

Training Overview



Dr Jane M Mullins (RGN, BN, PGCASR)

Dementia Nurse Consultant

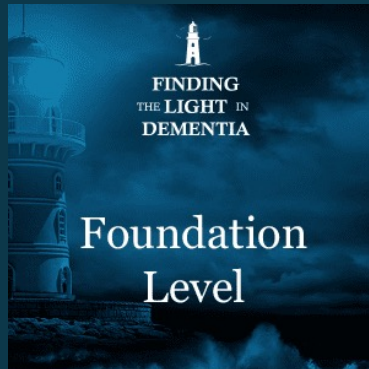
findingthelightindementia.com

June 2024



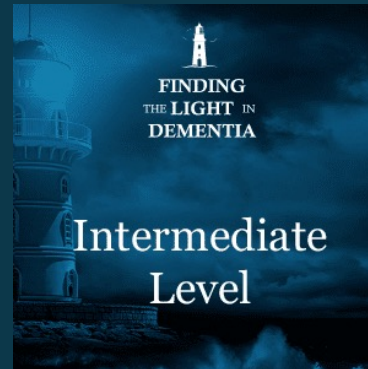
Finding the Light in Dementia™ Provides:

For Ancillary/Administrative Staff & Volunteers



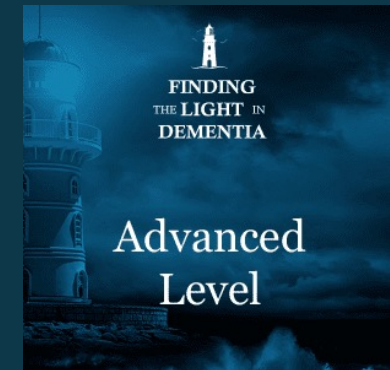
- Equivalent to Tier 1
 - 5 modules
- Up to date evidence based
 - Face to Face & Online
- Access via training platform

For Health & Social Care Staff



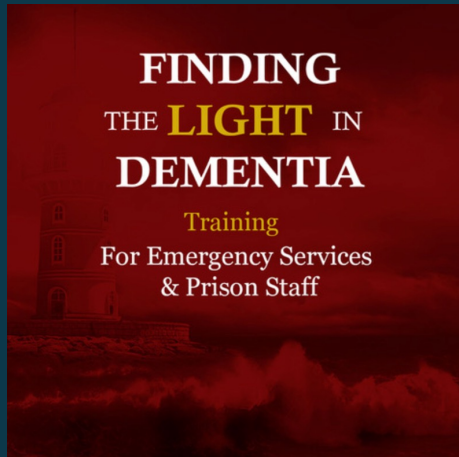
- Equivalent to Tier 2
 - 6 modules
- 6 Activity Books & Reflective Journals to develop skills
 - Up to date evidence based
 - Face to Face & Online
- Access via training platform

For Health & Social Care Professionals, Leaders & Managers

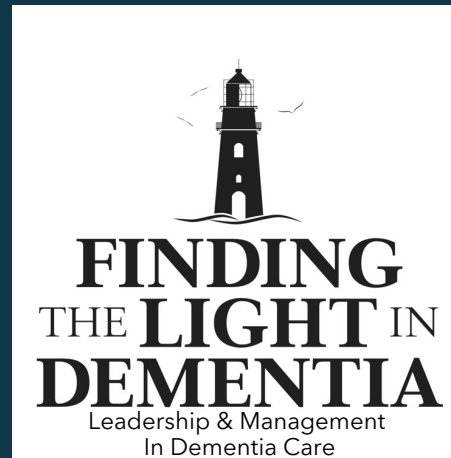


- Equivalent to Tier 3
 - 6 modules
- 6 Activity Books & Reflective Journals to develop skills
 - Up to date evidence based
 - Face to Face & Online
- Access via training platform

Finding the Light in Dementia™ Provides:



- Up to date evidence based
 - Face to Face & Online
- Access via training platform

