

Understanding Dementia

TYPE: Short Learning Programme **MODE:** Online **PRICE:** R500

Course Description

The purpose of the Understanding Dementia course is to provide learners with a basic yet comprehensive understanding of dementia and its impact on individuals, families, and caregivers. The course also offers practical tips, guidance, and coping strategies for caregivers and family members who are exposed to the effects of caring for a person living with dementia.

Dementia refers to a group of cognitive disorders, including Alzheimer's disease, AIDS-related dementia, and related conditions, which affect memory, thinking, behaviour, and social functioning. This course explores dementia from a physical, cognitive, social, and psychological perspective, with a strong emphasis on maintaining independence, dignity, and human rights.

What You Will Learn

By completing this course, you will be able to:

- Demonstrate a basic understanding of dementia and its different forms
- Understand how dementia affects individuals physically, cognitively, socially, and psychologically
- Obtain relevant client history information from family members and caregivers
- Recognise and respect the rights and dignity of people living with dementia
- Communicate effectively and compassionately with a person with dementia
- Promote independence and optimal functioning in daily activities
- Create and maintain a safe and supportive environment
- Understand, manage, and minimise problem behaviours and mood changes
- Apply ethical principles when working with vulnerable individuals
- Support families and caregivers affected by dementia

Course Content

- Introduction to dementia
- Types and causes of dementia
- Effects of dementia on the individual
- Roles and responsibilities of the caregiver
- Ethical considerations and human rights
- Communication techniques for people with dementia
- Creating a safe and supportive environment
- Activities of daily living and independence support
- Understanding behavioural and mood changes
- Working with families and multidisciplinary teams

Who Should Enrol

- Caregivers working with people living with dementia
- Family members supporting a loved one with dementia
- Community health workers
- Home-based carers
- Support workers in health and community settings
- Anyone seeking a basic understanding of dementia and caregiving principles

Course Completion

To complete this course, learners must participate in all learning activities and complete the short assessment. Upon completion, learners will receive a Certificate of Completion and Badge.

Contact Us

☎ **031 109 6651**

☎ **068 429 1821**

📱 **@vital.college**

www.vitalonline.co.za