

Design a Six Week Course for Carers of People Living with Dementia

Designing a Family support Intervention

In this module we have shifted our focus beyond people with dementia. We have critically considered how caregiving impacts on the wellbeing of the caregiver, people experiencing the condition and in particular the relationship between them.

For this assignment, you are asked to design a six-week course to support the wellbeing of family carers of people living with dementia in your local area. We would like to see a coherent six-week, inclusive programme of activities for carers of people living with dementia.

It is important you are able to identify the aims of the group (and the theoretical reasoning that underpins these). Additionally, because carers are not a homogeneous group, you need to determine who it is you are aiming the course at and its key purpose or aims.

What do you think the barriers to attendance might be and how are you likely to advertise the group to potential attendees?

What methods will you use to evaluate the success of the group, and what will happen when the six-week course is finished?

As you decide upon the aims of your course and your chosen activities, please ensure you are drawing upon the research evidence about carers' needs, and interventions that have been designed and tested for them. You can also draw upon your own experiences of what works and does not work.

Please include the following information:

- Name of the group
- The overall aim(s) of the group. This should link to the evidence base around the needs for carers. Please include reference to research and theories (such as stress-coping) to justify your aims.
- Who the group is for (any inclusion and exclusion criteria and why)
- Any potential barriers to attending the group and how you might try to overcome these
- How will you advertise the group?
- What you will cover in each of the six weekly sessions? Give each week a title and an aim, and tell us about what you will cover. Please include references from research to evidence why you are including this topic / element and how it will help carers. For example, Week 4 will focus on self-care because the research demonstrates carers often overlook their own care needs (reference).
- How will you evaluate the group in order to know if it has been successful? What measures will you use? Ensure the measures you select are linked to the aims of your group. Is there any other data you might collect along the way?
- Changing understandings of dementia

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- Types and symptoms of dementia
- Structure and functions of the brain
- Characteristics of dementia with Lewy bodies
- Ongoing inner life and the concept of personhood
- Understanding communication (channels, modes and contexts)
- Reflecting on the caring role (experiences, stresses and self-compassion)
- Understanding Alzheimer's disease and the concept of 'time shift'
- Understanding the communication challenges of dementia with Lewy bodies
- Reflecting on caring at a distance
- Activities of daily living and dementia (focusing on mealtimes and using the bathroom)
- Understanding challenging behaviour
- Identifying unmet need
- Avoiding confrontation
- Exploring assistive technologies to improve communication
- Sharing insights to support future care innovations