supporting Derek were co-produced with people who have a learning disability and are affected by dementia.

Ensuring that the human rights of people with a learning disability and dementia are met is a priority outcome. This includes the provision of information (including information about the diagnosis of dementia and ongoing support strategies) in an appropriate and timely way.

Outcomes of the one-day course mentioned above are to:

- support health, social care and third sector staff to recognise the potential impact of dementia among people with a learning disability
- support organisations to plan ahead for support of an ageing population of people with learning disabilities and dementia
- identify, via practical activities, appropriate and individualised non-drug support for people with a learning disability and dementia, and demonstrate how to safely implement such support in practice

Training on learning disability and dementia is a one-day course from the University of Stirling, or on request within organisations across the UK and Ireland: <https://bit.ly/2MXUduy>

Jenny's Diary is available as a free download from:
<https://bit.ly/2WmRZbn>.

Different versions are available depending on preferred terminology in different parts of the world (learning disability or intellectual disability). Translated pdf versions can be downloaded in German, Chinese Mandarin, Italian, Norwegian and French. Jenny's Diary may also be downloaded as a MOBI for use on a Kindle and Epub for mobile devices.

Supporting Derek is a practice development resource and self-study guide to support staff working with people who have a learning disability and dementia. See: <https://bit.ly/2WnfNMd>

Accessible resources: <https://bit.ly/2BPiJI2>

'Life through a lens' research page: <https://bit.ly/2Pt4653>

If you want to know more, please contact:

University of Stirling
Stirling
FK9 4LA

Tel: 01786 473 171

Website: <https://www.stir.ac.uk/>

For the MSc in Dementia Studies (online):
<https://bit.ly/34uskQk>

For the CPD module, Multi-morbidity in the
Older Person: <https://bit.ly/2S4XlYx>

For the CPD module, An Integrated Approach to
Frailty: <https://bit.ly/2S80qVZ>



For the CPD module, Post-diagnostic Support for People with a Learning Disability and Dementia:

<https://bit.ly/2r9r3k8>

For short courses offered by the Faculty of Social Sciences: <https://bit.ly/38RKA9F>

For the short course Facilitating the Best Practice in Dementia Care learning:

Tel: 01786 467 740

Email: bestpractice@stir.ac.uk

Website: <https://bit.ly/2PZv1UL>

For the short course Improving Dementia Care:

Tel: 01786 467 681

Email: DempPG@stir.ac.uk

Website: <https://bit.ly/2S7NTn5>

For CPD modules offered by the Faculty of Health Sciences and Sport:

Tel: 01786 466 336

Email: health.sci.cpd@stir.ac.uk

For Learning Disabilities and Dementia:

Tel: 01786 466 387

Email: karen.Watchman@stir.ac.uk

Twitter: @karenwatchman

Website: www.learningdisabilityanddementia.org



Alzheimer Scotland Centre for Policy and Practice

School of Health and Life Sciences

The Centre's work focuses on three key activities:

- ▶ Applied research for policy and practice
- ▶ Education to promote evidence informed practice
- ▶ Policy influencing and implementation

The Centre offers a range of masterclasses and bespoke CPD aligned to the skilled and enhanced levels of the Promoting Excellence Framework (see Scottish Social Services Council section).



Our DOMUS initiative is a highly adapted space which provides an immersive learning environment based on best evidence about design and enablement. Coupled with a simulated learning approach, it provides learners with opportunities to experience, with expert support, some of the physical and sensory changes that might be familiar to people with dementia. It includes a homely space, reminiscence, sensory room and a care and hospital environment.

The MSc in Gerontology with Dementia Care pathway

This aims to develop the knowledge, skills and confidence to enable health, allied health, social care, policy and social work professionals to lead, plan and deliver person focused care to people living with dementia, particularly in relation to their changing care priorities as dementia advances.

This is typically a three-year, part-time programme, offered fully online or online with optional face-to-face learning at the Lanarkshire Campus.

Care Empathia programmes

These range from one to three days, offered as collaboratively created programmes with the commissioning group. These are suitable for practitioners working directly with people affected by dementia who need increasing support and assistance. This approach is based on our developing experience from the programmes we offer through NHS Education for Scotland. These include Scotland's Dementia Champions and Dementia Specialist Improvement Leads.

Care Empathia involves learning through the heart, the head and the hand. Participants not only learn through theory but also use approaches that focus on empathy and practical skills.

Understanding dementia: Class in a Bag

These are portable educational resources which raise awareness of dementia. There are two facilitator packs available, one for use with practitioners, carers and the lay public, and the other for teachers to use with pupils to support understanding of the ageing population and intergenerational support. This is a complete learning package with resources and materials to cover a half-day workshop on understanding how dementia can affect people and suggest ways to work alongside the person.

