

Summary of workshop sessions offered by Dementia Positive

Communication: A matter of the life and death of the mind

This session looks at the subject of communication in work with people with dementia generally. Its objectives are as follows:

1. To provide participants with a clear understanding of why communication is such a fundamental part of working with people with dementia
2. To locate the place of communication within current thinking about the nature of personhood and person-centred care approaches, and how this applies not only to the person with dementia, but also to those who provide support, whether in a family or paid/volunteer capacity
3. To demonstrate (through facilitators' roleplay and through video/audio material) and discuss the full range of types of communication, including language, nonverbal channels, and communication through creativity
4. To consider the effects of sensory needs such as visual impairment or hearing loss on communication
5. To give participants the opportunity to experience challenges to communication which may be similar to those experienced by persons with dementia, and to reflect on the implications of their experiences
6. To encourage participants to identify skills they already have and use, and to describe and encourage participants to try out a range of practical strategies for enhancing communication in the everyday work context
7. To make participants aware of existing models of good practice and resources they can draw on to support and develop their own practice

A variety of methods are used to explore the subject including presentation; discussion; and practical exercises, together with use of illustrative verbal, pictorial, video & audio material.

All of the elements described include a time allowance for participants to ask questions and discuss issues.

Handout material will be provided which supports the content of the session, lists sources of published material and other useful resources.

Length of session:

6 hours excluding breaks

A 3 hour session can be delivered which would include elements 1, 2, 3, 4 and a slightly shortened version of 7 only.

Facilities required:

Data projector with sound

Flipchart and pens/electronic whiteboard

Tables for participants to sit around

Enough space in room for participants to have sufficient space to work in pairs

Maximum number of participants: 24

Hanging onto language

This session focuses on the subject of verbal communication with persons with dementia. Its objectives are as follows:

1. To provide participants with a clear understanding of why communication is such a fundamental part of working with people with dementia
2. To locate the place of communication within current thinking about the nature of personhood and person-centred care approaches, and how this applies not only to the person with dementia, but also to those who provide support, whether in a family or paid/volunteer capacity
3. To describe common ways in which language use can change in dementia and to highlight the effect of acquired hearing loss and environmental factors on verbal communication
4. To explore the many ways in which people with dementia continue to use language in order to express their experiences, needs and views, including creative uses of language
5. To provide opportunities for participants to consider and experience challenges in the use of language which may be similar to those experienced by people with dementia
6. To provide opportunities for participants to explore their own use of language, and its expressive and creative potential
7. To demonstrate and to encourage participants to explore a range of ways in which those supporting the person with dementia can support the individual's continued use of language through both everyday communication strategies and also language-based activities
8. To inform participants about existing models of good practice and make them aware of resources they can access to support and develop their own work

A variety of methods will be used to explore the subject including presentation; discussion; and practical exercises, together with use of illustrative written, audio & video material.

All of the elements described include a time allowance for participants to ask questions and discuss issues.

Handout material will be provided which supports the content of the session, lists sources of published material and other useful resources.

Length of session:

6 hours excluding breaks

A 3 hour session can be delivered which would include elements 1, 2, 3, 4, & a slightly shortened version of 7 only.

Facilities required:

Data projector with sound

Flipchart and pens/electronic whiteboard

Tables for participants to sit around

Enough space in room for participants to have sufficient space to work in pairs

Maximum number of participants: 24

Nonverbal communication

This session focuses on the use of nonverbal communication in work with people with dementia. Its objectives are as follows:

1. To provide participants with a clear understanding of why nonverbal communication is a fundamental part of work with people with dementia.
2. To locate the place of nonverbal communication within current thinking about the nature of communication with people with dementia, and how this applies not only to people with dementia but also to those who provide support within a paid or family context.
3. To explore and demonstrate (through video material) some of the many aspects of nonverbal communication used by people with dementia to express their experiences, needs and preferences.
4. To consider the possible effects of dementia and sensory loss on nonverbal communication.
5. To provide opportunities for participants to consider and experience challenges to their own preferred style of communication which may be similar to those experienced by people with dementia.
6. To provide opportunities for participants to explore their own use of nonverbal communication, and its expressive and creative potential.
7. To demonstrate and encourage participants to explore a range of ways in which those supporting the person with dementia can encourage increased use of nonverbal communication in everyday situations.
8. To inform participants about existing models of good practice and make them aware of resources they can use to support and develop their own work.

A variety of methods are used to explore the subject including presentation; discussion; and practical exercises, together with use of illustrative pictorial and video material.

All of the elements described include a time allowance for participants to ask questions and discuss issues.

Handout material will be provided which supports the content of the session, lists sources of published material and other useful resources.

Length of session:

6 hours excluding breaks

A 3 hour session can be delivered which would include elements 1, 2, 3 & a slightly shortened version of 7 only.

