



THE ALZHEIMER  
SOCIETY of IRELAND



Erasmus+

## LATER STAGE DEMENTIA CARE - Blended Learning for Families (for Family Carers only)

### FREQUENTLY ASKED QUESTIONS

#### Who should attend the course?

This course is aimed at family members looking after a close relative that has dementia. The course is suitable for family carers who are caring for a person with dementia for a number of years, and who are noticing a consistent decline in the condition of the person with dementia for whom they are providing care.

The course is suitable for primary carers (those who are delivering the majority of care to the person with dementia), and secondary carers (those who may not be delivering full-time care, but are actively supporting the primary carer).

The course covers later stage dementia and end of life care.

It is a follow-on from, and is particularly suitable for people who may have already completed either of The Alzheimer Society of Ireland's two existing courses - *Insights into Dementia – Informing and Empowering Family Carers* or *Home Based Care-Home Based Education*.

#### What will the course cover?

By the end of the course we hope that you:

1. become aware and feel empowered to develop a comprehensive support structure
2. develop an understanding of the terminology and definitions related to later stage dementia
3. will be empowered to appropriately plan for later stage and end of life dementia care
4. will have an awareness of symptom management related to end of life care in dementia
5. will be aware of the importance of promoting emotional well-being for the person with dementia at end of life
6. can understand coping strategies and self-care strategies for the family carer
7. are aware of different techniques for communicating with formal and informal care providers

## What do you mean by ‘blended learning’?

Blended learning is a course that is delivered or presented using a mixture of online and traditional face-to-face workshop time. The majority of this course will be delivered online using Moodle. Moodle is the learning management system we used to deliver Home Based Care – Home Based Education.

There will also be three face-to-face workshops during the course that you are strongly encouraged to attend. We are running two courses, each with 15 participants this autumn. One course will be in Galway, and one will be in Cork. The timetables for both courses are set out below.

The online element includes the option of attending ‘live’ video tutorials. These take place at a specific time of the week, hence they are ‘live’. We use Google Hangout to deliver these. Google Hangout is similar to Skype or Facetime, and further instructions will be sent out to participants once they are enrolled on the course.

## When do the courses start and finish?

<b>Location: Galway City (Menlo Park Hotel, Headford Road, Galway.)</b>		
<b>Week No.</b>	<b>Dates</b>	<b>Activity</b>
Induction Week	Sunday 8 <sup>th</sup> Sept – Saturday 14 <sup>th</sup> September	Induction Week, Meet and Greet ‘Live’ Online Video Tutorial at 7pm on Wednesday 11 <sup>th</sup> September
Week 1	15 <sup>th</sup> to 21 <sup>st</sup> September	Introduction to course, face-to-face workshop, 7pm Wednesday 18 <sup>th</sup> September
Week 2	22 <sup>nd</sup> to 28 <sup>th</sup> September	Symptom Management, online, ‘live’ online video tutorial, 7pm Wednesday 25 <sup>th</sup> September
Week 3	29 <sup>th</sup> Sept to 5 <sup>th</sup> October	Transitions in Dementia Care, online, ‘live’ video tutorial, 7pm Wednesday 2 <sup>nd</sup> October
Week 4	6 <sup>th</sup> to 12 <sup>th</sup> October	Emotional Wellbeing, face-to-face workshop, 7pm Wednesday 9 <sup>th</sup> October
Week 5	13 <sup>th</sup> to 19 <sup>th</sup> October	Coping and Self-Care, online, ‘live’ video tutorial, 7pm, Wednesday 16 <sup>th</sup> October
Week 6	20 <sup>th</sup> to 26 <sup>th</sup> October	Communicating in Care, online, , online, ‘live’ video tutorial, 7pm, Wednesday 23 <sup>rd</sup> October
Week 7	27 <sup>th</sup> October to 2 <sup>nd</sup> November	Course Wrap Up, face-to-face workshop 7pm, Wednesday 30 <sup>th</sup> October

