

# Training Overview



Dr Jane M Mullins (RGN, BN, PGCASR)

Dementia Nurse Consultant

[findingthelightindementia.com](http://findingthelightindementia.com)

June 2024



# 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



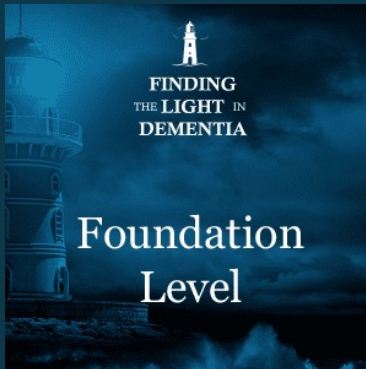
Module Six  
I am Still Me!

**PLUS**  
Complimentary access  
to our Wellbeing Hub



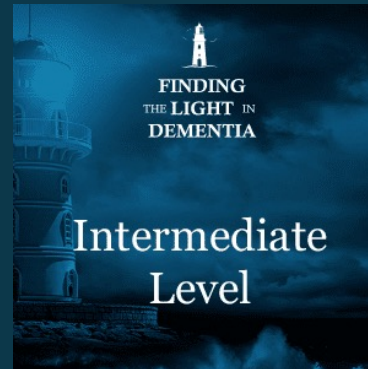
# Finding the Light in Dementia™ Provides:

## For Ancillary/Administrative Staff & Volunteers



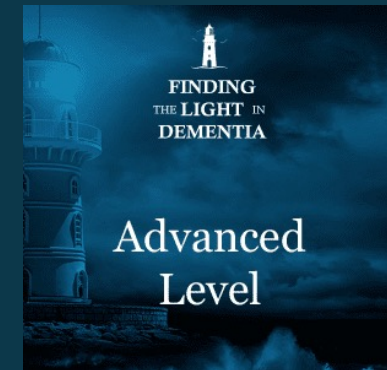
- 5 modules
- Up to date evidence based
- Access via training platform, study days and webinars
- Mapped to dementia training standards

## For Health & Social Care Staff



- 6 modules
- 6 Activity Books & Reflective Journals to develop skills
  - Up to date evidence based
- Access via training platform, study days and webinars
  - Mapped to dementia training standards

