

One - day dementia course for the public ***ADVANCED “Lighting DARC – Dementia Awareness Reaching Communities”***

For: Those who have attended a previous Lighting DARC course, and still want to know more!



Date: 5th September, 2017

Time: Registration at 09:30 | 10:00 start – till 16:15

Cost: No charge to attendees

Funded by a grant to the Camberley Alzheimer Café

Venue: St. Mary's Parish Centre

28 Park Rd., Camberley, Surrey, GU15 2SR

Lunch: bring a packed lunch; refreshments are provided

Parking: at the front of the church and on the side road

For further details contact: Mrs. Margaret Duncan

Email: m.duncan384@btinternet.com

Phone: 01276 66845

To book: complete the attached Registration Form

About the **ADVANCED Lighting DARC** course

- Designed / taught by Dr. Gemma Jones

Pre-requisites: attendees must have attended the 'Lighting DARC' course ('Lighting DARC – dementia awareness reaching communities')

Style: interactive – with stories, PowerPoint presentations, examples and discussion

Certificate of Attendance: awarded at the end of the day, for full attendance

Course Book: *About Dementia: for families with children (2016) GMM Jones*

Content:

- Review of the main concepts from the Lighting DARC course
- Consider commonly occurring 'communication dilemmas'
- Case studies (particularly the one in the course book)
- Learning to use the 'Ten plus Communication Options model'
- Focus on Asking 'good' questions and validating emotions
 - how to help a person express themselves despite having difficulties (what thing or story do they wish to express right now)
 - how to make a person feel understood in as few as three words

Aim:

To provide accurate information about dementing illnesses to members of communities and to help reduce misunderstandings and fear about dementia, so that people with dementia will be actively supported to participate in the life of the community as fully as possible, with their families, with increasingly less stigma.

Vision:

To have citizens within communities who are aware of, and able to helpfully respond to the needs of each other – including those people with dementia – and who will engage with and include them in whatever ways are possible.

Assumptions:

"All behaviour has meaning" (people with dementia can be frightened/lost in many ways)

"Home is a feeling – not just a place". (also within the community)

"People with dementia are more aware of their illness and its consequences than was previously assumed". (It isn't as difficult to talk as you might think)

"Whatever understanding, inclusion and support we develop in communities now, is part of a legacy that we all will benefit from." (no-one asks to get dementia; it isn't contagious)

Follow-up:

Attendees interested in additional information are invited to attend the Alzheimer Café gatherings, or to speak to the co-ordinator about other courses.

ADVANCED Lighting DARC Dementia Course Registration

5th September, 2017, St. Mary's Parish Centre, Camberley, Surrey, UK

Terms and Conditions:

- . To secure a place, registration is required before the course starts
- . A completed Registration Form is required for each person attending so that course hand-outs and an Attendance certificate can be prepared
- . Places are limited and allocated on a 'first registered, first served' basis
- . Send the Registration Form to:

Mrs. Margaret Duncan

St. Mary' Church, Park Rd., Camberley, GU15 2SR.

In the event of needing to cancel, please notify Margaret, so that spaces are not wasted and can be made available to others, as soon as possible.

Information (PLEASE PRINT CLEARLY)

Name of the Person Attending: (as it is to appear on the Attendance Certificate)

Email: (to be used for sending confirmation of registration on this course to)

Contact phone number: (in case of need to notify the Attendee of any changes)

Address:

Please, briefly explain your interest in attending this course:



**Community
Foundation**
for Surrey