



THE ALZHEIMER  
SOCIETY of IRELAND



Erasmus+

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

### FREQUENTLY ASKED QUESTIONS – November 2020

**Summary:** (it is recommended that you please read through all the questions below to ensure this course is suitable for you).

This course is for family members who are providing care to another relation or family member with dementia. The person with dementia may have had the disease for some time and the family member may be considering options or require more information about later stage / end of life care

The course is FREE to attend

The course lasts 8 weeks and will be delivered fully online via The Alzheimer Society of Ireland's Moodle Workplace Learning Management System

We hope to run two courses with approximately 20 people in each course

The courses will start in early December and finish in early February 2021, with a break for Christmas.

This course is likely to be emotional as it deals with very sensitive topics

Course participants are invited to actively share experiences and ideas related to course topics

Although technical support is provided, it is expected that participants should be comfortable using the internet and IT equipment.

#### **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*.

Those attending should be able to use a computer or mobile device and should have access to the internet via broadband or 3G or 4G networks

### **What will the course cover?**

By the end of the course we hope that you:

1. develop an understanding of the terminology and definitions related to later stage dementia
2. become aware and feel empowered to develop a comprehensive support structure
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 is 'blended learning'?**

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

***At the time of writing and for the foreseeable future, The Alzheimer Society of Ireland will not be delivering any face-to-face training. So, this course is now being delivered fully online.***

During this 8 week course, there will be either an online video workshop (2 hours ) or a tutorial (1 hour). You are required to attend these. The timetables for both courses are set out below. There will also be a range of activities and reading materials for participants to engage in between workshops and tutorials.

We use BigBlueButton to deliver these live online video workshops and tutorials. BigBlueButton is similar to Skype or Facetime and is integrated to Moodle Workplace. Further instructions will be sent out to participants once they are enrolled on the course.

**When do the courses start and finish?**

<b>Course 1: Saturday start, video meetings/workshops on Wednesday evenings</b>			
<b>Week No.</b>	<b>Dates</b>	<b>Activity</b>	<b>Time and Date</b>
Week 1	Saturday 5 <sup>th</sup> to Saturday 11 <sup>th</sup> December 2020	Induction Week, Meet and Greet 'Live' Online Video Tutorial	8.15-9.00pm on Wednesday 9 <sup>th</sup> December 2020
Week 2	12 <sup>th</sup> to 18 <sup>th</sup> December 2020	<b>Introduction to course, Online 'Live' Video Workshop</b>	<b>7-9pm Wednesday 16<sup>th</sup> December 2020</b>
<b>Christmas / New Year Break 19<sup>th</sup> December 2020 to 2<sup>nd</sup> January 2021</b>			
Week 3	2 <sup>nd</sup> to 8 <sup>th</sup> January 2021	Symptom Management, Online, 'Live' Video Tutorial	7-8pm Wednesday 6 <sup>th</sup> January 2021
Week 4	9 <sup>th</sup> to 15 <sup>th</sup> January 2021	Transitions in Dementia Care, Online, 'Live' Video Tutorial	7-8pm Wednesday 13 <sup>th</sup> January 2021
Week 5	16 <sup>th</sup> to 22 <sup>nd</sup> January 2021	<b>Emotional Wellbeing, Online 'Live' Video Workshop</b>	<b>7-9pm Wednesday 20<sup>th</sup> January 2021</b>
Week 6	23 <sup>rd</sup> to 29 <sup>th</sup> January 2021	Coping and Self-Care, Online, 'Live' Video Tutorial	7-8pm, Wednesday 27 <sup>th</sup> January 2021
Week 7	30 <sup>th</sup> January to 5 <sup>th</sup> February 2021	Communicating in Care, Online, 'Live' Video Tutorial	7-8pm, Wednesday 3 <sup>rd</sup> February 2021
Week 8	6 <sup>th</sup> to 12 <sup>th</sup> February 2021	<b>Course Wrap Up, Online 'Live' Video Workshop</b>	<b>7-9pm Wednesday 10<sup>th</sup> February 2021</b>