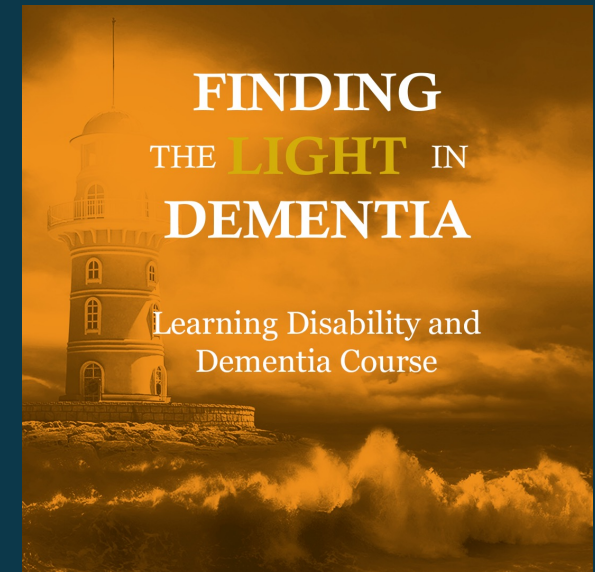
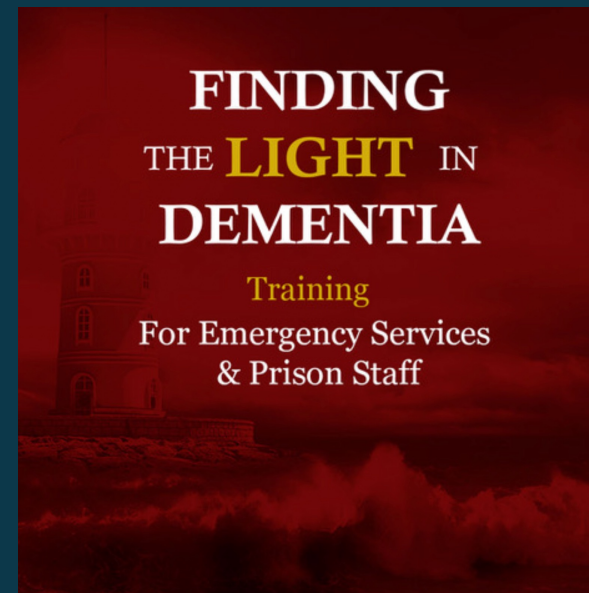
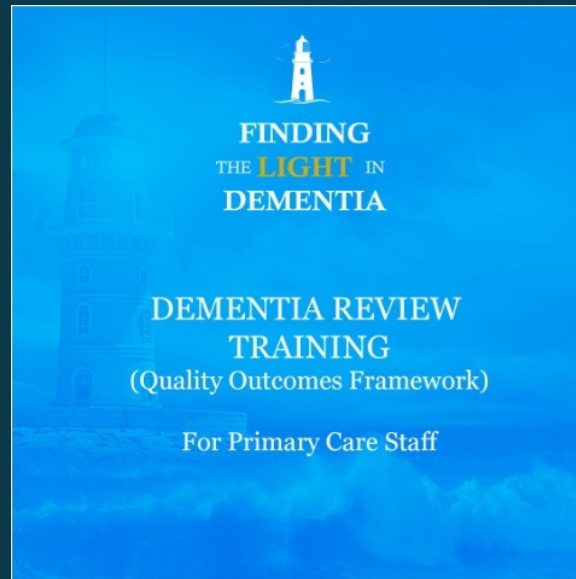
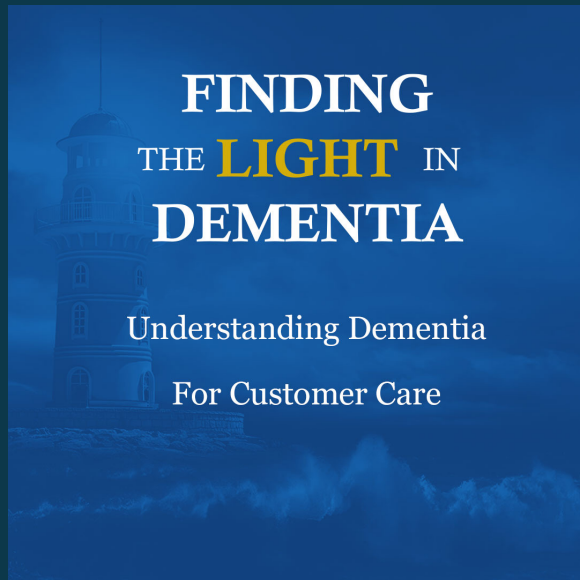
## For Health & Social Care Professionals, Leaders & Managers



- 6 modules
- 6 Activity Books & Reflective Journals to develop skills
  - Up to date evidence based
- Access via training platform study days and webinars
  - Mapped to dementia training standards



# Finding the Light in Dementia™ also Provides:

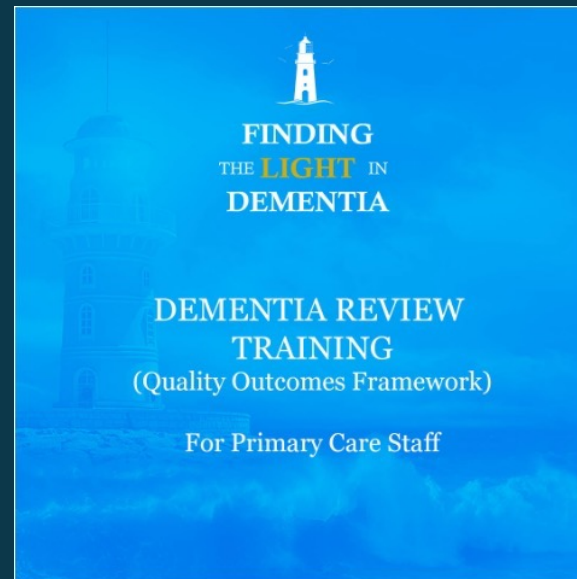


# Dementia Review Training:

Understanding Dementia  
(Approx. 3 hours)



Care Planning  
(Approx. 2.5 hours)



Communication & Behaviour - How to Assess & Support  
(Approx. 3 hours)



Social Circumstance  
(Approx 2.5 hours)



Our Dementia Review training examines each of the domains to help staff understand what dementia is, how to assess and support patients and where and when to refer to appropriate services, to achieve QOF requirements

