

# Dementia care for the care worker



A Massive Open Online Course (MOOC) developed to help you care for those with dementia.

The MOOC can be accessed at:

<https://www.openlearning.com/courses/dementia-care-for-the-care-worker/>

The Dementia Guidelines can be accessed at:

<http://sydney.edu.au/medicine/cdpc/resources/dementia-guidelines.php>

## What is dementia?

### Dignity in care

Demonstrate understanding of how Dignity in Care principles might be applied in practice  
Awareness of AA Dementia Language Guidelines and ability to identify inappropriate language use  
Understanding of Kitwood's Model of Person-Centered Care and ability to apply these principles to common care scenarios  
Knowledge of how to identify and report concerns of elder abuse  
Demonstrate ability to communicate effectively

### Responding to changed behaviour

Have a better understanding of what behaviour change is and the possible contributors to behaviour change  
Be able to develop non-drug strategies to respond to changed behaviour  
Understand the role of medications for more severe symptoms  
Know how to access help when you need it.

### Promoting functional independence

Understand contributors to decreased function and importance of continued engagement in activity throughout disease process  
Recognise barriers to resident engagement  
Understand nutrition and hydration needs and how environment might contribute to this; develop strategies to promote eating and drinking  
Recognise when and how to act with resident weight loss  
Understand importance of ongoing oral health and develop strategies for teeth cleaning

### Supporting carers and families

Recognise signs of stress in carers  
Demonstrate effective communication with carers and respond to concerns  
Knowledge of the resources available to carers (support groups, GP, respite)

### Palliative care

Recognise symptoms of palliation  
Understand signs of discomfort during palliation  
Understand the grief that can be associated with the death of a patient  
Understanding the role and limitations of Advance Care Directives