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Aim:

A “Carer’s Academy” was set up in the aim of providing carers of people with dementia with information and practical skills in dementia care.



Methodology:

A multi-disciplinary team comprising of nursing, academic, allied health professional (AHP) and voluntary sector staff have come together to develop, deliver and test a one-day skills and training programme, over a six-month period.

The training programme comprises practical skills advice in moving and handling, oral health care and includes a simulated ageing experience.



Advice on the use of fire safety and technology at home, advocacy services and maintaining well-being is also provided. The effects of dementia on the brain and how this affects cognitive functioning, functional ability, feeling and senses is discussed, while ensuring careful attention is given to the maintenance of a supporting and caring learning environment.

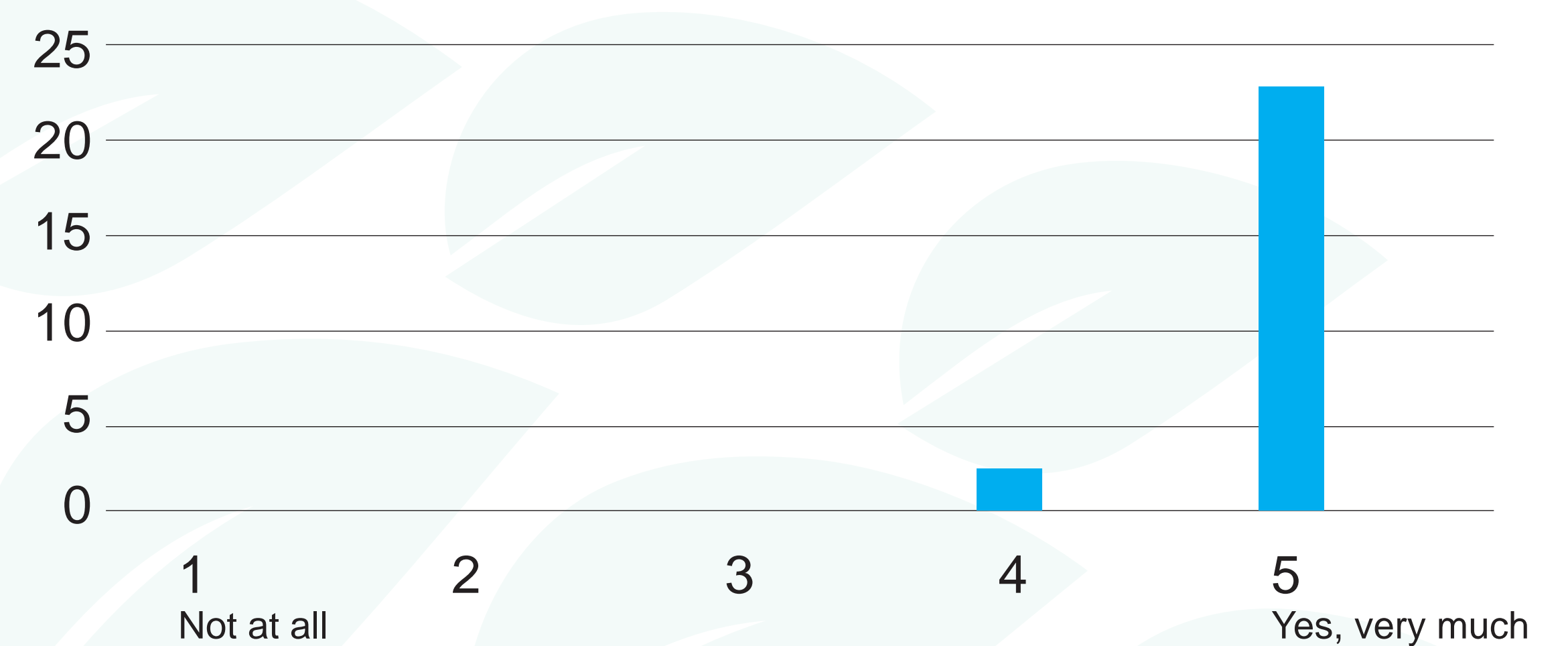


Telephone referrals to the “Carers’ Academy” sessions are open to voluntary and NHS services and local carers groups. Self-referrals are also accepted.