Understanding mild cognitive impairment, cognition & dementia

Assessing & treating moods (Apathy, Agitation, Distress, Depression)

Assessing and helping modify changes in behaviour

Mobility assessment

Assessing risk

Sleep

Medication compliance

Carer assessment, referral and support

Nutritional status

Herbert Protocol (for when a person is missing)

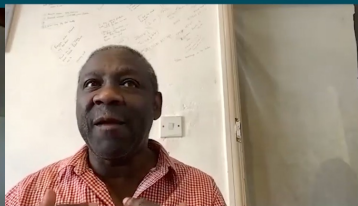
Care planning, Advance statements, Mental capacity, End of life

Social circumstances (inc. driving, social prescribing)

# Study Days & Webinars

Deep Dementia Awareness

Learning to Communicate & Connect with a Person living with dementia  
How to Reduce Distress and Agitation with a Person Living with Dementia  
Dementia Review in Primary Care



- ❖ Understand the different types of dementia.
- ❖ Learn to recognise signs of dementia.
- ❖ Understand the importance of recognising a person with dementia as an unique individual.
- ❖ Understand the experience of living with dementia.
- ❖ Learn to communicate effectively and compassionately with people who have dementia.
- ❖ Know what modifications to surroundings can be made.
- ❖ Understand why a person who has dementia may exhibit signs of distress and how behaviours seen in people with dementia may be a means for communicating unmet needs.
- ❖ Learn what to say and do to reduce a person's distress and agitation.
- ❖ Learn creative, enjoyable ways of caring.

AND MUCH MUCH MORE.....

# Features and Benefits

- Certified dementia training available via an online platform 24/7 – 365 days a year for ALL roles and grades of staff for one affordable annual subscription fee. Mapped to global Dementia Training Standards Frameworks.

- Evaluated independently by School of Business & Management, Swansea University

- **SAVES TIME:** ALL staff can access the training and Wellbeing Hub across all timelines, anytime & anywhere to suit their busy lives. All staff are trained to the same high standard -ensuring a consistent person-centred culture is embedded across the organisation. No need to take staff out for study days.
- **SAVES MONEY:** affordable training based on purchasing licenses for staff for one whole year. Staff have access throughout the length of time of license to refer to and refresh over training resources as often as they need, encouraging sustainable learning that impacts positively on practice.
- Evidence that staff become resilient, knowledgeable, confident, motivated and well, contributing to **staff retention**. Trainees “strongly agree” that the **Quality & Safety** of the care they provide **significantly improves**- leading to contented residents and families and less incident reporting. Supports and demonstrates improvements in the key CQC domains (*safe, effective, responsive, caring, and well-led*).





# Features and Benefits

- Resources are creative and enjoyable with contributions from people living with dementia and carers and delivered through interactive engaging films, storytelling audios, presentations, animations, soundscapes and activity books.



- Accessible, enjoyable, sustainable, real - life learning for all learning styles and levels. Staff enjoy this type of learning, where they remember through film and audio case studies, and can relate to their workplace challenges. Encourages curiosity and enthusiasm.

- 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.



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

- Created by a dementia nurse specialist with over 35 yrs experience and includes Masterclasses with leading dementia researchers and experts and in collaboration with Meri Yadaain (consists of hundreds of years of expertise)



**State of the art**, up to date, culturally appropriate and evidence based. Staff become knowledgeable and develop competencies in line with best practice.



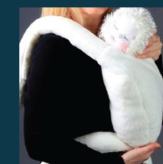
# Who: Founder, Dr Jane M Mullins, Dementia Consultant (RGN, BN, PGCASR)

Having worked within all areas of dementia care and research for 35 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 RGN 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 Officer epilepsy and non epileptic attack disorder - explored the use of Cognitive Behavioural Therapy with patients.
- ❖ 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.
- ❖ PhD : A Suitcase of Memories; A sensory ethnography of tourism & dementia with older people; Explored multisensory creative ways to support communication with people living with dementia & their partners. 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.
- ❖ 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.



