

Agenda & Programme four-day course; version for Family/Friend Carers “Communication and care-giving in dementia: a positive vision”

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April 12, 13, 26, 27, 2024 – commissioned by the Camberley Alzheimer Café

Day 1 Exploring the perspective of the person with dementia	Day 2	Day 3	Day 4 Exploring the perspective of Family/ friend carers
10:00 Opening; by Maggie from the Camberly Alzheimer Cafe Introduction: . to each other and material . What are your most urgent questions about caring and being a carer? . Consider what you hope to get from this course?	10:00 Review; new questions? Changes in our senses, especially vision, in normal aging	Language and communication changes	What do we know about family carers?
11:15 – 11:30 Break	break	break	break
What changes have you noticed in the person with dementia you care for? . What changes have you noticed in yourself? . Considering dilemmas . Where do we (carers) typically 'get stuck' in our communication?	continued	. Implications for Stage-specific activities	What stages of grieving/guilt do they go through? How many types of carer are there? When does grieving start? How can guilt be attached to grieving? How can you 'unzip' guilt?
12:30 – 13:15 Lunch	lunch	lunch	lunch
What do we know about what it is like to have dementia (i.e. some type of dementing illness)? Memory bookcases model Understanding changes in: - thinking ability (cognition), - ability to remain orientated - behaviour The intermittent and fluctuating nature of change	“The Behavioural Staging” - model for understanding where , in the course of a given dementia illness, a person is	Problem-solving dilemmas in care: The ACCORDION method	Adapting Communication . knowing your options . aiming for Stage-specific communication
14:15 – 14:30 Break	break	break	break
14:30 – 15:30 The difference between cannot and will not Early changes – the MAL mnemonic . Memory (different types of memory blackboards) . Attention (attention bookcases) . Logical thinking ability	continued	Protecting yourself from too much stress	Questions Evaluation Handing out Attendance Certificates Closing