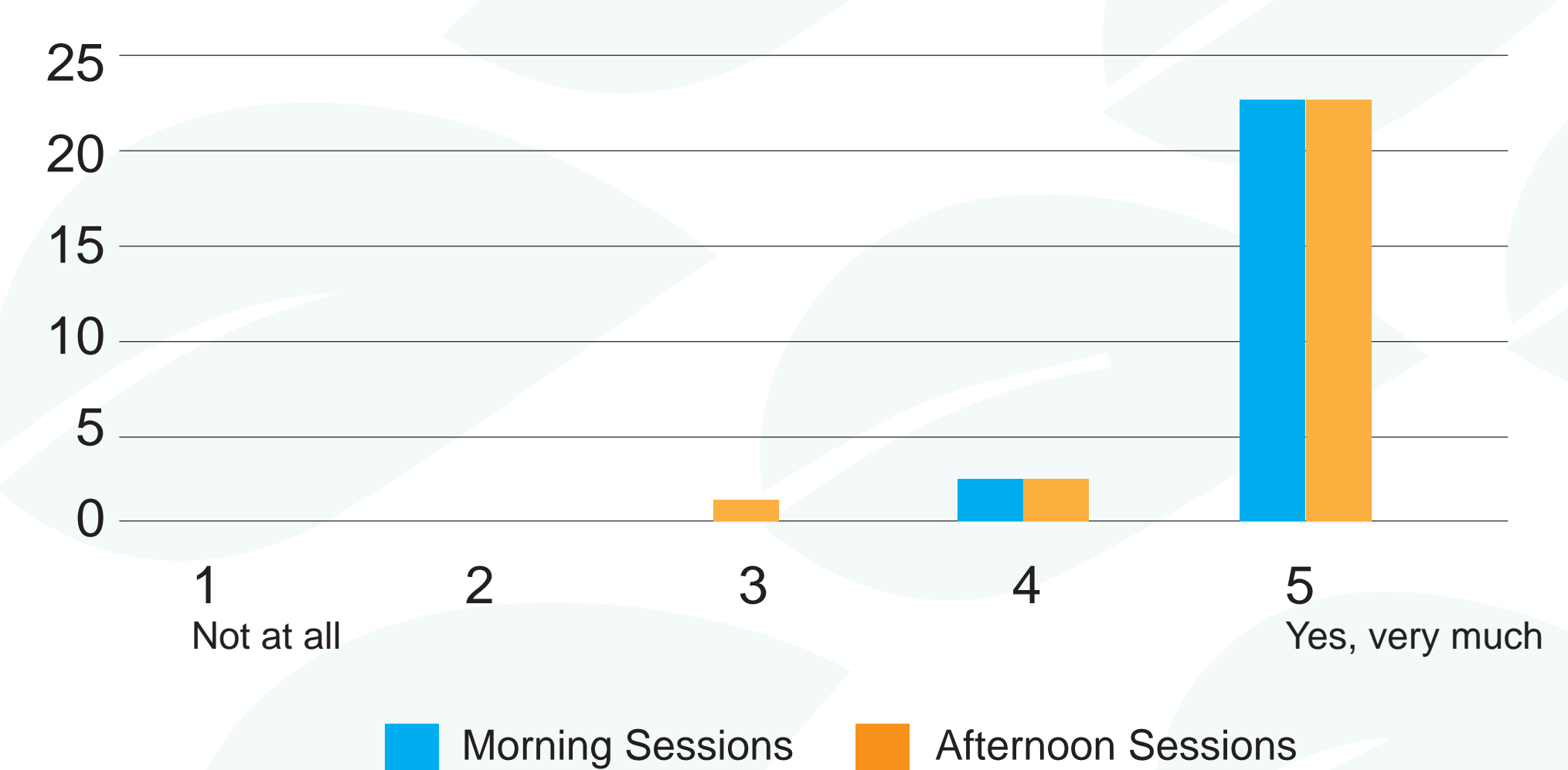
Outcomes/Results:

A pre-designed evaluation questionnaire is used as the main evaluation tool and asks carers to rate aspects of the programme using a 1-5 rating scale (1 being the lowest and 5 being the highest).

