



LIFE STORY NETWORK

Knowing Me Pro!



Recognise the early signs and symptoms of Dementia, Depression & Delirium and their connection

Improve health and wellbeing outcomes for those you work with

Boost staff confidence and fulfilment

Life Story Network (LSN) has created tailored training for the health and social care sector, to improve quality of life for people with dementia, depression and delirium.



LSN have developed a comprehensive training package that will improve the cared for experience of those with dementia, depression or delirium, known as the 3Ds, whether living in a care home, the community or in hospital. This will enable staff to feel more confident in their work and gain more job satisfaction.

Senior staff and Directors at LSN have collectively over 100 years' experience in the health, social care and housing sectors with specific expertise in dementia care and support settings.

Knowing Me Pro!

This training programme will enable participants to identify the differences between dementia, depression and delirium and importantly to understand the relationship of the three conditions where they co-exist. Professional care staff will improve their knowledge and skills and be able to identify early signs, access appropriate treatment and care and reduce deterioration, thus avoiding hospital admission.

The Knowing Me Pro! taught programme is innovative in the way it is presented and how it assesses participants, identifying their preferred learning style. LSN will measure confidence levels both before and after the training sessions.

“I believe Knowing Me Pro! is unique in addressing the 3Ds together and I look forward to working in collaboration and partnership within the sector.”

Steve Amos

Knowing Me Pro! comprises a range of training sessions to improve care standards and the experience of those using care and support services. These may include:

Relationship Based, Person Centred Care

Using the recognised evidence base this practical module gives participants the skills to develop a person centred service, focusing on the relationships staff develop with the individual, family members and their colleagues.



Supporting Family Carers and Friends

Learning outcomes include how to engage with families and friends leading to better 'wrap' around support for families and the cared for person. The session will focus on understanding dementia, depression and delirium and the changes in behaviour that often signify an unmet communication or other need.



Purposeful Activity and Occupation

This session will enhance the skills of activities/therapies staff in assessing individual cognitive abilities of the person, matching their level of functioning with stimulating activity, occupation and purpose. The session demonstrates the beneficial impact on wellbeing of a variety of activities including music, physical activity, exercise and using the outdoors.



End of Life Care

The session, based on best practice, focuses on providing dignity and respect at the end of the person's life, specifically when they have a diagnosis of dementia. It examines the concept of 'Living Grief' and how this can impact on family members.



Sensory loss

Sensory loss combined with dementia, depression and delirium can have a big impact on the individual. We will walk you through the five senses and analyse their impact. Participants will gain best practice tips and solutions when caring for people with sensory needs and look at falls-reduction, prevention of accidents and reduced hospital admissions.



Mental Capacity, Deprivation of Liberty Safeguards and Deprivation of Liberty (for those living in the community)

This session provides an in-depth consideration of the Mental Capacity Act (2005) enabling staff to complete decision and time specific capacity assessments. It includes information about the new Liberty Protection Safeguards due to replace Deprivation of Liberty Safeguards and Deprivation of Liberty in autumn 2020. The session will also enable professional care staff to have more confident conversations with individuals, families and other professionals.



Additional Training Packages

The Dementia Friendly Environment

This session looks at the physical indoor and external environments and how they impact on the social, emotional and psychological elements of care and support. These areas will be audited and a full report with recommendations provided. This will include the actions and practical suggestions on where the environment can better meet the needs of people with dementia and/or a sensory loss.



Distress Behaviour Workshop

This session provides a person-centred approach to discovering the causes or triggers of changes in behaviour of those living with dementia, depression and delirium. It will look at some real life, case examples, and the group will work out solutions together to support individuals. The session concludes with a written distress response support plan, developed with reflection, compassion, humanity and empathy. Professional care staff will be better able to understand changes in behaviour with improved outcomes for people experiencing these conditions.



Coaching and mentoring

This bespoke offer is based on your needs and carried out by a professional, qualified at Level 7 in coaching and mentoring, with knowledge, skills and experience in the health, social care and housing sectors. Consultancy can be focused on your specific challenges, for example improvements required following a regulatory inspection or coaching and mentoring for senior executives, managers and professional care staff.



The time frame for this service is flexible and negotiated with you. This is a sustainable model based on the belief that the client has the answers that require expert facilitation.

Why Life Story Network?

Knowing Me Pro! is based on the original 'Lets Respect' campaign developed by the Department of Health (DOH) in 2009 for use in acute hospitals. A version for care homes – 'Do you See Me?' – was launched in 2011 and the DOH gave LSN permission to develop training using this product. This has now been updated as 'Knowing Me!' with additional funding from NHS England and Health Education England and this new programme developed further by experts for professional staff.



“People have the right to live well with dementia, depression and delirium and their wellbeing and quality of life will be even better when staff have completed this training. Staff will be knowledgeable and confident to respond earlier to needs, prevent deterioration and, potentially, avoid hospital admissions. Regulators will see participation in this programme as evidence that providers of care are keen to improve their service in this area. All the training sessions are underpinned by evidence based research and best practice.”

Steve Amos



LIFE STORY NETWORK

Our training is

- Person centred
- Adapted to any learning style
- Fun and Inclusive

Life Story Network offers innovative and flexible training tailored to your needs



Get in touch to discuss

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