

FREE Dementia Training and resources

This document sets out a list of useful Dementia information divided into the following sections:

- 1. Information for residents & carers**
- 2. Volunteering opportunities**
- 3. Information for health professionals**
- 4. Paid for courses**

1. Information for residents & carers

Alzheimer's support - <https://www.alzheimers.org.uk/>

- Wide range of information on Dementia for families, people with dementia and carers
- Dementia support line
- Publications / factsheets
- Dementia friendly communities info
- Volunteering
- **(Dementia connect)** - <https://www.alzheimers.org.uk/find-support-near-you>

Dementia UK - <https://www.dementiauk.org/>

- Dementia Helpline
- Support for carers
- info on Admiral Nurses
- Wide range of information on Dementia for families, people with dementia and carers
- volunteering
- **Free online course for family carers of people living with dementia and health and social care professionals** - <https://www.dementiauk.org/new-online-course-for-carers-and-professionals-to-help-them-understand-dementias-progression/>

Islington Carers Hub – <https://islingtoncarershub.org/training/>

Source of information for carers on a range of topics, including Dementia. Free training available for the following:

- Training for Carers,
- Islington councils' Adult Community Learning (ACL),
- Recovery college, free courses,
- Recovery colleges list of services for dementia,
- Expert Patients Programme. Long term health condition,
- Fit Money.

NHS Health Check in Dementia leaflet -

<https://www.healthcheck.nhs.uk/commissioners-and-providers/marketing/dementia-resources/>

Introduction to Dementia leaflet. Available in a range of languages.

Dementia Library book collection - <https://reading-well.org.uk/books/books-on-prescription/dementia>

Reading Well books on Dementia are available on prescription if you have dementia, are caring for someone with dementia or would like to find out more about the condition.

Care UK - Muriel Street – ‘One step at a time’ - 3 short video guides on living with dementia introduced by Alzheimer’s Society ambassador, Angela Rippon.

3 videos include:

1. Dealing with a dementia diagnosis
2. Living well with dementia
3. supporting the carer

The guides are embedded at the bottom of each care home page.

<https://www.careuk.com/help-advice/dementia-help-advice>

General dementia advice is also available - <https://www.careuk.com/help-advice/how-to-care-for-someone-with-dementia>

Public Health One You Islington – <https://oneyouislington.org/topic/dementia-friendly-islington/>

Information and events available within the community focusing on dementia.

Islington Life – Online Magazine - <https://islingtonlife.london/things-to-do/dementia-action-week/> Information of the local dementia events taking place in Islington.

DEEP Network - dementivoices.org.uk

DEEP stands for the Dementia Engagement and Empowerment Project – it is the UK network of dementia voices. DEEP consists of around 80 groups of people with dementia and a range of resources for people with dementia.

There are a range of guides available which cover Indoor and outdoor guides and design checklists -

Plus guides on designing websites and venues for people with Dementia.

<https://www.dementivoices.org.uk/deep-resources/making-things-more-accessible/>

Playlist for life - <https://www.playlistforlife.org.uk/>

Music to help people living with dementia.

Café Palais Café - <https://www.alexandrapalace.com/whats-on/cafe-palais/>

Café Palais is a FREE stylish 1920s café and monthly event for older people, people living with dementia and carers. Come along, get dressed up, and enjoy creative and artistic activities, hot drinks, scrumptious cakes, and French pastries!

Living alone with dementia | Sheffield Hallam University (shu.ac.uk) –

<https://www.shu.ac.uk/centre-for-behavioural-science-and-applied-psychology/projects/all-projects/living-alone-with-dementia>

See website and document outlining an interesting project for people with dementia who live alone.

2. Volunteering opportunities

- **Alzheimers Society** - <https://www.alzheimers.org.uk/get-involved/volunteering>
 - Volunteer at an event
 - Dementia Voice
 - Support dementia services
 - Help to raise money
 - Companion calls
 - Volunteer in our office
 - Help raise awareness of dementia

 - **Dementia UK** - <https://www.dementiauk.org/get-involved>
 - Volunteer Ambassador
 - Volunteer at an event
 - Volunteer Facebook champion

 - **Islington Life – Online Magazine** - <https://islingtonlife.london/things-to-do/volunteering-in-islington/>
 - **Voluntary Action Islington (VAI)** - <https://vai.org.uk/volunteering/>
Provide face to face drop-in sessions as to the volunteering roles available and how to access them. Tues & Thurs 10am to 4pm (Volunteer Centre Islington team - email marta.aparicio@vai.org.uk)
 - **Mencap** - <https://www.mencap.org.uk/get-involved/volunteering>
 - **The Islington Bereavement Service** - <https://www.stjh.org.uk/volunteer/volunteer-opportunities/>
 - **Islington Granmentors** - <https://volunteeringmatters.org.uk/opportunity/grandmentors-volunteer-opportunity-islington/>
Grandmentors help young people leaving care get on in life
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3. Information for health professionals

Health Education England - Dementia training standards framework -

<https://www.hee.nhs.uk/our-work/dementia>

Useful resource which details the essential skills and knowledge necessary across the health and social care spectrum. Carers guide.

- Tier one and two training tools are available to all NHS staff via the e-Learning for Healthcare e-Dementia course, this can also be accessed through the NHS Electronic Staff Record system. <https://www.e-lfh.org.uk/programmes/dementia/>
- The Social Care Institute for Excellence also offer an Open Dementia programme which is free also to access. <https://www.scie.org.uk/e-learning/dementia>

NHS Health Check training & resources -

<https://www.healthcheck.nhs.uk/commissioners-and-providers/training/dementia-training/>

These training resources can be used by NHS Health Check trainers and practitioners to improve the quality of their delivery of the dementia component of the check.

They complement the core dementia elearning tool which is aimed at those individuals providing the NHS Health Check and includes a self-assessment section which will then provide a certificate of completion.

The training resources cover all three mandated components of dementia.

- General awareness of the signs and symptoms of dementia
- Risk reduction, raising awareness that 'what is good for your heart is good for your brain'
- Signposting to places to find out more information about dementia

Elearning for healthcare – <https://portal.e-lfh.org.uk/Catalogue/Index>

Contains a range of free clinical training for professionals. There are two Dementia courses.

4. Paid for courses –

<https://www.dementiatrainers.co.uk/>

<https://dementiacarers.org.uk/our-courses/face-to-face-courses/>

<https://www.futurelearn.com/courses/faces-of-dementia>