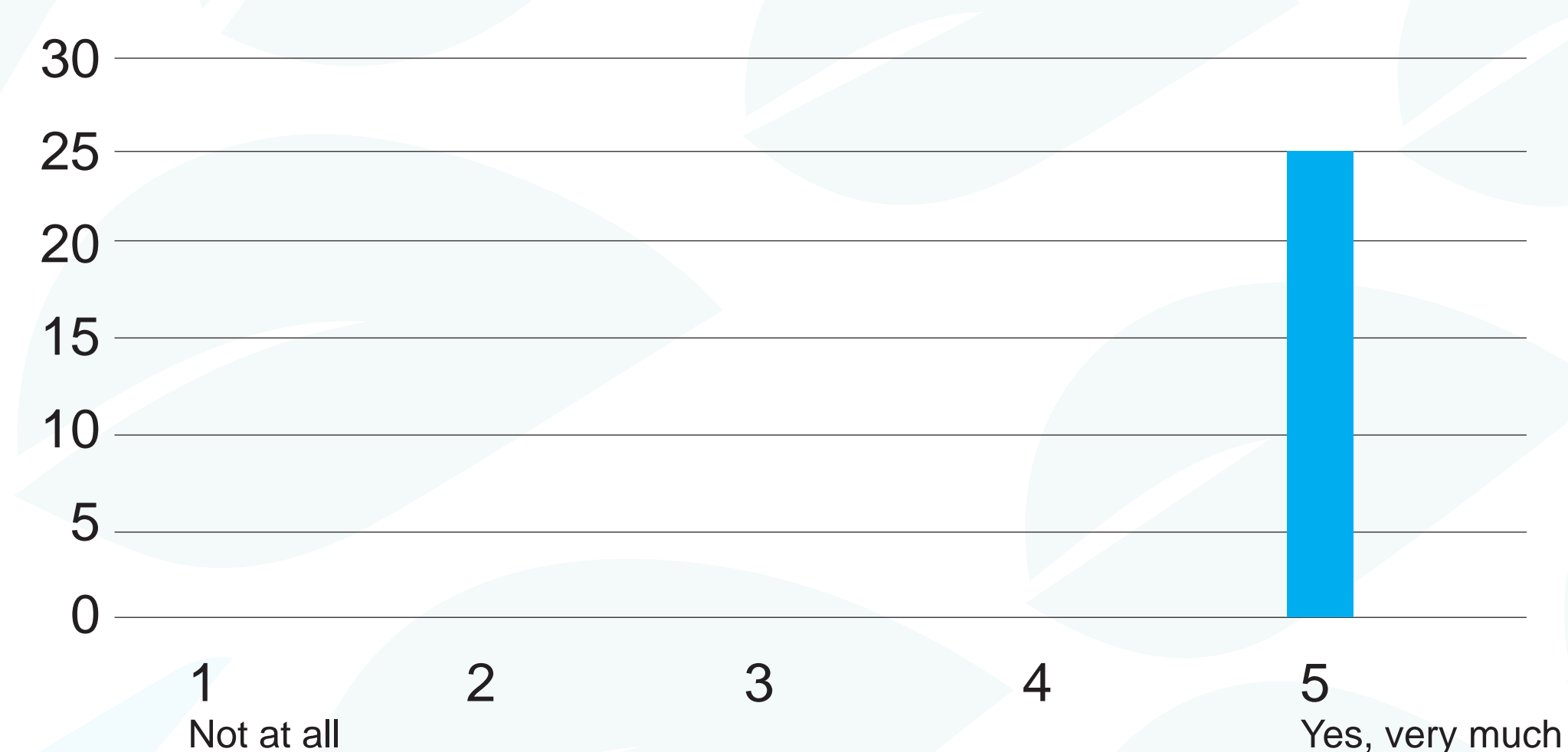
Did you enjoy the academy?