<b>Location: Cork City (The Alzheimer Society of Ireland, Bessboro Day Care Centre, Blackrock, Co Cork)</b>		
<b>Week No.</b>	<b>Dates</b>	<b>Activity</b>
Induction Week	Monday 7 <sup>th</sup> October – Sunday 13 <sup>th</sup> October	Induction Week, Meet and Greet ‘Live’ Online Video Tutorial at 7pm on Thursday 10 <sup>th</sup> October
Week 1	14 <sup>th</sup> to 20 <sup>st</sup> October	Introduction to course, face-to-face

		workshop, 7pm Thursday 17 <sup>th</sup> October
Week 2	21 <sup>st</sup> to 27 <sup>th</sup> October	Symptom Management, online, 'live' online video tutorial, 7pm Thursday 24 <sup>th</sup> October
Week 3	28 <sup>th</sup> Oct to 3 <sup>rd</sup> November	Transitions in Dementia Care, online, 'live' video tutorial, 7pm Thursday 31 <sup>st</sup> October
Week 4	4 <sup>th</sup> to 10 <sup>th</sup> November	Emotional Wellbeing, face-to-face workshop, 7pm Thursday 7 <sup>th</sup> November
Week 5	11 <sup>th</sup> to 17 <sup>th</sup> November	Coping and Self-Care, online, 'live' video tutorial, 7pm, Thursday 14 <sup>th</sup> November
Week 6	18 <sup>th</sup> to 24 <sup>th</sup> November	Communicating in Care, online, , online, 'live' video tutorial, 7pm, Thursday 21 <sup>st</sup> November
Week 7	25 <sup>th</sup> November to 1 <sup>st</sup> December	Course Wrap Up, face-to-face workshop 7pm, Thursday 28 <sup>th</sup> November

### **What is a pilot course?**

A pilot course is a course that we are running for the first time. This course is part of an Erasmus+ funded project that involves three organisations –The Alzheimer Society of Ireland, Ic Dien, a further education training college in Belgium and Flexible Education Norway. These three organisations have worked in partnership to develop and build this course. We are going to deliver the course to 30 participants in the autumn of 2019. And we are going to ask you the participants about your experiences on the course. We will use your feedback to make improvements on the course for future participants.

### **What is Later Stage Dementia Care?**

It can be difficult to define exactly what later stage is in dementia. This course will look at caring for a person who has had dementia for a number of years and who is consistently showing signs of the increasingly more serious symptoms associated with dementia.

If the person you are caring for is showing these more serious symptoms consistently, or if you have been caring for a number of years and want to prepare for later stage and end of life care, then this course is suitable for you.

### **What do I need to do to qualify for this course?**

You need to be a family carer looking after a close relative with dementia

You need to have the confidence to use Moodle Learning Management System

You should be able to attend either of the two physical locations – Galway and Cork – for the three face-to-face workshops on the dates and times shown in the timetable above.

You should be willing to engage in the sensitive topics contained in the course.

You should be willing to share your experiences with your fellow participants and tutors.

### **How much time will I spend on this course?**

You would be expected to spend around 3 hours per week participating in course activities either (and mostly) online and / or attending the face-to-face workshops in weeks 1, 4 and 7. The face-to-face workshops run from 7pm to 9.30pm. The online activities can be completed at times that suit you. Course materials will be released each week, and you can access them whenever you want. This is one of the advantages of online learning, it is meant to be flexible to fit in with your busy lifestyle. The only exception is the 'live' video tutorials that take place at specific times. These usually last around 45 minutes.

### **How much does the course cost?**

The course is provided free of charge. We are very pleased to be offering this new course to family members who are already delivering or preparing to deliver care to a close relative with advancing dementia. We hope you find the course useful, and we are eager to get your feedback and views on it.

### **How do I know this course is for me?**

Most of this course will be delivered online using the Moodle learning platform. This is the same platform we used to deliver Home Based Care – Home Based Education. So, ideally you should have some experience of using and navigating around the internet, and using a keyboard. If you can book a holiday / use Facetime or Skype, then you should be able to use Moodle.

This course is likely to be emotional as it covers sensitive topics. Participants will be expected and encouraged to engage in discussion around sensitive topics, and you should bear this in mind before signing up for the course.