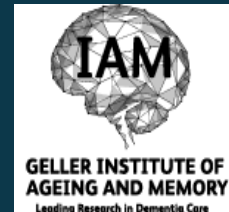
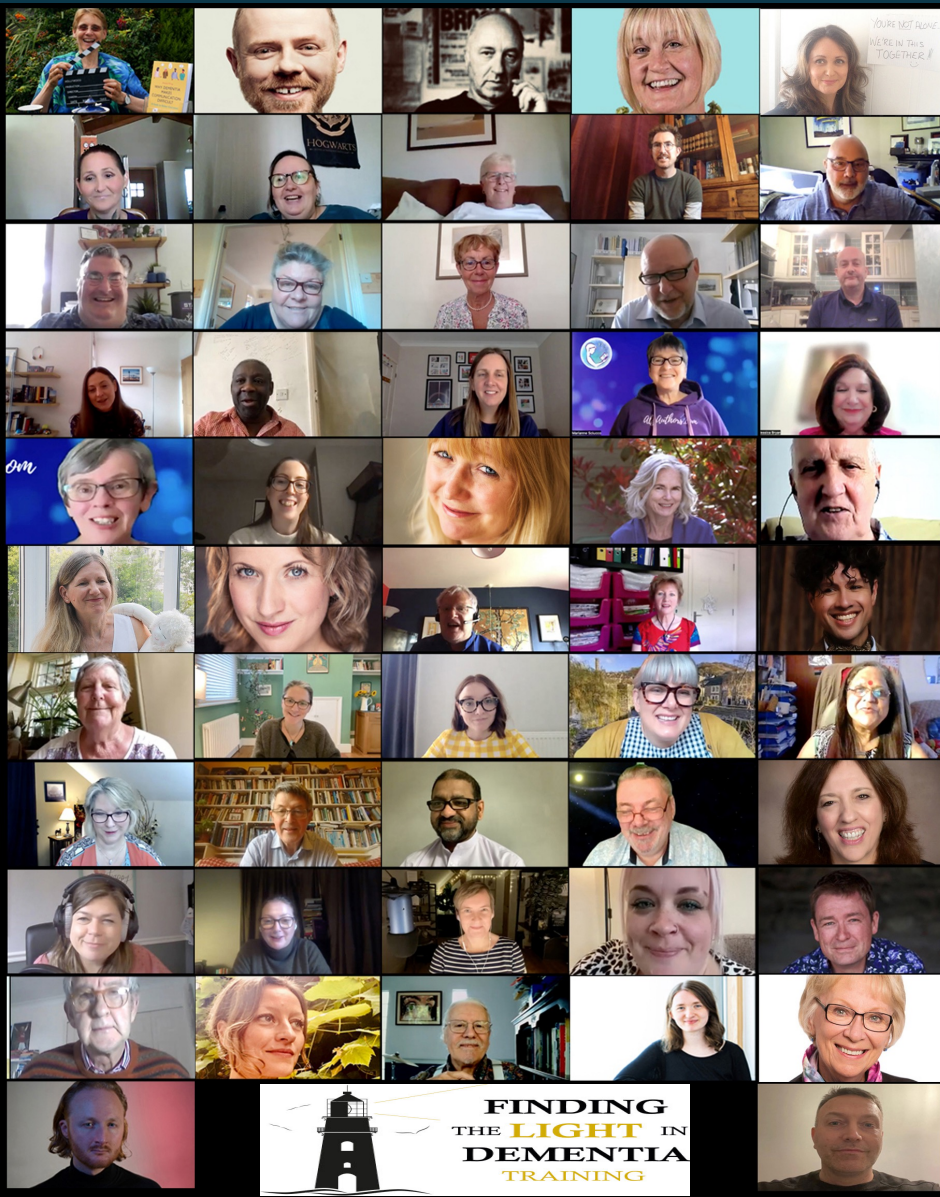


- Up to date evidence based
 - Face to Face & Online
- Access via training platform



I work with organisations to ensure that the training is fit for purpose, impacts on practice and can develop bespoke resources to support your workforce's dementia training needs

Who: Training is co-created with people living with dementia, carers and leading professionals and researchers



Who: Founder, Dr Jane M Mullins, Dementia Nurse Consultant (RGN, BN, PGCASR)

Having worked within all areas of dementia care and research for 30 years I have great insights into the needs of people living with dementia, their families and all staff involved in their care:

- ❖ Care Assistant in a care home prior to & during nursing training.
- ❖ Registered Nurse- Staff Nurse: Care of Older Adults Wards, ITU, Coronary Care, Medical Admissions.
- ❖ Memory Clinic Nurse & Dementia Research Nurse Specialist (Bath & Cardiff)- Provided support to patients & families during diagnosis & ongoing support in the community. -- Managed clinical trials for the licensed medicines (donepezil, galantamine, rivastigmine) & trials in mild cognitive impairment. Assisted Psychology PhD students in dementia related research (inc. Prof Andrea Tales, Swansea University & Prof Chris Moulin, Grenoble University).
- ❖ Research Nurse epilepsy and non epileptic attack disorder