Trainers, educators and people with extensive knowledge about dementia will be able to use this package. A short workshop is offered to potential trainers who wish further guidance:

<https://shop.uws.ac.uk/product-catalogue/educational-resource>

For facilitators, trainers, teachers and practitioners, there is also the 'Class in a Bag' educational resource which includes physical resources and lesson guides for five experiential interactive workshops. The learning outcomes can contribute to the knowledge, skills and behaviours outlined in the Promoting Excellence Framework informed level.

Along with this educational resource, there is an optional short course that provides facilitators, trainers and practitioners with helpful tips and information when delivering a workshop within practice.

The course won the Best Educational Initiative in Scotland's Dementia Awards 2016: <https://bit.ly/2r4V7NH>

Our approach supports learners to connect with older people and people with dementia using cognitive, emotional and haptic learning and teaching strategies in a safe and supportive way.

Our programmes focus on care partnership, encouraging practitioners to consider how to work with the person living with dementia. This partnership approach extends to family, carers and supporters. We specialise in supporting the person in the fundamentals of care.



If you want to know more, please contact:

Alzheimer Scotland Centre for Policy and Practice
School of Health and Life Sciences
University of the West of Scotland
Lanarkshire Campus
Stephenson Place
Hamilton International Technology Park
G72 0LH

Website: <https://www.uws.ac.uk/research/research-areas/health/alzheimer-scotland-centre-for-policy-and-practice/>

Twitter: @AlzScotCPP

For the MSc in Gerontology with Dementia Care programme:
Raymond Duffy, Programme Leader

Email: Raymond.Duffy@uws.ac.uk

For enquires about masterclasses and CPD options:

Email: HNMCPEnterprise@uws.ac.uk

For the Class in a Bag, please contact the School of Health,
Nursing and Midwifery:

Email: nursrecep@uws.ac.uk

Dumfries & Galloway College is one of Scotland's newest colleges, delivering education and training courses, including open learning options. It has two campuses – Dumfries and Stranraer.

Awareness of Dementia (SCQF Level 5)

This qualification is open to learners, aged 16 and above, who want to improve their knowledge and understanding about dementia and how to apply the principles of person-centred dementia care.

Topics covered include the functioning of the brain and the memory process, using a person-centred approach to understand emotions and behaviours, and applying person-centred principles to everyday care activities. It also offers employers a structured training programme to meet employees' training needs.

It is delivered as a distance learning course, over 40 hours minimum, with assessments posted in for marking and tutor feedback.

Understanding End of Life Care (SCQF Level 5)

This course, delivered in Dumfries, is for health and social care workers who wish to improve their knowledge and understanding of end of life care and palliative care. It is also relevant to care settings including hospices, care homes, care in the community and primary care.

It aims to develop learners' knowledge and understanding of the different perspectives on death and dying, the aims of end of life care, the principles of person-centred care planning, the support needed to manage pain and discomfort, how dementia impacts on an individual's end of life care, the role of the health and social care worker at the time of death and how to appropriately support the bereaved.



If you want to know more, please contact:

Dumfries & Galloway College
Dumfries Campus
College Gate
Bankend Road
Dumfries
DG1 4FD

Tel: 01387 734 000

Website: www.dumgal.ac.uk

Stranraer Campus
Lewis Street
Stranraer
DG9 7AL

Tel: 01776 706 633

Email: info@dumgal.ac.uk

Awareness in Dementia

Tel: 01387 734 269

Email: OpenLearning@dumgal.ac.uk

Understanding End of Life Care

Tel: 01387 734 269

Email: openLearning@dumgal.ac.uk



Dundee & Angus College

Dundee & Angus College offers full- and part-time courses, on campus and by distance learning. All programmes lead to nationally recognised qualifications. It has campuses in Arbroath and Dundee plus learning centres across the Angus region.

Dementia Awareness – An Introduction (SCQF Level: 5)

This course offers an introduction to dementia and care of people with dementia. Topics covered include signs and symptoms of dementia, and ways to support people with dementia, plus an introduction to care standards and services.

The part-time, day release course is open to anyone, aged 16 and above, who has an interest in caring for people with dementia. It is delivered at Gardyne Campus. Application is made online.

If you want to know more, please contact:

Dundee & Angus College

Tel: 0300 123 1010

Email: enquiry@dundeeandangus.ac.uk

Website: <https://dundeeandangus.ac.uk/>

Arbroath Campus
Keptie Road
Arbroath, DD11 3EA

Gardyne Campus
Gardyne Road
Dundee, DD5 1NY

Kingsway Campus
Old Glamis Road
Dundee, DD3 8LE



North East Scotland College



North East Scotland College is the single largest provider of vocational education and training in the North East of Scotland, with campuses in Aberdeen City (on three sites) and Aberdeenshire – in Ellon, Fraserburgh and Inverurie.

