

Course Duration	5 Hours*
Who is the course aimed at	Domiciliary care workers and support workers working in the community
Course Pre-requisites	None
Course Standard	Course is assessed and certificated
Number of seats	15 maximum
Type of Training	Face to Face

**Course Content**

- The brain and how it works
- Definition of mental health versus Definition of mental illness
- The ageing process and the effects it has on day to day living including: Retirement, Sleeping, Bereavement, Social Life, Family Life, Sexuality, Spirituality
- Dementia and related illnesses:
  - Alzheimers Disease
  - Picks Disease
  - Lewy Bodies Dementia
  - Huntington's Chorea
  - Parkinsons Disease
  - Wernicke-Korsakoff syndrome
- Care plans and risk assessments and safe working practices
- The practicalities of caring for individuals with mental health illness
- Ways of dealing with stress

**Venue Requirements**

Refreshments to be provided by the client.

**Equipment Needed**

Handouts and workbooks will be provided. Candidates need to bring notepaper and pens with them.

**Other Notes**

\*Please note that the length of the course is approximate and depends upon the number of candidates attending and the level of participation from them.

Location may vary and is subject to availability.

---

PLEASE CONTACT [CPD@supplycaresolutions.co.uk](mailto:CPD@supplycaresolutions.co.uk) to find out the next available course date and location.