

1st Steps In Dementia

Developed for exercise, physical activity, health and other professionals working with people living with dementia

Providing an opportunity to learn and develop their skills and understanding of person centred approaches to programme planning

ONLY

£ **110**
+VAT

Overview

This study day provides physical activity and exercise instructors, teachers and leaders with underpinning evidence and practical applications to increase access and participation for people living with dementia.

Includes:

- ✓ The principles of person centered programme planning
- ✓ The evidence behind physical activity recommendations
- ✓ The potential impact of physical activity and exercise environments
- ✓ Motivation and the supportive role of informal care givers, and volunteers
- ✓ Communication skills and problem solving



Who is this course suitable for?

This day is designed for a wide range of people with an interest in physical activity, exercise and people living with dementia including:

- Exercise instructors (PSI), teachers and leaders including Otago and Chair Based Exercise
- Physiotherapists, Occupational Therapists, rehabilitation and re-ablement professionals
- Movement teachers and leaders including those involved in dance, walking and walking sport programmes
- Health, adult and social care and dementia services professionals
- Active Ageing, physical activity, recreation and sports development officers.

What to expect

- ✓ Four hours of online and tutor supported pre-course learning
- ✓ Practical activities involving communication strategies, problem solving and group planning
- ✓ A day of discussion based activities and practical work (loose clothing required), supported by short information sharing presentations
- ✓ An opportunity to reflect upon your current practice and use the learning from this day to plan future actions