



Planning and Delivering Activities for People Living with Dementia

Our Planning and Delivering Activities for People Living with Dementia course helps you provide engaging, person-centred support. You'll learn the importance of meaningful activities and how dementia can impact participation. Discover practical ways to tailor activities that meet individual needs, considering personal history, preferences, and abilities.

The course also highlights effective communication techniques and how to identify and manage risks during activities. Led by our experienced trainers, you'll gain the skills to enhance quality of life for individuals living with dementia by promoting their well-being through thoughtful, meaningful activity.

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Learning Outcomes

- To recognise the need for meaningful occupation
- To understand how dementia may affect activity
- To identify ways of providing occupation to support the needs of the individual
- To recognise the importance of an individual's background
- To recognise the importance of good communication
- Describe ways of identifying and managing risk

Course Content

Module 1: How Dementia Affects Activity

- Understand how dementia impacts cognitive and physical abilities.
- Explore common challenges individuals with dementia face during activities.
- Discuss strategies to overcome these challenges and promote engagement.

Module 2: Tailoring Activities to Individual Needs

- Learn how to assess individual preferences, abilities, and needs.
- Explore creative ways to provide occupation that aligns with the person's interests.
- Develop activity plans that promote inclusion and enjoyment.

Course Content

Module 3: The Importance of Personal Background

- Understand how personal history, culture, and past experiences shape activity preferences.
- Explore techniques to incorporate life history into activity planning.
- Discuss the role of family and carers in sharing valuable insights.

Module 4: Effective Communication in Dementia Care

- Learn techniques for clear and compassionate communication.
- Explore verbal and non-verbal communication strategies tailored to individuals with dementia.
- Recognise the impact of positive communication on engagement and behaviour.

Module 5: Identifying and Managing Risks

- Learn how to identify potential risks during activities.
- Explore practical ways to mitigate risks while maintaining a person-centred approach.
- Discuss the importance of balancing safety with meaningful engagement.
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