

# What does tide have available for professionals?

With extensive experience across health and social care we can work with you on commissioning, training and research.



## Knowing Me Pro!



### Tailored training for the health and social care sector improving quality of life for people with dementia

We have developed a comprehensive training package that will improve the cared for experience of those with Dementia, Depression and Delirium, known as the 3D's, whether living in a care home, the community or in hospital. This will enable staff to understand the interrelationship of the 3D's and particularly when someone is experiencing all 3 of the conditions.

The initial session is about the 3D's (Dementia, Depression and Delirium) and how they interact with each other.

#### Additional training includes:

- Relationship-Based, Person-Centered Care
- Purposeful Activity
- Sensory Loss
- Responding to Distress
- Adapting the Living Environment
- End of Life Care

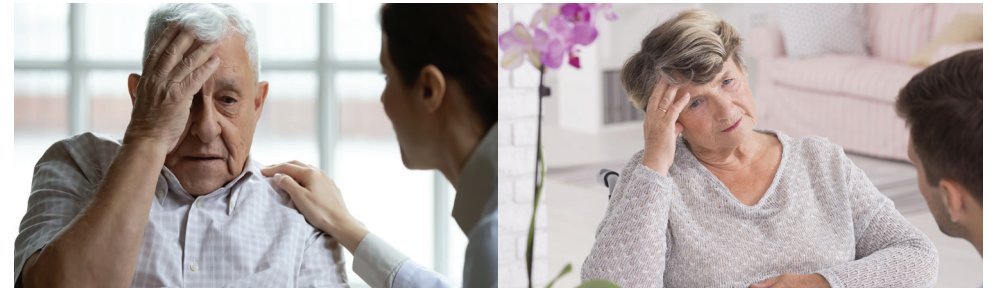
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Dementia, depression and delirium can have a devastating impact on people's wellbeing and quality of life. Staff need to be knowledgeable and confident in understanding how dementia, depression and delirium present and interact. This evidence-based training will help them respond more quickly to prevent deterioration and avoid the need for hospital admission. For care providers, participation in Knowing Me Pro will provide evidence for regulators that they are investing in their staff to improve the quality of their service.

**Ruth Eley, Chair of tide**

Our established webinar on the 3D's aimed at family carers and friends has proved to be of great benefit in understanding the interrelationship of the 3D's.

## Distressed Behaviour



We have created an expanded training course from our well known "Knowing Me Pro!" resource that concentrates on people living with dementia experiencing Distressed Behaviour. We look at causes of distress and how staff and services can work to reduce the occurrence of Distressed Behaviour.

The resource is suitable for staff supporting those living in a care home, the community or in hospital. The resources include:

- Terminology and Communication
- Cause of Distress
- Personalised Approaches to Assessment
- Strategies and Practical Approaches

## Life Story Work

Life Story Work is the process of eliciting and capturing people's stories about what matters to them – in the past, present and their hopes for the future. It enables us to see people as individuals in the context of their relationships, enabling their rights to be respected and valued.

It also promotes their personhood, their wellbeing and keeps them connected with family, friends and communities.

#### Our Life Story Work training consists of three modules which include:

- An in-depth Introduction and Carer's Story
- The Principles; Concerns, Consent, Confidentiality and the Outcomes
- Ideas for Getting Started, Practical Tips and Techniques.

A person's story is at the heart of who they are and how they have arrived at the here and now. Life Story Work is embedded in Human Rights and is the basis for moving into a relationship based and person centred care culture.

# tide for professionals

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The delivery of Life Story Work was such that attendees felt valued and validated; passion for the subject matter was re-ignited. The support offered both on a personal and professional level has been superlative; the atmosphere during the training days ensured that participants felt involved in a 'movement' rather than simply attending training. TRULY INSPIRATIONAL!

**Anne, Support Worker**



## Our training is:

- Person centred
- tide offers innovative and flexible training
- Adaptive to all learning styles
- tailored to your needs
- Fun and Inclusive

Get in touch today to enquire about training for your organisation or team:  
**[traininganddevelopment@tidecarers.org.uk](mailto:traininganddevelopment@tidecarers.org.uk)**

# tide UK

tide is a UK wide network connecting carers and former carers of people with dementia to create real change together.

## Help create a better future for unpaid carers

tide is for everyone affected by dementia – current carers, former carers, people living with dementia, people who have lost someone with dementia, care professionals, and more. We're stronger with tide and tide is stronger with you.

## Join us today:

🌐 [www.tide.uk.net/join-our-network/](http://www.tide.uk.net/join-our-network/) ☎ 0151 237 2669

## Join the conversation:

 [www.linkedin.com/company/tide-together-in-dementia-everydaytidecarers/](https://www.linkedin.com/company/tide-together-in-dementia-everydaytidecarers/)

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