

## A Mile in My Shoes (Dementia Awareness Workshop)

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Our A Mile in My Shoes (Dementia Awareness Workshop) will help learners to separate fact from fiction whilst exploring unique individual experiences with dementia.

Our experienced training team will help you learn how to identify risk factors and common types of dementia, understand their causes, and recognise the diagnostic process. Discover how neurological impairments affect the individuals you support, understand memory function, and appreciate how our past shapes our future. Emphasising a person-centred approach, this course places care and support at its core, ensuring compassionate and effective dementia care.

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## Learning Outcomes

- To separate the facts from fiction and see each experience as unique to the individual
- To recognise the risk factors associated with dementia, know the most common types of dementia, their underlying causes
- To recognise the diagnostic process
- Identify the impact of neurological impairment on the person
- Understand how our memory works and appreciate how our past can shape our future
- To put person centred approach at the heart of care and support

## Course Content

### **Module 1: Separating Facts from Fiction**

- Common myths about dementia
- Evidence-based facts
- Case studies showcasing unique individual experiences

### **Module 2: Recognising Risk Factors**

- Genetic, lifestyle, and environmental risk factors
- Preventive measures and healthy lifestyle choices

## Course Content

### **Module 3: Types of Dementia and Diagnostic Process**

- Overview of Alzheimer's, vascular dementia, Lewy body dementia, and frontotemporal dementia
- Underlying causes of each type
- Steps in the diagnostic process

### **Module 4: Impact of Neurological Impairment**

- Cognitive, emotional, and behavioural impacts
- Real-life examples and testimonials

### **Module 5: Understanding Memory and Personal History:**

- Memory processes and types
- The role of personal history in shaping identity

### **Module 6: Person-Centred Approach to Care**

- Principles of person-centred care
- Practical strategies for implementing person-centred care
- Benefits of a person-centred approach