

1st Steps in Dementia CPD Day Programme

for Barnsley BOPPA at Barnsley Metrodome

Thursday 16th January 2025

Pre-Course Learning

Later Life Training provide (4 hours of) supported pre-course on-line learning to ensure participants for the day start with common knowledge and to “release” the day for more practical activities and discussion relating to application to participants services and programmes. Key elements of this learning are:

- first steps knowledge and understanding on dementias as diseases
- the concept of “Dementia Friendly Physical Activity” as an underpinning concept.
- “10 things I Need to Know” about People Living with Dementia (PLWD)

Timetable on the day

09:00 Arrivals
09:15 Introductions/welcomes, materials/purpose of the day
09:30 Review of pre-course learning “10 things I Need to Know” about People Living with Dementia (PLWD)
10:00 Planning for PLWD and physical activity Person centred planning (1) Conversations with PLWD and their care givers - how Assessment tools
11:00 REFRESHMENT BREAK
11:20 Programme planning and evidence on physical activity Person centred planning (2) physical activity and exercise programming - what to include, why and how Person centred planning (3) Practical – A “dementia friendly physical activity environment” and the “customer journey”
13:00 LUNCH
13:30 Practical communication activities and adapting leadership skills Practical Introduction to communication skills and movement - guidelines and activities Working with PLWD – planning adaptations to our teaching/instruction strategies
14:45 COMFORT BREAK
15:00 Motivation and success Motivation - What’s important to PLWD and their care givers Supporting informal care givers. Measuring successes – what matters?
16:00 Signposting to resources and further information Reflection on own practice and action planning (Personal Action Plan)
16:15 CLOSE OF DAY

Assessment

1st Steps in Dementia is not a qualification but part of Later Life Training’s accredited CPD programme, recognised by the CIMSPA accreditation framework for physical activity and exercise professionals.

Participants are encouraged to reflect and self-assess their own knowledge and understanding throughout the course that leads to a post course personal action plan. Participants are provided with an individual Certificate of Completion.