Facilities required:

Data projector with sound

Flipchart and pens/electronic whiteboard

Tables for participants to sit around

Enough space in room for participants to have sufficient space to work in pairs and to move around

Maximum number of participants: 24

Consultation & involvement

This session focuses on ways of consulting and involving people with dementia in the development and delivery of services. Its objectives are as follows:

1. To provide participants with an understanding of the relationship of consultation and involvement work to good practice in terms of communication generally.
2. To provide participants with an understanding of how consultation and involvement work should form a core part of the development and delivery of services.
3. To encourage participants to reflect on what it means to involve and consult people with dementia, including potential obstacles and opportunities.
4. To provide examples of innovative practice and materials which can be used to support these, and to encourage participants to consider how these can be used or adapted within their own service setting.
5. To provide examples of and promote discussion about how the process of consulting and involving service users can begin and be developed.
6. To consider organisational issues, including opportunities and barriers, which can affect practice in this sphere.
7. To make participants aware of existing models of good practice and resources they can use to develop their services.

A variety of methods are used to explore the subject including presentation; discussion; and practical exercises, together with use of illustrative written, pictorial and video material.

All of the elements described include a time allowance for participants to ask questions and discuss issues.

Handout material will be provided which supports the content of the session, lists sources of published material and other useful resources.

Length of session:

6 hours excluding breaks

A 3 hour session can be delivered which would include slightly abbreviated elements 1, 2, 3, 4, & 7 only.

Facilities required:

Data projector with sound

Flipchart and pens/electronic whiteboard

Tables for participants to sit around

Enough space in room for participants to have sufficient space to work in pairs

Maximum number of participants: 24

Deafness & dementia

This subject has two distinct strands:

- the experiences and needs of people with acquired hearing loss and dementia
- and those with profound or cultural Deafness (people who have always been Deaf and use sign language) and dementia.

We have therefore provided two lists of objectives. It is possible to have a session which incorporates learning about both types of deafness, or one which concentrates purely on acquired hearing loss. We do not provide sessions purely on profound or cultural deafness as we do not have sufficient knowledge and expertise to do so. The material on cultural/profound deafness in the combined session aims to raise awareness of issues and point participants towards further sources of information.

The objectives of a session on acquired hearing loss only are as follows:

1. To place the subject of deafness within a wider context of the importance of communication in work with people with dementia.
2. To provide information about acquired hearing loss among older people, and what forms this can take.
3. To inform participants of insights from a study undertaken by the presenter (in collaboration with others) into the experiences and needs of people with dementia and acquired hearing loss.
4. To enable participants to experience a temporary impediment to their normal level of hearing and to discuss the lessons from this for working with people who have an acquired hearing loss.
5. To provide information and guidance on helpful ways of communicating with people with both dementia and acquired hearing loss.
6. To provide information about hearing aids and ways of supporting people with dementia who use them.
7. To provide information about the wider range of assistive technology for people with dementia and acquired hearing loss.

The objectives of a session with material on cultural/profound Deafness are as follows:

8. To provide information about cultural (profound) Deafness, and what forms this can take.
9. To provide insights from a study undertaken by the presenter (in collaboration with others) into the experiences and needs of culturally Deaf people with dementia.
10. To highlight issues in communicating with culturally Deaf people and provide further sources of information about this topic.

A variety of methods are used to explore these subjects including presentation; discussion; and practical exercises, together with use of illustrative written material.

All of the elements described include a time allowance for participants to ask questions and discuss issues.

Handout material will be provided which supports the content of the session, lists sources of published material and other useful resources.

Length of session:

(if on acquired hearing loss only): 5 hours excluding breaks

(if including material on cultural/profound Deafness): 6 hours excluding breaks

Facilities required:

Data projector

Flipchart and pens/electronic whiteboard

Tables for participants to sit around

Enough space in room for participants to have sufficient space to work in pairs

Maximum number of participants: 24

Getting through to people with advanced dementia

This subject of this session is ways of communicating with people with advanced dementia, a group which has been overlooked even within recent thinking about the subject of communication with people with dementia. It is an exploratory session based on the presenters' recent experience of piloting a particular approach on a small-scale basis. Its objectives are as follows:

1. To explore the importance of developing practice in the area of communication with people with advanced dementia.
2. To describe and demonstrate the 'Coma Work' approach to communication with those who are normally considered to be beyond meaningful contact.
3. To discuss practical issues and implications for practice raised by the findings of an exploratory study.
4. To explore ethical issues inherent in this work.

