

# embrace-learning

This e-learning course has been 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, 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 also looks at the importance of good communication and interaction between carers and the people they support and identifies strategies for coping with challenging behaviour.

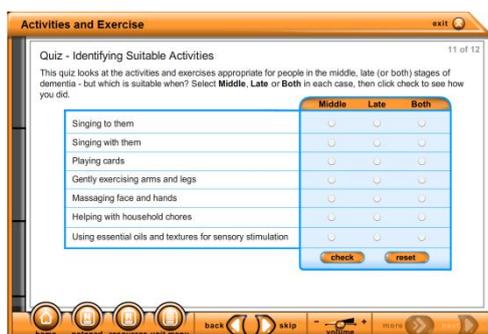
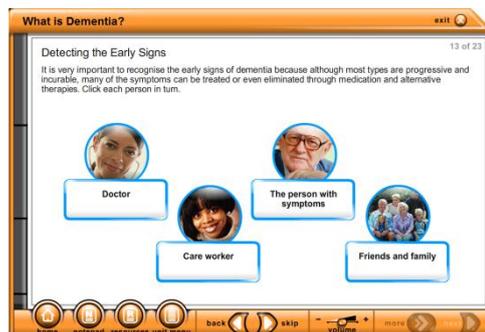
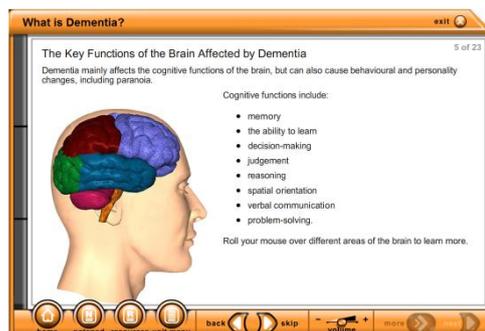
The course is divided into six study units which cover the following topics:

- The meaning of the term dementia
- Ways to improve communication with a person with the condition
- Helping people with dementia with everyday tasks
- Effective ways of responding to challenging behaviour
- Using activities and exercise as part of your care plan
- Support in the later stages of the condition.

The online materials include quizzes and activities to help reinforce learning as students work through the course.

The objectives of the course include that learners will be able to:

- Define clearly what dementia is and list its main causes
- Identify some of the potential early-, middle- and late-stage symptoms
- Suggest ways of improving verbal and non-verbal communication



- Explain what is meant by person-centred care and list the five key principles
- Apply effective strategies when helping people with dementia with everyday tasks
- Describe the kinds of challenging behaviour that carers of people with dementia may come across and suggest effective coping strategies
- Suggest activities and types of exercise suitable for people at various stages of dementia
- Describe the physical care that may be required in the later stages of dementia.

## Caring for People with Dementia