Who: Founder, Dr Jane M Mullins, Dementia Nurse Consultant (RGN, BN, PGCASR)

- ❖ PhD : A Suitcase of Memories; A sensory ethnography of tourism & dementia with older people; Explored multisensory ways to support communication with people living with dementia (Suitcase of Memories) & their partners and recommendations include how to undertake research in co creation with people living with dementia.
- ❖ Research Governance & ethics advisor on Hug by Laugh sensory comforter development.
- ❖ Care Home Manager-supporting people & their families to transition to residential care, creative caring with life stories, end of life care, trained care staff in all aspects of caring with vulnerable older adults.
- ❖ Lecturer & Personal Tutor -Health & Social Care & MRes in Stroke, Cardiff Metropolitan University.
- ❖ Researcher, Centre for Innovative Ageing (Awen), Swansea University- Founder of Dementia & the Senses Research Interest Group & Innovative Creative Research Methods in Dementia Care Interest Group in co production with people living with dementia.
- ❖ Author of Finding the Light in Dementia, a Guide for Families, Friends and Caregivers.



What? Our training e-platform for health and social care staff provides:



Module One
Understanding Dementia



Module Two
Communicating & Connecting



Module Three
Using Memories to Keep in Touch



Module Four
Creating a Calm, Safe Place



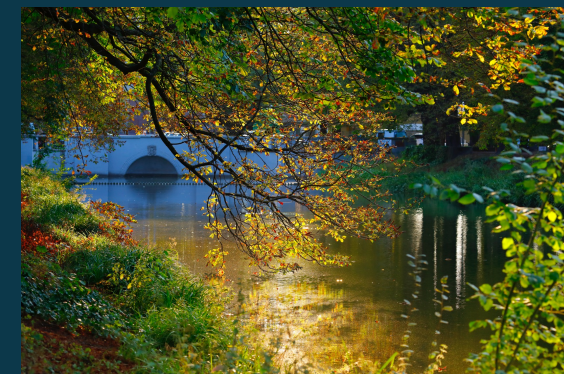
Module Five
Understanding Moods,
Emotions & Responses



Module Six
I am Still Me!

PLUS

Complimentary access
to our Wellbeing Hub



Tiers 1,2 & 3 dementia training available via online platform 24/7 – 365 days a year for all staff for one affordable annual subscription fee. Mapped to Skills for Care, Good Work, NHS Dementia Training Standards Framework, National Occupational Standards. Independent evaluation with Swansea University.



A strong self development ethos underpins the whole of the training through Activity Books, Reflective Journals and access to a wellbeing hub with self care, anxiety management and grief & bereavement resources.



Created with people living with dementia, loved ones and carers and delivered through engaging films, podcasts, presentations, animations, soundscapes and activity books.



Created by a dementia nurse specialist with over 30 yrs experience and author of Finding the Light in Dementia, a Guide for Families, Friends & Caregivers, & former Lecturer and Personal Tutor in Health & Social Care and MRes (Stroke).



Includes Masterclasses and Interviews with leading professionals and researchers and people living with dementia and carers.

Created in collaboration Mohammed Rauf, Meri Yadaain, to ensure training is culturally inclusive.



All staff can access the training, wellbeing hub and additional resources anytime & anywhere to suit their busy lives (mobile friendly).

Helps develop a resilient, knowledgeable, confident and well workforce that will contribute to staff retention.

Accessible, enjoyable, sustainable, real life learning for all learning styles and levels.

To share up to date, evidence based ongoing knowledge to positively impact practice.

Accessible, inclusive & relevant for all.