*Please note: For Course 1, course materials are available on the Moodle Learning platform from each Saturday morning, and participants should read the materials before participating in the weekly online meetings each Wednesday.*

<b>Course 2: Friday start, video meetings / workshops on Tuesday evenings</b>			
<b>Week No.</b>	<b>Dates</b>	<b>Activity</b>	<b>Time and Date</b>
Week 1	Friday 4 <sup>th</sup> to Thursday 10 <sup>th</sup> December 2020	Induction Week, Meet and Greet 'Live' Online Video Tutorial	7-8pm Tuesday 8 <sup>th</sup> December 2020
<b>Week 2</b>	<b>11<sup>th</sup> to 17<sup>th</sup> December 2020</b>	<b>Introduction to course, Online 'Live' Video Workshop</b>	<b>7-9pm Tuesday 15<sup>th</sup> December 2021</b>
<b>Christmas / New Year Break 18<sup>th</sup> December 2020 to 2<sup>nd</sup> January 2021</b>			
Week 3	2 <sup>nd</sup> to 7 <sup>th</sup> January 2021	Symptom Management, Online, 'Live' Video Tutorial	7-8pm Tuesday 5 <sup>th</sup> January 2021
Week 4	8 <sup>th</sup> to 14 <sup>th</sup> January 2021	Transitions in Dementia Care, Online, 'Live' Video Tutorial	7-8pm Tuesday 12 <sup>th</sup> January 2021
<b>Week 5</b>	<b>15<sup>th</sup> to 21<sup>st</sup> January 2021</b>	<b>Emotional Wellbeing, Online 'Live' Video Workshop</b>	<b>7-9pm Tuesday 19<sup>th</sup> January 2021</b>
Week 6	22 <sup>nd</sup> to 28 <sup>th</sup> January 2021	Coping and Self-Care, Online, 'Live' Video Tutorial	7-8pm, Tuesday 26 <sup>th</sup> January 2021
Week 7	29 <sup>th</sup> January to 4 <sup>th</sup> February 2021	Communicating in Care, Online, 'Live' Video Tutorial	7-8pm, Tuesday 2 <sup>nd</sup> February 2021
<b>Week 8</b>	<b>5<sup>th</sup> to 11<sup>th</sup> February 2021</b>	<b>Course Wrap Up, Online 'Live' Video Workshop</b>	<b>7-9pm Tuesday 9<sup>th</sup> February 2021</b>

*Please note: For Course 2, course materials are available on the Moodle Learning platform from each Friday morning, and participants should read the materials before participating in the weekly online meetings each Tuesday.*

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

A pilot course is a course that we are developing – this is the second time we have delivered this course. We are going to deliver this course several times 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.

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.

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

It can be difficult to define exactly what ‘later stage’ means 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 Workplace Learning Management System
- You should be able to attend the live online tutorials and 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
- If you have had a close personal bereavement in the past year or two, this course may not be suitable. Grief and Loss is different for everyone and there is no timetable for how long one will grieve. The length is different for each person. For most people it is a long process.
- You should be willing to share your experiences with your fellow participants and tutors
- You should commit to maintaining privacy and confidentiality of the whole group. So for example, when you are participating in video meetings, you should ensure you have a private space with no nearby observers who may be able to hear the sometimes sensitive conversation taking place.

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

You would be expected to spend around 3 hours per week participating in online course activities. This will include:

- Reading course materials
- Participating in Discussion Forums
- Attending the five Online Live Video Tutorials (1 hour) on Weeks 1, 3, 4, 6 and 7
- Attending three Online Live Video Workshops (2 hours) in Weeks 2, 5 and 8.

The online activities can be completed at times that suit you. Course reading 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 online 'live' video tutorials and workshops that take place every Wednesday evening.

### **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.

You may like to make a donation to The Alzheimer Society of Ireland in lieu of payment for the course. You can do so by visiting our website [here](#).

### **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.