

# Evidence Assessment

## Dementia: Supporting Sleep

### A Guide for Completing Evidence Assessment

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The purpose of this assessment is for the staff member to demonstrate knowledge of how to support healthy sleep patterns of individuals living with dementia whilst working within organisational guidelines, policies and procedures.

The assessment combines information that is gained from theoretical and practical training. Resources in addition to the corresponding Altura Learning course may be required to demonstrate this knowledge.

The assessment should be reviewed by an assessor who is competent in the principles and requirements of caring for individuals living with dementia.

The following assessment can be used to illustrate that the learner is able to apply the information they have learnt in relation to their own role and place of work. In addition to the corresponding Altura Learning course, assessors may need to provide learners with local organisational resources and policies for them to demonstrate this knowledge.

The assessor can mark that the staff member has adequately met the requirements of the assessment if they have included the relevant details of the individual's behaviour (this may be de-identified as appropriate and should be discussed with the staff member prior to providing them with the assessment task) and possible response strategies, as per organisational policies and procedures.

### Behaviour Diary

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Identify an individual or individuals living with dementia that you support who have trouble sleeping.

Record examples of when they have trouble sleeping and note regarding factors that may have affected their sleep. Suggest possible response strategies that may be effective in helping them to sleep.

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Person woke during the night when . . .	What disturbed the person's sleep? (e.g. noise, lights, confusion, stress, physical factors)	What strategies did you implement? (e.g. daytime nap, exposure to sunshine, bedtime routine)

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Person woke from sleep when . . .	Can you identify what disturbed the person's sleep? (e.g. noise, lights, pain, physical factors, etc)	What strategies did you implement to support improved sleep? (e.g. daytime nap, exposure to sunshine, bedtime routine)

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The learner named below has successfully completed the Evidence Assessment that accompanies the Altura Learning course *Dementia: Supporting Sleep*.

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Learner Name:

Signature:

Date:

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Supervisor Name:

Signature:

Date:

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