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





# Effective Training delivery since established in 2022:



Bwrdd Iechyd Prifysgol  
Betsi Cadwaladr  
University Health Board



GM  
Social Care  
Academy



Greater Manchester





# Creative Engaging Resources

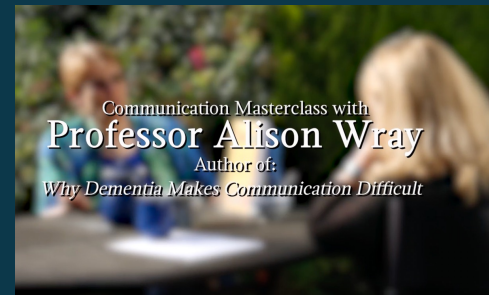
Stories from people living with dementia and family carers



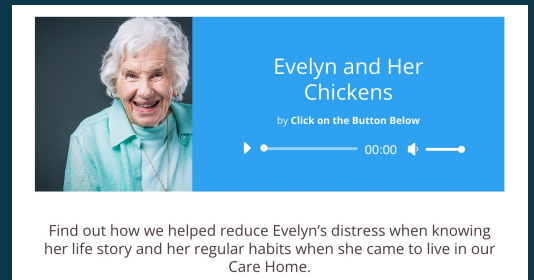
Animations



Masterclass films



Audio Lessons



Presentations



How Dementia Affects Communication

With Dr Jane M Mullins  
Dementia Nurse Consultant



# Does it work?

Results from an independent evaluation::



Comisiwn  
Bevan  
Commission

Over 90% of our trainees **strongly agree** that 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

We are starting to see data that shows a reduction in the need for 1-2-1 care following our training and in unnecessary hospital admissions from care homes



# Does our training work?

Results from an independent evaluation::

Comisiwn  
Bevan  
Commission

Finding The Light in Dementia:  
An Evaluation of Dementia Care Training Needs  
and Survey Findings.



Swansea University  
Prifysgol Abertawe

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

I enjoyed the study day, Jane  
made it so interactive,  
at one point I forgot it was online, it felt like we were  
in the room together!  
LD Care Manager, *Bolton Federation, Social Care*

The course 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 service users and am looking forward  
to sharing learning's with my colleagues. –  
David Croft, Activity coordinator, Pennine Care

- The course was easy to understand
  - Hearing stories from people living with dementia
    - Enjoyed all aspects of the training
  - 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
- 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 !!!!



# 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)





# Testimonial

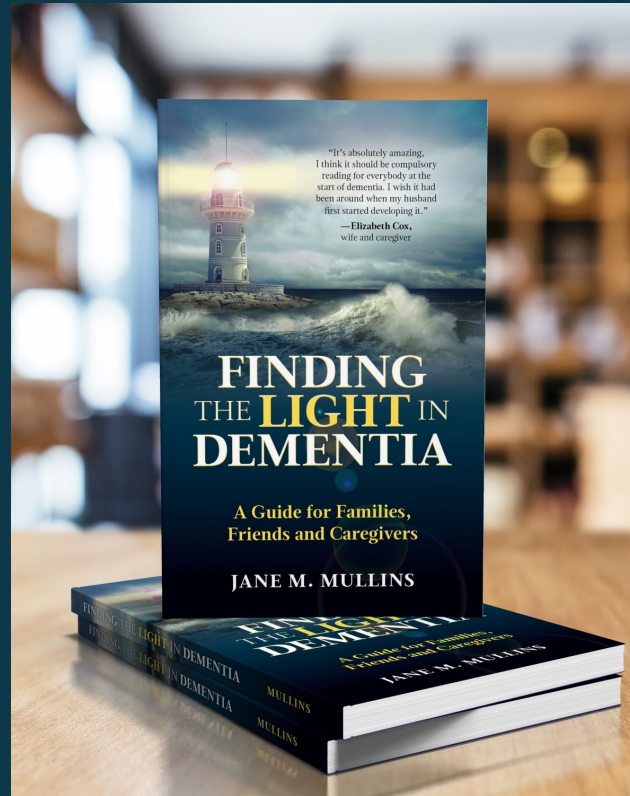


"I have been delighted with the quality of Finding the Light in Dementia Training we have received in the Health Board over two years. It has enabled staff to learn about dementia care to the level appropriate for their role. It is delivered in an interesting, inspiring and resource-rich way and feedback 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

**My book helps professionals too!**



**CONTACT**

Contact Jane for more information

[contact@duetcare.co.uk](mailto:contact@duetcare.co.uk)

07954690170

[www.findingthelightindementia.com](http://www.findingthelightindementia.com)

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