

Stress and Distress

AIMS

To support people at risk of displaying Stressed and Distressed Behaviour positively, safely and effectively

DURATION

Full Day (6 hours)

LEARNING OUTCOMES

By the end of this course you will:

- Know what Stressed and Distressed Behaviour in Dementia is
- Be aware that the symptoms of Dementia will cause Stress and Distress
- Know that Dementia will increase the likelihood of Stress and Distress
- Understand the importance of recognising individual needs
- Recognise the impact of Stress and Distress on Carers
- Be aware of the principles of responses and interventions
- Be able to effectively assist those with a diagnosis of Dementia
- Understand the importance of communication
- Be able to identify and respond to triggers of Stress and Distress
- Recognise the effects of Dementia on Mental Health
- Know ways to proactively reduce the risk of Stress and Distress

LESSONS AND TOPICS

Stressed and Distressed Behaviour

- Stress and Distress in Dementia
- Diagnosis and Living With Dementia
- Stress and Distress as Dementia Progresses
- Recognising Individual Needs
- Impact on Those Providing Care
- Evidence on Responses and Interventions

De-escalation

- Reactive Strategies
- Positive Behaviour Support
- Causes of Escalation
- Signs of Escalation
- De-escalating
- Awareness and Assessment
- Taking Action

Legislation

- Common Law
- Human Rights Act 1998
- Mental Health (Care and Treatment) (Scotland) Act 2003
- Adults With Incapacity Act 2000
- Health and Safety at Work Act 1974

Care Planning

- The Newcastle Model
- Consistency
- Medication
- ABC Charts

Responding to Stress and Distress

- How Stress and Distress is expressed
- Practical and Emotional Support
- Communication
- Environmental and Social Factors
- Physical and Mental Health Factors

