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| **Name & Surname** |  | **Trainer Name** |  | **Date of Course** |  |

**Please rate your knowledge from 1-5 for both before and after the course**

1 = not at all familiar, 2 = slightly familiar, 3 = somewhat familiar, 4 = moderately familiar, 5= extremely familiar

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| **Learning Outcome** | **Before the course** | **After the course** | **Please write a reflection of what you will take away from each outcome** |
| 1. You display an understanding of the different types of dementia and how presentations vary, its prevalence, recognising signs of dementia and being aware that some signs may be associated with other conditions or circumstances
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| 1. You understand the importance of early diagnosis for dementia, not excluding later stage diagnosis and preparing for the future
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| 1. You understand that dementia is a progressive disease and the importance of evolving support and planning, with a focus on non-pharmacological interventions where possible
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| 1. You understand what mental capacity means and the implications of people living with dementia
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| 1. You understand why individuals with dementia may exhibit signs of distress and anxiety and how these behaviours may indicate unmet needs, pain or an individual trying to communicate, how to identify and recognise triggers and how to de-escalate
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| 1. You know what actions individuals can take to reduce the risk of further decline in themselves or a person they are caring for and supporting with dementia, or to delay the onset
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| 1. You understand how to communicate effectively and compassionately with individuals who are living with dementia and their families including how to capture information about the person to shape their support
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| 1. You are aware of the central role that a persons life history, home, community and social activities play in enabling a person with dementia to live well and recognising that an individuals wants can change over time and care must be flexible to meet those changes
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| 1. You recognise potential differences, strengths and challenges for people with dementia, and understand the importance of seeing every person as unique including considerations for the culture, spirituality, background, sexual orientations and relationships to reduce any inequalities
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| 1. You understand what reasonable adjustments are and how to implement them for an individual living with dementia , including consideration for any sensory or environmental needs, and co-existing physical health concerns
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