



Course Information

Dementia: Engaging the Person in Meaningful Activities

Course Code: R-171206-AU Course Collection: Care & Clinical

Learning Pathway: Developing



Course aim: Define meaningful activities and explore their role in maintaining the wellbeing of people living with dementia.

Target Audience: All Staff and Volunteers

Learning outcomes

After viewing this course, participants should be able to:

- Outline what is meant by meaningful engagement and activity for people living with dementia
 - Understand the connection between meaningful activity and a person's emotional, psychological and physical wellbeing
 - Describe the key themes and practical approaches that support meaningful engagement and activity provision
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Expert:

Sylvie Silver is the Executive Director of the National Activity Providers Association (NAPA), where she is responsible for all aspects of the charity's work. NAPA is recognised as the 'thought leader' around activity provision and Sylvie is the key influencer in achieving this. Sylvie's hands on experience was gained working in a nursing home for older people and prior to that with adults with learning disabilities. Since then she has worked with, and trained, hundreds of care staff from senior management to grassroots workers, to raise the profile of meaningful engagement. In 2016, Sylvie became a Churchill Fellow on completion of a research project into the training of activity staff in Australia and the USA.

Think about:

- How many hours of the day are you engaged in some kind of activity, whether leisure or work?
 - How does your team promote opportunities for meaningful engagement with people living with dementia?
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Active Learning Hours:

This course and the accompanying assessment may require up to three hours of active learning. It is the learner's responsibility to calculate how many hours of active learning have taken place. The course viewed must be relevant to the care worker or nurse's context of practice for it to be considered continuing professional development. Certificates are available from your coordinator.



Key definitions

Activity	In the broadest sense, this refers to lifestyle, wellbeing, a sense of connection, leisure and even work. 'Activity' is everything you do while your eyes are open.
Meaningful	When something taps into a particular 'need' of a particular individual, at a particular time.
The '10 core activity needs'	The National Activity Providers Association has identified '10 core activity needs' that each person commonly experiences. It is important to think about how you support someone to meet all of their core activity needs. These include: <i>Creative, Cultural, Esteem, Emotional, Intellectual, Learning & Development, Physical, Sensory, Social and Spiritual.</i>
'The Whole Home Approach'	This means that <i>all</i> staff, including catering, cleaning, maintenance and administration staff, play a role in activity and engaging those they care for.
Risk Benefit Analysis	The process of considering whether the benefits of doing an activity outweigh the potential risks.



Resources to support your learning

National Activity Providers Association (NAPA)

www.napa-activities.com

Dementia Matters – The Butterfly House Model (*used at the care home where this course was filmed*)

www.dementiacarematters.com/carehomedevelopment.html

Dementia Australia

<https://www.dementia.org.au/about-dementia/i-am-a-carer-family-member-or-friend/activities-for-people-with-dementia>

Alzheimer's New Zealand

<http://www.alzheimers.org.nz/>

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