



Creating a Dementia-Inclusive Generation

A Transition Year Programme in collaboration with The Alzheimer Society of Ireland



Why create a dementia-inclusive generation?

Nearly one third of young people will know someone living with dementia



Changing attitudes and building knowledge can help to reduce the loneliness and social isolation that many people with dementia experience



Educating young people about dementia can help reduce stigma and raise awareness

Increased understanding about brain health and healthy lifestyle choices can reduce the risk of developing dementia later in life



A Unique and Engaging Programme

- The TY Programme can be tailored to **each schools' individual needs** with varied levels of engagement, with the added ability for Gaisce participants to fulfil challenge area requirements
- ASI staff will work directly with your students, including a **dedicated fundraising partner & resources**
- A **whole-school, cross curriculum approach** can be applied
- **Certificates** upon successful completion of the programme

What People say about the Programme

St.Marys Drogheda- students
"I really enjoyed the programme, it really gave me an insight into the impact of dementia on family carers"
"It was fun delivering lessons to the first year students, they had lots of questions"
"The lesson plans you gave us were a great help"

Kinsale - students
"I am more aware now and not afraid to start a conversation about dementia"
"The toolkit was great in helping us prepare our presentations to the other students"
"The games were great fun!"

Kinsale-Year Head on students delivering sessions to the first years
"outstanding in their delivery and really well prepared "

Kinsale TY Coordinator
"We would be delighted to take part again next year"

1. Dementia Awareness E-Learning Programme – "The Brain"

What is it?
 5 modules of self-directed learning on the Moodle platform. These include:

- Growing Older
- The Brain
- Brain Health
- What is Dementia?
- Perceptions of Dementia

- Learning Outcomes:**
- To complement elements of 'Wellbeing' in Junior Cycle and to meet the needs of students at both Junior Cycle and Transition Year level.
 - To enhance students' knowledge and understanding of how the brain works.
 - To strengthen students' capacity to understand the perspective of a person living with dementia.
 - To provide opportunities for debate and discussion.

2. "The Peer Educator" Programme

- Using our toolkit the TYs will facilitate dementia awareness sessions to their fellow students.
- Each toolkit contains 4 lessons:
 - The Brain
 - Explaining Dementia
 - Dementia in the Community
 - Supporting those living with Dementia
- Other resources include videos & worksheets to stimulate group activities and creative engagement. These can be used for debates and brainstorming sessions etc.

- Learning Outcomes:**
- The main symptoms and causes of dementia and what it might be like to live with dementia.
 - The impact of dementia on families and caregivers.
 - How positive relationships can improve the lives of people living with dementia.
 - The importance of the community in supporting those living with dementia.

3. Fundraising Activities and Creative Partnership

Fundraising is an essential part of the programme raising much needed funds for services and supports in your local community. Each Transition Year class will have a dedicated partner on the Fundraising Team. They will be supported to engage with one of The ASI's calendared events and also to craft one of their own.

ASI's annual fundraising campaigns:

- Memory Walk – September
- Christmas Jumper Day – December
- Spring in your step – February
- Denim Day for Dementia – March
- Tea Day – May

Create your own!

Let the students' imaginations and creativity take hold as they plan, develop and run their own projects and events. Check out our Fundraising Toolkit for some inspiring ideas!

Your Fundraising Partnership:

T-shirts, collection boxes, balloons etc can be provided for your event, as well as an ongoing relationship with our Social Media Team.

Showcase your achievements on our social media!

Submit photos or stories from your successful fundraising events and ASI will display your hard work, along with our sincere thanks, on our social media channels.

Your students can be part of the future of dementia care and support.

Many thanks for your time

Some of our fundraising ideas... we can't wait to hear yours!



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