

First Steps in Dementia
Draft programme for Face to Face training day 6th February 2024
Anglesey Business Centre, Bryn Cefni Business Park, Llangefni, LL77 7XA

9.00 onwards arrivals

9.15 Introductions/welcomes, materials/purpose of the day

Session 1 9.30 – 10.00 Review of pre-course learning
“10 things I Need to Know”

10.00 - 11.00 - Planning for PLWD and physical activity
Person centred planning (1) – What do I need to know?
“Planning for I can” and assessment tools

Refreshment break 11.00 – 11.20

Session 2 – 11.20 – 12.45 Programme planning and evidence on physical activity

Person centred planning (2) physical activity and exercise programming
Person centred planning (3) Practical – A “dementia friendly environment” and the
“customer journey”

12.45 – 1.30 - Lunch

Session 3 1.30 – 2.45 - Practical communication activities and adapting leadership skills

Introduction to communication skills - guidelines and activities
Working with PLWD – planning adaptations to our teaching/instruction strategies

2.45 – 3.15 Comfort break

Session 4. 3.15 – 4.00 - Motivation and success.

What’s important to PLWD and their informal care givers.
Measuring successes

Session 5. 4.00 - 4.15

Signposting to resources and further information
Reflection on own practice and action planning (Personal Action Plan)