

Coordinator Resources

Dementia: Supporting Sleep

This pack contains resources for the Altura Learning Coordinator to utilise in order to further embed the learning of the participants completing the course.

Contained in this pack are the following:

- A **learning game** – this game will be an opportunity to have a bit of fun to have with the participants! It can be used as an ice breaker or to continue to engage participants after having watched the video.
- A **case scenario** is a fictional story of a person that allows learners to extrapolate and apply what they have learned to a practical scenario. You can present the case scenario to a group of staff for discussion or use it as a self-directed exercise. You could ask staff to relate the case scenario to the related policy and procedures at your organisation.
- **Essential Assessment Answers** are contained in this pack to allow you to mark the Essential Assessment with ease.

Other Learning Resources:

Altura Learning has three assessments available to test learner's knowledge or to apply what they have learned to the workplace. You will be able to download these assessments in a PDF version or they may be assessed online depending on how you access Altura Learning.

- **Essential Assessment** – this assessment demonstrates that the learner has understood the information contained in the video.
- **Extension Assessment** – this assessment asks the learner to reflect on the subject discussed in the video. This requires short answers which are marked by the Coordinator.
- **Evidence Assessment** – overall there may be a variety of these assessments offered depending on the subject matter of the course, but they are all designed for the learner to demonstrate that they have the skills to implement the care or service in the workplace.

In addition to these assessments, Altura Learning supports each course with the following resources:

- **Quick Reference Guide** – this contains the key points of the information in the course. It can be used for a quick face to face up date (toolbox talk), placed in a folder, noticeboard or in a staff area.
- **Course Information Sheet** – this is an informational sheet that directs learners to further resources, information, definitions and who the Subject Matter Expert is. This is useful to have prior to viewing the course.
- **Certificate** – a certificate is issued for each course to be completed by the Coordinator. Hours of active learning can be recorded on the certificate for learners who are required to maintain a record of continuing professional development.
- **Poster** – a poster is available for each course.
- **Infographic** – This document supports the concept of microlearning and is supplied to aid any staff who learn in different ways and may need help to retain information. It represents the key information from the course. Use it as a poster or email it to staff to refresh a key message. It could be used as a screen saver or you could attach it to pay slips.

Training Game - My Sleep Routine

This activity should allow everyone to see that each person's sleep routine can be different or similar and there are different factors that will affect each person's ability to get to sleep.

1. Give each person a piece of paper and a pen and ask them to write down what their sleep routine is – what circumstances they require to get a good night's sleep. They should not show anyone else.
2. Let them know they can make up the information if they wish.
3. Ask them to fold the paper up and put them in a pile on a table.
4. Mix them up and read them out one at a time. The rest of the group need to try and guess who the sleep routine belongs to.
5. Finally, compare these answers to what a person living with dementia may experience.

Case Scenario

An individual is walking without purpose in the middle of the night and appears distressed.

Consider:

1. Why might the individual be up during the night?
2. How should you approach the individual?
3. How can you support the individual to feel reassured and safe?

Possible Answers include:

Why might the individual be up during the night?

- *May have had a nightmare*
- *May need a drink or the toilet*
- *May have been disturbed by noise, light, shadows*

How should you approach the individual?

- *Approach the individual from the front*
- *Relaxed body language*
- *Calm tone of voice*

How can you support the individual to feel reassured and safe?

- *Find somewhere to sit and talk to them*
 - *Find out what their needs are*
 - *Offer drinks or show them to the toilet*
 - *Play their favourite music*
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Essential Assessment Answers

Part A

Select if the statement is TRUE or FALSE.

1. For individuals living with dementia, it is usually easier to fall asleep.
True False
2. As we age, our sleeping patterns change.
True False
3. Adequate pain relief can help a person living with dementia to have a better night's sleep.
True False
4. If the dining table is already set for breakfast, this can cause confusion for individuals who get up during the night.
True False

Part B

Select the MOST CORRECT answer from the options below each question.

1. A lack of sleep can affect an individual's:
 - A. ability to learn and retain information
 - B. judgement
 - C. mood
 - D. all of the other answers
2. Being a light sleeper means that you:
 - A. are sleepy all the time
 - B. wake often, but enjoy a deep, refreshing sleep
 - C. wake often and spend less time in a deep, refreshing sleep
 - D. cannot get to sleep

3. A person experiencing gastrointestinal reflux or shortness of breath may benefit from:

- A. extra pillows under their head and neck
- B. les pillows under their head and neck
- C. a harder mattress
- D. a softer mattress

Part C

Select the **MOST CORRECT** word or phrase to complete the sentence.

1. A lack of sleep the risk of serious accidents and injury.

- A. can decrease
- B. has no impact on
- C. can increase

2. Spending minutes outside in the sunlight can adjust a person's body clock and aid sleep.

- A. 5
- B. 15
- C. 10

3. A warm bed in a room is the best combination for a person's comfort.

- A. hot
- B. warm
- C. cool

DISCLAIMER:

Except where otherwise stated, scenarios depicted in this course are fictional and any resemblance to any person or event is purely coincidental. The information in this course has been prepared as general information only. It is not intended to provide legal, industrial or other specialist advice and should not be relied upon as such. All advice and information are professionally sourced and provided in good faith and, while all care has been taken, no legal liability or responsibility is accepted for any possible error. For direction concerning your particular circumstances, independent advice should be sought. Copyright 2020. The contents of these Learning Resources remain the property of Altura Learning. They are for the exclusive use of current members of Altura Learning; their use, distribution, and storage are subject to the terms and conditions laid out in Membership Agreements. Altura Learning and Engage. Inform. Inspire are registered trademarks of Altura Learning.