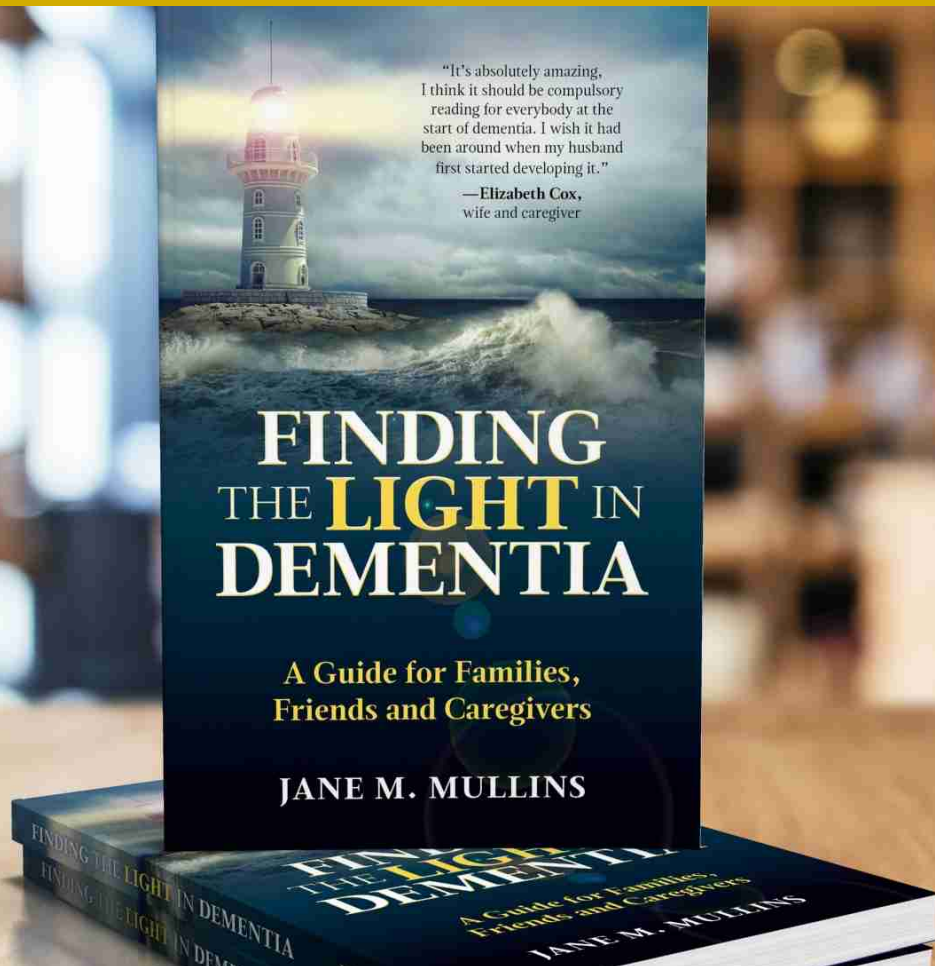


Training delivery since established in 2022:



Face to Face/Online Training Days

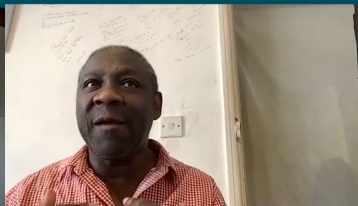
Understanding How Dementia Affects a Person and How we Can Help Intensive



- ❖ How our brains work and what happens when a person has dementia
- ❖ How dementia affects how a person experiences their world
- ❖ A diagnosis of dementia- imagine that!
- ❖ How dementia affects communication
- ❖ Tips for communicating
- ❖ The importance of the senses in dementia care
- ❖ How dementia affects moods, emotions and responses
- ❖ What to consider when being with a person living with dementia

Face to Face Training Days: 3 day package

Day 1: Understanding How Dementia Affects a Person and How we Can Help



- ❖ How our brains work and what happens when a person has dementia
- ❖ How dementia affects how a person sees, feels and thinks
- ❖ A diagnosis of dementia- imagine that!
- ❖ Types and Stages of dementia
- ❖ What is memory and how is it affected in dementia
- ❖ Creative and practical ways to connect through life story, the senses and memories

Face to Face Training Days: 3 day package

Day 2: Learning to Communicate & Connect with a Person living with dementia



- ❖ How we communicate
- ❖ How dementia affects how a person communicates
- ❖ Living in a different country part 1 – imagine that!
- ❖ Tips and approaches to help with communication
- ❖ Exploring a new way of language in dementia care

Face to Face Training Days: 3 day package

Day 3: Understanding Moods, Emotions and Behaviour



- ❖ What are emotions and how do they affect our moods and responses?
- ❖ How dementia affects moods, emotions and responses
- ❖ Living in a different country part 2- imagine that!
- ❖ Considerations for the person living with dementia
- ❖ Altered states - understanding hallucinations, delusions and misperceptions
- ❖ What to say and do when a person is distressed/stressed/agitated
- ❖ Recognising and treating delirium

