



UNIVERSITY OF  
STIRLING

## Dementia: a six part self-study course for healthcare assistants

**DESIGNED  
FOR STAFF  
WORKING IN  
HOSPITALS**



The Dementia Services  
Development Centre

## Features

- developed in conjunction with HCAs to ensure the content is relevant to them
- piloted in a healthcare setting to demonstrate that it works in practice
- accredited by the Royal College of Nursing
- links in with the NHS Knowledge and Skills Framework

## Purpose

- to help you provide the best care for patients with dementia in a hospital setting
- to develop your existing skills
- to gain new knowledge and understanding
- to learn what is meant by a person-centred approach

## Format

- a self-study course, with group discussions and support from a trained facilitator
- designed to take 60 hours – or three hours a week over six months
- grounded in your existing practice
- includes six self-study workbooks with background information and exercises to complete

## Topics covered

The self-study workbooks cover a series of topics relating to caring for people with dementia:

1. The person and dementia
2. Seeing the person
3. Communication and behaviour
4. Support for the person with dementia, family and carers
5. Ward practices
6. Legal aspects and issues in relation to dementia

## Reflective practice

An important part of the programme involves looking at your existing practice and asking questions like ‘Why?’, ‘How?’ and ‘Could I have done things differently?’. Reflective practice makes up part of the three hours per week that are needed to complete the course.

## How it works in practice

Although HCAs do most of the studying for this course on their own, they also take part in group discussions, and are supported by a trained facilitator. The group discussions provide an opportunity to share your experiences with colleagues and talk through what you have learned in the self-study booklets. Your facilitator will help you if you have any questions or concerns.

## Links to the Knowledge and Skills Framework

This course supports the six core dimensions of the NHS Knowledge and Skills Framework:

1. Communication
2. Personal and people development
3. Health, safety and security
4. Service improvement
5. Quality
6. Equality and diversity

It also identifies several of the specific dimensions for health and wellbeing relevant to HCAs.

## How to enrol or become a course facilitator

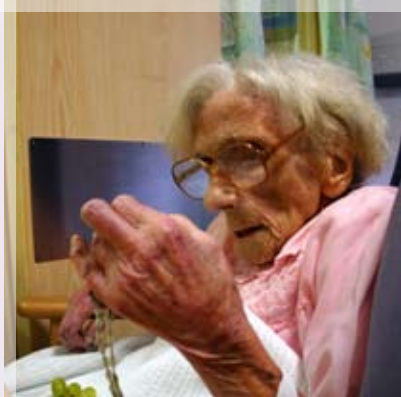
If you have any questions about the course, or would like to enrol (or become a facilitator) contact Shirley Law or Lynsey Manson:

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“Learning about person-centred care has given me a greater understanding of why dealing with each patient as an individual, seeing the person with his or her own personality and life history, and not just with the label ‘dementia’ gets the best response”

The Dementia Services Development Centre (DSDC) provides education and training for all those involved in caring for people with dementia. Our trainers run practical, accessible courses that are tailored to the needs of you and your organisation. Learning with us is completely flexible. You can come to our centre in Stirling, do a distance learning course, or we can provide on-site training at your workplace. For details of the full range of courses available, please visit our website.



“Expect to be challenged,  
but also inspired!”

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