

## **Dementia Awareness sessions – information sheet**

We run dementia awareness sessions free for staff in any organisation within Nottinghamshire that may have customers, members, volunteers or visitors living with dementia. Designed to give an appreciation of the difficulties people living with dementia face and how best to help them, these short sessions will give staff a greater awareness and more confidence in handling situations arising from it.

The session will usually cover:

- What dementia is
- How it affects people
- Interacting with people living with dementia: staff behaviours that help and those that have a negative impact on a person with dementia.

Dependent on the organisation, we can also include any of the following at your request:

- Communicating with those with dementia
- Making the environment dementia friendly
- Dementia prevention and healthy living
- Caring for dementia
- How we can support organisations and people
- Becoming a volunteer with us

Cost: Free.

Venue: Any suitable room. No equipment required.

Timing: We are able to offer sessions during the day and evening if necessary to suit shift working. Sessions are 45 mins to 1 hour but longer sessions can also be arranged.

Number of participants: Minimum number of participants is 6 with no upper limit.