Length of session:

3 hours excluding breaks

Facilities required:

Data projector with sound

Flipchart and pens/electronic whiteboard

Tables for participants to sit around

Maximum number of participants: 24

Exploring creativity

This session provides an introduction to the possibilities of creative activities for people with dementia. Its objectives are as follows:

1. To explore what the term 'creativity' means.
2. To discuss attitudes to creativity and experiences which can influence these, and to explore our own experiences of creativity.
3. To promote understanding of the fundamental role of communication in work with people with dementia.
4. To explore the significance of creativity for people with dementia, with the emphasis on its role in communication.
5. To provide examples of creativity in people with dementia, and explore issues raised by this work.
6. To discuss ways of supporting participation (including that of friends/relatives and staff supporting people with dementia) whilst respecting individuality and need for choice.
7. To promote understanding of distinction between process and outcomes in creative work, and to introduce the topic of evaluation.
8. To make participants aware of existing models of good practice and resources they can use to develop their services.

A variety of methods are used to explore the subject including presentation; discussion, together with use of illustrative written, pictorial, audio and video material.

All of the elements described include a time allowance for participants to ask questions and discuss issues.

Handout material will be provided which supports the content of the session, lists sources of published material and other useful resources.

Length of session:

6 hours excluding breaks

A 3 hour session can be delivered which would include slightly abbreviated versions of elements 1, 2, 3, 4, & 8 only.

Facilities required:

Data projector with sound

Flipchart and pens/electronic whiteboard

Tables for participants to sit around

Enough space in room for participants to have sufficient space to work in pairs

Maximum number of participants: 24

Seeing the world through the eyes of a camera

This is a practical session which uses existing resources to allow participants to try out the activities and prepare for using them with people with dementia. There is also scope for exploring how new material could be created involving people with dementia. The objectives of the session are as follows:

1. To promote understanding of the positive potential of using photography and video to enhance communication with people with dementia.
2. To show examples of photographs taken by and videos made involving people with dementia, and to discuss issues raised by this work.
3. To demonstrate how existing photographs and video material can be used to enhance communication and develop new relationships or strengthen existing ones.
4. To describe ways in which service providers can support people with dementia in taking their own photographs and/or make their own videos.
5. To provide suggestions for how those who care for people with dementia whether in a paid or family/friend role can become involved in such activities.
6. To explore potential ethical issues raised by this work.
7. To provide examples of good practice and information about resources which can be used to develop practice in this area.

A variety of methods are used to explore the subject including presentation; discussion, together with use of illustrative written, pictorial and video material.

All of the elements described include a time allowance for participants to ask questions and discuss issues.

Handout material will be provided which supports the content of the session, lists sources of published material and other useful resources.

Length of session:

6 hours excluding breaks

A 3 hour session can be delivered which would include slightly abbreviated versions of elements 1, 2, 3, 6, & 7 only.

Facilities required:

Data projector with sound

Flipchart and pens/electronic whiteboard

Tables for participants to sit around

Enough space in room for participants to have sufficient space to work in pairs

Maximum number of participants: 24

Try it out and pass it on

This category of session invites participants to try out an activity, allowing them to experience its possibilities and challenges for themselves, before going on to consider through presentation and discussion how it might be used with people with dementia.

We believe this model is an important way of reinforcing the messages contained in the 'Exploring creativity' session, building confidence in practical skills, and promoting understanding of the range of opportunities offered by a particular activity

Sessions on the following activities are available:

1. feltmaking
2. silk painting
3. paper marbling & printing
4. bookmaking
5. collaging
6. storytelling
7. creative writing & poetry

Length of session:

2½ hours (per activity) excluding breaks

Facilities required:

Materials for each workshop where appropriate (provided by presenters)

Certain items that participants are asked to bring themselves

Flipchart and pens/electronic whiteboard

Tables for participants to work on

(For feltmaking and paper marbling), access to supply of running water including hot water)

Maximum number of participants: 12

Video sessions

These sessions are based around video material produced by the Dementia Services Development Centre, University of Stirling and other sources, and comprise an introduction to the material, showing the video, and having guided discussion of major learning points afterwards. The topics of these are:

1. *Creative work generally*

This session is based on *Art for the Person's Sake*, a video which shows a variety of arts activities taking place in both one-to-one and group situations in a range of settings.

2. *Music*

This session is based on *Responding to Music*, a video which shows eight individuals interacting on a one-to-one basis with a musician in care home and day service settings.)

3. *Humour*

This session is based on *Red Nose Coming!*, a video showing two drama-trained arts-in-health practitioners using a range of improvisatory techniques to stimulate humorous and playful interactions with people with dementia.

4. *Videomaking*

This session is based on *Video Portraits*, a collection of short films (each featuring one person with dementia) made by a documentary maker working collaboratively with that individual.

Length of session:

2 hours excluding breaks

Facilities required:

Data projector with sound

Flipchart and pens/electronic whiteboard

Tables for participants to sit around

Maximum number of participants: 24