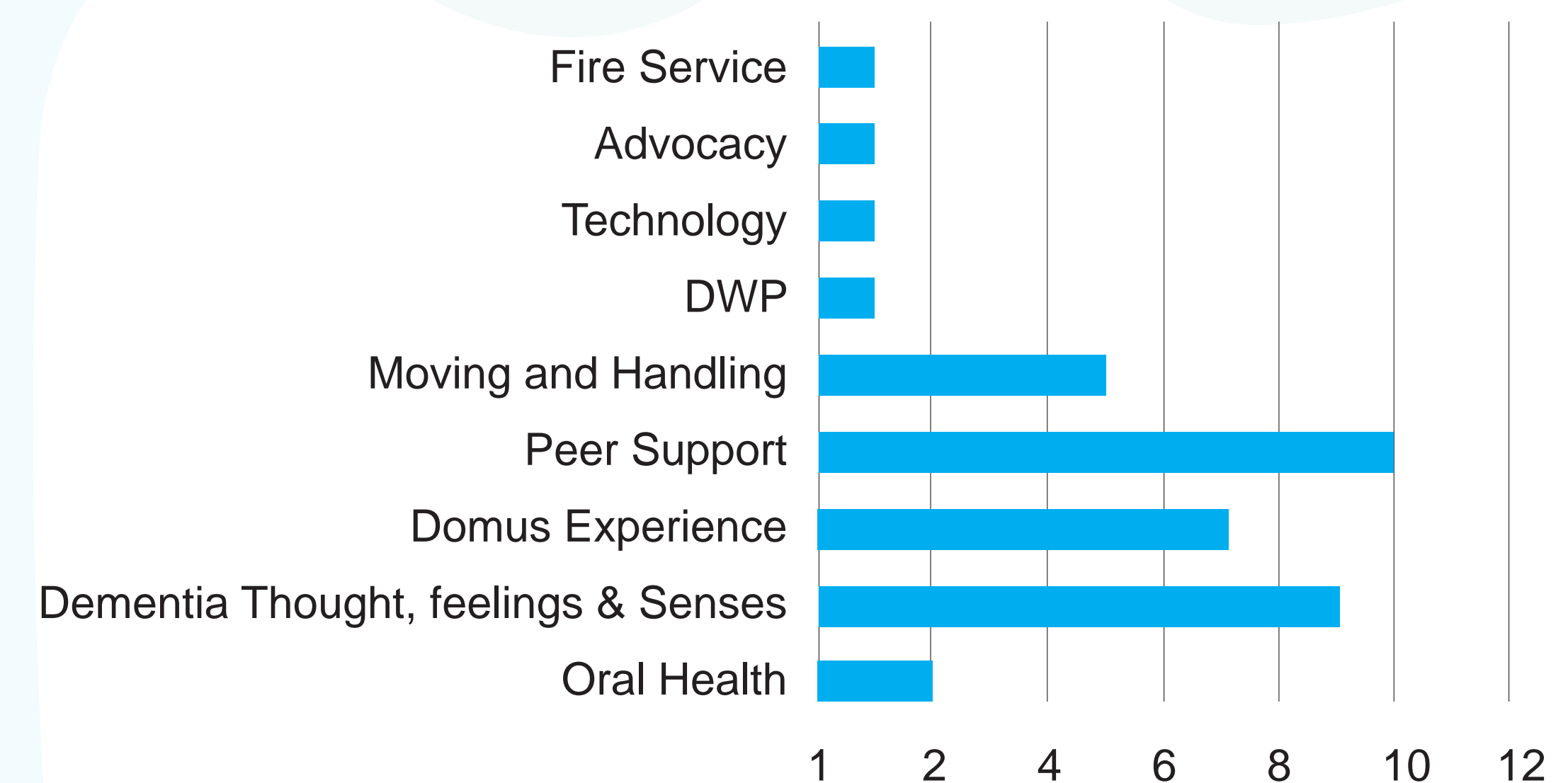
How useful were the sessions?



Has this event positively influenced your knowledge or care practice in any way?



Is there any aspect the was particularly helpful for you?



Conclusion:

Evaluation results show that programmes such as these can provide carers with a safe and supportive learning environment in which they are able to freely express feelings and emotions, receive support from others, whilst also developing increased levels of knowledge and skills to help them in their day to day caring role and to plan for the future.

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