

## **Where Worlds Collide (Understanding Distress Behaviours Dementia Course - CPD Accredited)**

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Our Where Worlds Collide course offers valuable insights into understanding and managing challenging behaviours in dementia care. Led by our experienced Dementia trainers. This CPD Accredited course enables you to identify these behaviours as indicators of unmet needs and recognise triggers and emotional influences.

You'll also learn the importance of accurate record-keeping and communication in managing such situations. This course emphasises that distress extends to patients' families and explores comforting approaches through practical exercises. After completing this course, you'll be better equipped to cultivate a compassionate and responsive environment in dementia care settings, leading to better outcomes for patients and their families.

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## Learning Outcomes

- Recognise behaviours we may find difficult
- See behaviour as a form of communicating unmet needs
- Appreciate that all behaviours are as a result of a trigger
- Understand the common causes of distressed behaviour by people with dementia
- Understand how a person's feelings and perception may affect their behaviour
- Recognise changes in the brain
- Recognise the importance of effective recording
- Understand the importance of effective communication
- Appreciate that distress is also experienced by family members
- Recognise different approaches and responses to comfort, support and reassure the person experiencing distress behaviour

## Course Content

### **Unit 1 – Understanding Dementia Basics**

- What is dementia?
- Types and stages of dementia.
- Common signs and symptoms.
- Differentiating between normal aging and dementia.
- Impact of dementia on individuals and caregivers.

## Course Content

### **Unit 2 – Neurological Aspects of Dementia**

- Brain anatomy and function.
- Neurological changes in dementia.
- Role of neurotransmitters.
- Brain imaging techniques for diagnosis.

### **Unit 3 – Providing Person-Centred Care**

- Understanding the individual's life history and preferences.
- Creating a dementia-friendly environment.
- Promoting independence and autonomy.
- Tailoring care plans to individual needs.