



Dementia,
depression and
delirium –
a person centred
approach

Knowing Me!TM



Join us for Dementia Training for NHS East of England

Two free half-day training sessions for professionals providing care for older people in their own homes

To support staff to:

- Improve quality of life for people living with dementia in their own home
- Improve early identification of delirium and depression in people living with dementia in their own homes
- Improve support for carers of people living with dementia in their own home



L I F E S T O R Y N E T W O R K

Unlocking potential and increasing wellbeing by empowering people who are often overlooked.



1. Person centred Care and Support
2. Purposeful Activity
3. Responding to Distress
4. Adapting the living environment



Delivered through the Life Story Network and tide by expert carers of people living with dementia




Covering the inter-relationship between dementia, delirium and depression and the importance of a person-centred approach



Signposting to other resources be helpful to you in your role in providing care in the community to support people with these conditions

What will you gain by attending the training?

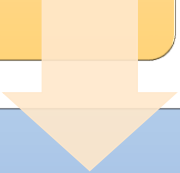
The importance of Person-centred Care, gaining knowledge and experience to support Carers and People living with dementia



The Importance of Purposeful Activity and the positive impact to Empower carers and support People living with dementia throughout its progression.



Understanding the potential causes and how to respond to Distressed Behaviour



Learn how to identify and adapt the living environment to promote independence and safety

The practicalities

Mid & South Essex:

9.30-12.30pm, Thursday 24th June

9.30-12.30pm, Thursday 1st July

10 places are available and participants will need to commit to attend both half days. Places are being managed locally by local authority and CCG colleagues from whom you will have received this information

Participants will need access to the internet as the training is being delivered virtually using Microsoft Teams