
Family Interventions with Dementia.

Providing professionals with the understanding and skills to support those with dementia and the people around them.

A 3-day course for 6-15 people.

Executive Summary:

This course provides professionals with the understanding and skills to support those with dementia and the people around them. It aims to maintain the best possible quality of life for patients by building the knowledge and strategies of families to improve their own well-being and those they are caring for.

This course (a) provides information for understanding the importance of good assessment and diagnosis in helping the family develop a compassionate understanding of the condition, (b) describes the qualities you need to engage with those living with dementia and (c) gives you practice in skills and interventions you can teach to carers.

Who should attend:

People who attend this course normally fall into one of two categories:

1. Professionals who spend a significant amount of their time working with people who have dementia, and their families.
2. Professionals who, while dementia may not be their primary speciality, nevertheless need to get 'up to speed' on the subject.

The professional affiliations of people suitable to attend this course include: mental health/psychiatric nurses, social workers, occupational therapists, clinical psychologists, psychiatrists, and others.

The course covers:

- The foundation knowledge of dementia especially in regard to family intervention, including: Definition and description, Statistics and Epidemiology, types of common dementias, Diagnosis of Dementia, Progression of Dementia, general management of Dementia, drugs for Alzheimer's Disease.
- Caring for the family. Understanding the effect on the family, and helping the family. If the family copes better then it's better for everybody. Skills include engagement, required professional qualities, assessing the most helpful Intervention, Validation Plus, Family communication,

Practical Support, Education, Sexual difficulties, coping with unusual behaviour.

- Helping the family care directly for the patient. Finding ways to help the family cope with their loved one's memory problems so that people can retain their confidence, dignity and independence for as long as possible. Including understanding the memory loss in dementia, structuring family sessions, problem solving, planning activities, responding to questions and behaviour and learning lessons from DBT.
- Evaluating the interventions.

The course covers:

- You will develop your response to those with dementia and their families and think about the impact this work may have on yourself.
- You will build your skills of engaging the family, develop your professional qualities and approach and practise techniques – such as validation, assessing the most helpful intervention, practical support and problem solving.
- You will feel competent to perform the family interview and develop standard session plans based on the family's needs.
- You will be able to start tackling family communication difficulties such as criticism and hostility.
- You will understand unusual behaviours displayed by those with dementia and help families to infer the real meaning from behaviours, so they can then plan helpful interventions or activities.
- You will feel more confident in managing dilemmas faced by the family and supporting them in processing what is happening.
- Above all you will feel more skilled and confident in working with the families of those who have dementia.

To discuss or place an order call **0116 241 8331** or email office@apt.ac

Over 100,000 professionals have benefitted from attending APT courses; APT tutors are a resource of academic and clinical expertise probably unequalled in the UK.

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