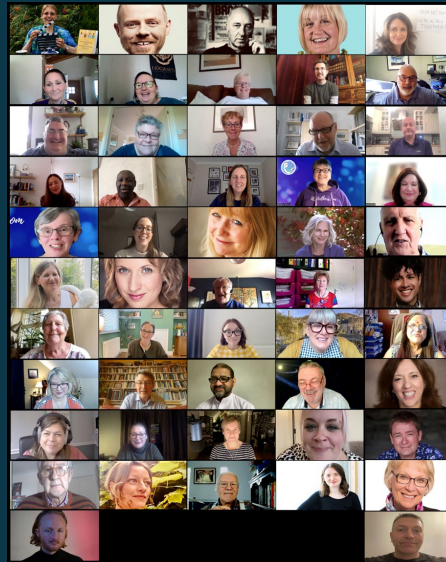
Book us for our Finding the Light in Dementia™ Masterclass – a whole day on your choice of aspects of dementia for your workforce



**Mari Jones,
Registered Mental
Health Nurse**



**Dr Charles Musselwhite.
Professor of Psychology**



**People living with dementia, carers,
Leading dementia professionals & researchers**



**Dr Clive Thomas,
Specialist Practitioner
Mental Health Nursing**



**Dr Jane M Mullins
Dementia Nurse
Consultant**

Does it work?

Comisiwn
Bevan
Commission



Results from an independent evaluation::

- The course was easy to understand
- Hearing stories from people living with dementia
 - Enjoyed all aspects of the training
- Realising how important clothes and textiles are to people. Also, the talking with a person who is distressed
- Allowed me to keep taking time out to retain information and learn at my own speed
 - The testimonies from people living with dementia
 - Went into detail and covered all aspects of dementia
 - The different learning materials provide
- It was easy to access anytime from home and the information provided is so useful, should be a mandatory training for healthcare professionals
- Listening and watching individual's on the dementia journey sharing their experiences
 - All of it !!!!

Since the training we have actually reduced the inappropriate use of one-to-one care
Senior Staff Nurse, Betsi Cadwaladr UHB

The day was brilliant. Well delivered by Jane. Always kept it interesting. Gathered some invaluable insights into dementia and tips on how we can best help our patients. Thank you for facilitating such an insightful and informative day's training. I have already used some of the tips/advice to good effect with our patients and am looking forward to sharing learning's with my colleagues. – David Croft, Pennine HC

Does it work?

Results from an independent evaluation::



**Comisiwn
Bevan
Commission**

I have thoroughly enjoyed every part of finding the light training. It was educational and what really had me hooked was the fact you delivered in such a person centred, dignified and compassionate way never forgetting that there is still a person.

I enjoyed listening to individual stories, hearing about their experience of dementia and what is important to them which I feel is very important when raising awareness about dementia as this can help implement the changes needed if we are to improve dementia care.

One lady has stuck in my mind she spoke about her admission to hospital and how the staff did not speak to her when they entered her room because she had dementia.

I personally feel this training should be mandatory for any person working in the field of dementia as it is so important that we have a broad understanding of dementia so we are able to meet the needs of people living with dementia at every stage.

Thank you Jane for developing such an inspirational training package in the field of dementia care.

Sandra Burrell

(Practice Development Nurse Dementia)

I am really enjoying the Finding the light in dementia training. I find myself using the ideas while in work, the things I am learning are making me think even more outside the box I cared for a lady who was distressed last week, so the training gave me an idea, and I found a video that showed a walk around her home town, she sat and smiled with me and remained calm and relaxed.

(Lauren, Dementia Support Worker, Betsi Cadwaladr University Health Board)

Does it work?

Results from an independent evaluation::



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Bevan
Commission

96% of our trainees say they provide better **quality** of care that is **safer** and feel much more **confident** in **communicating**, **connecting** and **caring** with people/patients living with dementia



"I have been delighted with the quality of Finding the Light in Dementia training we have received in the Health Board over two years. It has enabled staff to learn about dementia care to the level appropriate for their role. It is delivered in an interesting, inspiring and resource-rich way and feedback is consistently excellent. We are continuing to commission it in the online self-study format as well as occasional live sessions."

- Dr Tracey Williamson

Consultant Nurse for Dementia, Betsi Cadwaladr University Health Board

ANY QUESTIONS?



Contact Jane for more information
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07954690170

www.findingthelightindementia.com

<https://uk.linkedin.com/findingthelightindementia>

