

Wellbeing: Living with Dementia

Course overview

Living with or being a family member of someone with dementia can be challenging. It requires insight and compassion. This short course will provide you with a window into these conditions to gain a better understanding of the condition and how it manifests. We will talk about management and coping strategies as well as what help is available.

This workshop is ideal for anyone whose life is impacted by dementia. Those on Health and Social Care courses and people working in care professions will also find this course helpful.

What will I study?

You will:

- Explore and discuss typical signs symptoms and characteristics
- Discuss changes to communication, questions, instructions and interactions
- Gain insight into the impact dementia has on the person, their family and visiting friends
- Explore ways to keep cognition as active as possible

Assessment method

- You will participate in discussions and receive verbal feedback from the tutor throughout the workshop.

Entry requirements

There are no specific requirements however you will need a solid understanding of English.

What should I bring with me?

You will need to provide your chosen method of note-taking such as notepad & pen or tablet.

Key information

Possible next steps

Following the successful completion of this course, you will be supported to enrol on to other suitable CPD or wellbeing courses or onto other courses.

Contact us

Our friendly staff can give you further advice and support.



email: adultcollegeenquiries@lbbd.gov.uk



call: 020 8270 4722