

Activity Coordinators' Training Day

Course Outline



Toward the start of the day participants are asked a number of questions about their personal experiences of working in activities. The day's structure is then amended to ensure that any specific needs identified will be covered.

The day is very practical. Around 50% of the day covers general activity training and the practicalities of working with older people and people living with dementia. The remaining 50% looks at how to best use resources to maximise effectiveness and achieve the greatest value. However, as both these parts merge in everyday practice, these distinctions can blur when considering the reality of specific situations.

During the day the following topics will be covered

Working with older people and people living with dementia

- Knowledge of the different stages of dementia, understanding the capabilities of people who are at these varying stages, and identifying activities appropriate to the person's retained abilities (using Jackie Pool's PAL Instrument)
- Using Life Story work to identify present-time needs and interests
- Communicating effectively with people at varying stages of dementia
- Understanding the fundamentals of accepted therapeutic approaches
- Treating older people and people living with dementia with dignity and respect

Important aspects of activity provision

- The vital importance of the Whole Home Approach
- Working harmoniously with the care home manager and care home staff
- Recording & reporting to CQC inspectors. Using opportunities to achieve positive results
- Having fun and enjoying your work

Getting the best outcomes and value from your resources

- Creating activity plans to maximise positive outcomes
- Generating engagement – identifying barriers & developing solutions
- Using specific resources as a means to developing relationships with residents who tend to isolate
- Using resources in creative ways – thinking 'out of the box'
- Evaluating the success or non-success of specific activities and events

Time is also set aside to look at particular concerns or issues raised by trainees as well as providing a space in which trainees can share their own favourite or most effective activities with the rest of the group.