



Hertswise

Dementia support in Herts

Dementia Carer Courses/Workshops



Dementia Carer Courses/Workshops

Delivered by a partnership of nine local charities and social enterprises, Hertswise can support you in a variety of venues across Hertfordshire.

We offer free courses and workshops to dementia carers. The sessions will run throughout the year, with requests from carers being instrumental in the type of courses/ workshops that form the yearly program.

Sessions will take place via Zoom unless otherwise stated.

If you are interested in accessing Hertswise Carer Support and/or would like to know more about our courses and workshops, please contact Vicky Kelly for more information:

hertwisecs@carersinherts.org.uk

01992 58 69 69

<https://hertswise.org.uk/>



Understanding Dementia

- Discussing dementia, what causes dementia, different types of dementia, understanding symptoms and difficult behaviors.
- Training provided by a consultant from Hertfordshire Partnership NHS Foundation Trust
- 1.5 - 2 hours

Understanding Dementia (SPECIAL Method)

- The SPECIAL method treats dementia as a disability and works positively with it, rather than trying to ignore or defeat it. The SPECIAL method is based on an innovative way of understanding dementia from the point of view of the person with the condition, which we call the SPECIAL.
- Training provided by an Occupational Therapist from Hertfordshire Partnership NHS Foundation Trust
- 1.5 - 2 hours

Communication in Dementia

- Learning tools that will help you to communicate with someone with dementia, including a wide range of communicate including verbal, physical, body language.
- Training provided by an Occupational Therapist from Hertfordshire Partnership NHS Foundation Trust
- 1.5 - 2 hours

Mindfulness & Relaxation

- Learning some techniques to use at home to help you relax and re-focus and to take some time for yourself.
- Workshop run by Hertswise & Carers in Hertfordshire
- 1 hour

Managing Behaviours that Challenge us

- Looking at different techniques that can help to manage behaviours that challenge us whilst caring for someone with dementia.
- Training provided by an Admiral Nurse from Carers in Hertfordshire or Occupational Therapist from Hertfordshire Partnership NHS Foundation Trust
- 1.5 - 2 hours

Nutrition & Hydration

- The importance of eating and drinking well, not only for the person you care for but for you the carer.
- Workshop run by a Nutritionist or Nutrition support worker from Hertfordshire NHS Community Trust.
- 1.5 - 2 hours

Incontinence

- Workshop around the causes of incontinence, useful tips on how to manage this and information on the Bladder and Bowel service that is available in Hertfordshire.
- Workshop run by the Bladder and Bowel Service Hertfordshire Community NHS Trust

Resilience Workshop

- Learn techniques to help you manage the everyday stresses of being a carer and build up your personal resilience. We will discuss how to cope practically and emotionally, build support networks and deal with changing relationships.
- Workshop run by Carers in Hertfordshire
- 1.5 hours

Information & Advice

- Help you to find out more about your rights to grants and benefits, Lasting Power of Attorney, gaining basic IT Training and provide information on equipment and aids, or housing options.
- Workshop run by Age UK Hertfordshire
- 1.5 hours

Carer Support

- What support is available for you as a carer and why it is important to get support for yourself. This includes information regarding a Carer's Assessment.
- Workshop facilitated by Carers in Hertfordshire with support from the Advanced Practitioner, Carers Lead from Hertfordshire County Council.

Meaningful Activities/Promoting Independence

- A range of information you can use to engage and promote independence for the person with dementia.
- Training provided by an Occupational therapist from Hertfordshire Partnership NHS Foundation Trust
- 1.5 - 2 hours

Understanding Your Anger

- This course will explore the anger and other emotions you may experience in your role as a carer. It will look at specific triggers to what can sometimes be overwhelming emotions. Additionally, it will explore your own personal coping mechanisms enabling you to manage these emotions in a way that has less of an impact on your own wellbeing.
- Course provided by Hertfordshire Mind Network
- 5 week course throughout June | 2 hours each week

