

# Down's Syndrome and Dementia

## AIM

To be able to care effectively for someone who is living with Down's Syndrome and Dementia

## DURATION

Full Day Course (6 Hours)

## LEARNING OUTCOMES

By the end of this course, you will:

- Recognise the common symptoms of Dementia
- Be aware of the impact of Dementia in the UK
- Know what some conditions that cause Dementia and their risks factors
- Recognise some of the additional issues that Down's Syndrome and Dementia present
- Understand how to provide effective care for those with Down's Syndrome and Dementia
- Recognise how Down's Syndrome and Dementia can affect behaviour
- Understand how the environment can impact a person living with Down's Syndrome and Dementia
- Be aware of the difficulties of recognising and communicating pain
- Know how to support people with communication
- Recognise the importance of good nutrition and hydration
- Understand how Down's Syndrome and Dementia can affect sleep
- Be able to support people with Down's Syndrome in the later stages of Dementia
- Recognise the importance of Person-Centred Care
- Understand how to promote independence

## LESSONS AND TOPICS

### Introduction to Dementia

- Facts and Statistics
- What is Dementia?
- Common Symptoms

### Types of Dementia

- Alzheimer's Disease
- Vascular Dementia
- Lewy Bodies Dementia
- Frontotemporal Dementia
- Other Causes of Dementia

### Stages of Dementia

- Early Stage
- Middle Stage
- Late Stage
- Progression

### Care and Support

- Person-Centred Approaches
- Keeping Active and Healthy
- Entering their Reality
- Memory Books
- Supporting the Family

### Down's Syndrome

- What is Down's Syndrome?
- Use of Terminology

### Dementia and Down's Syndrome

- Early Signs of Dementia
- Seizures
- Other Possibilities
- Post-Diagnostic Support
- Capacity

### Behaviour Of Concern

- Understanding Behaviour
- Reasons for Changed Behaviour
- Supporting Changed Behaviour
- Dealing Effectively with Behaviour

### Environment

- Creating the Right Environment

### Pain

- Responding to Pain

### Communication

- Changes in Communication
- Support with Communication

### Nutrition & Hydration

- Importance of Good Nutrition and Hydration
- Help at Mealtimes

### Sleep

- Sleep Disruption
- Promoting Sleep