Caring for People with Dementia

This is an online, distance learning course developed for anyone who is new to, will soon be involved in, or is currently involved in caring for someone with dementia, whether within the family or as a professional, and either at home or as part of a team in a residential facility.

Learners will find out about the meaning of the term dementia, its causes and the possible effects the condition may have on people as it progresses. The course will also look at the importance of good communication and interaction between carers and the people they support, and identifies strategies for coping with challenging behaviours.

The course comprises seven units including an introduction. The course requires five hours over one month and there is a basic level of tutor support. Previous knowledge or experience would be of benefit but is not essential. Applications can be made online or by completing the paper application form which can be downloaded online.

Caring for People with Dementia: The Fundamentals

This online, distance learning course comprises three units: an introduction and two study units. Unit 2 deals with dementia awareness, whilst unit 3 covers the person-centred approach to the care and support of an individual with dementia. Topics covered include the early symptoms and signs, along with the early, middle and late stages of the condition.

Previous knowledge or experience would be of benefit but is not essential. The course is five hours over one month and there is a basic level of tutor support. Applications can be made online or by completing the paper application form which can be downloaded online.

Certificate in Principles of Dementia Care

This course provides knowledge about what dementia is and understanding about caring for people with dementia, covering positive communication, use of medication and the importance of individualised, person-centred care.

It is suitable for those already working in the care profession or anyone looking into a career in this field of work, and for home carers or anyone who has an interest in learning more about dementia. The course can be studied as an online, distance learning course. It is split into units. Support is provided by a tutor.

If you want to know more, please contact:

North East Scotland College
Aberdeen City Campus
Gallowgate
Aberdeen
AB25 1BN

Tel: 0300 330 5550

Email: enquiry@nescol.ac.uk

Website: <https://www.nescol.ac.uk/>

For Caring for People with Dementia:

<https://bit.ly/35GgFiY>

For Caring for People with Dementia: The Fundamentals:

<https://bit.ly/2Es6PFn>

For the Certificate in Principles of Dementia Care:

<https://bit.ly/2Z053ER>



West College Scotland



West College Scotland is a community-based college, providing educational opportunities to anyone who wants to learn. It offers 400 full-time, part-time and distance learning courses. The College has four campuses – in Clydebank, Greenock (on two sites) and Paisley – but it also runs courses in the community, all year round, in partnership with independent centres and local authorities.

Level 2 Certificate in Principles of Dementia Care (distance learning)

The course provides an understanding and knowledge of what dementia is and how to support those who are affected by it. Students also learn skills for caring for people with dementia. It is a good starting point for individuals interested in entering a career in health and social care.

This course has online learning materials and assessments. It is a marked course which requires short essay style answers to identify that students have understood the skills and knowledge to meet the awarding body standards (NCFE – see www.ncfe.org.uk). From the start date, students have 16 to 20 weeks to complete the course but may complete in 10 weeks or use the full 20 weeks.

There are no formal entry requirements. Enrolment onto the course is at any time throughout the year. As it is delivered online, students do need basic competence in IT and the internet.

Level 3 Certificate in Understanding Principles of Dementia Care (distance learning)

This qualification is aimed at learners who want to develop their knowledge of dementia and dementia care. It is ideal for individuals already employed in the health and social care sector who wish to upskill, or for people who have caring responsibilities for someone with dementia.

The course provides an in-depth understanding of dementia and its effects, exploring the various types of dementia and the importance of early diagnosis, as well as focusing on person-centred approaches to dementia care and the role of communication, interaction and inclusion in dementia care and support. It also covers the use of medication in supporting individuals with dementia.

It is taught online, with access to learning materials and assessments by email. It is a marked course which requires short essay style answers to identify that students have understood the skills and knowledge to meet the awarding body standards. From the start date, students have 16 to 20 weeks to complete the course but may complete in 10 weeks or use the full 20 weeks.

Enrolment is at any time throughout the year. It requires a Level 2 certificate in a related discipline OR significant related work experience. As it is an online course, students need basic competence in IT and the internet.

If you want to know more, please contact:

West College Scotland

Tel: 03006 006 060

Email: info@wcs.ac.uk

Website: <https://www.westcollegescotland.ac.uk>

For the Certificate in Principles of Dementia Care,
Level 3, contact the Distance Learning Team:

Tel: 0141 581 2319

Website: <https://bit.ly/2r1uRUm>

Getting in touch

If you have any queries or wish to share your views and ideas, you can contact the Life Changes Trust in a number of ways:

Phone: 0141 212 9600

Email: enquiries@lifechangestrust.org.uk

Website: www.lifechangestrust.org.uk