

# Activity Coordinator's Training Course Outline



The course content is designed to address common issues faced by Activity Coordinators.

The course covers activity training and the practicalities of working with older people and those living with dementia. Across the 2 training sessions we look at key aspects of the AC role, and the practicalities of working with older people and those living with dementia.

**During the course the following topics will be covered**

## Working with older people and those living with dementia

- Knowledge of the different stages of dementia, and effective communication with people at all stages
- Understanding the capabilities of people at each stage, and identifying appropriate activities (using Jackie Pool's PAL Instrument)
- Using Life Story work to identify present-time needs and interests
- Treating older people and those living with dementia with dignity and respect

## Important aspects of activity provision

- The vital importance of the Whole Home Approach
- Creating activity plans to maximise positive outcomes
- Maintaining records of your activities
- Responding to the needs of those we care for
- Demonstrating our effectiveness to the relevant inspectorates (CQC England and equivalent bodies for Scotland, Wales and Northern Ireland)

## Getting the best outcomes and value from your resources

- Generating engagement – identifying barriers & developing solutions
- Using specific resources as a means to developing relationships
- Using resources in creative ways – thinking 'out of the box'
- The importance of evaluating specific activities or events and taking action where necessary

Throughout the course you will also have the opportunity to address particular concerns from your work, share favourite effective activities and other aspects of good practice.

**For any enquiries about the content of the training contact: [training@dailysparkle.co.uk](mailto:training@dailysparkle.co.uk)**