

Understanding Distressed Behaviour: A Compassionate Approach



Course Outline

Our **new online course** for Autumn 2024 builds on our successful Activity Coordinator training and looks to help all care practitioners further develop their skills and knowledge.

Our training aims to address some of the more challenging aspects of social care and providing truly person-centred engagement. **Understanding distressed behaviour** focuses on using well-researched approaches and techniques to support those living with dementia.

During the training you will be able to:

- Explore the concept of **unmet needs** and **distressed behaviour** as a form of communication
- Consider the benefits of **preventative approaches** rather than reactive interventions
- Review a range of **therapeutic meaningful activities** that have a positive impact on a person's wellbeing.
- Develop the **practical skills** needed to adopt some key therapeutic approaches
- Learn techniques that you can **implement in your care setting**.

About this training

We have developed this training by drawing on the work of experts in the field of distressed behaviour in dementia and the most effective therapeutic approaches including; Validation Therapy, Reminiscence Therapy, Cognitive Stimulation Therapy, Sensory and Multisensory therapies.

We have curated elements of these therapies in a practical way that provides a compassionate approach to supporting those with distressed behaviour and creates valuable moments of connection.

Participants will be supported to develop their skills and understanding of a range of approaches and explore ways of adapting meaningful activity to suit varying abilities.

Be prepared for some thought-provoking moments that might challenge your existing thinking.

This training is not about the 'easy stuff' it's about the 'tough stuff'.

For any enquiries about the content of the training contact: training@dailysparkle.co.uk