Dementia Resources

The **Promoting Excellence Education Framework** (Scottish Government, 2011) details the knowledge and skills all health and social services staff should aspire to achieve in relation to the role they play in supporting people with a diagnosis of dementia, and their families, and carers.

In the first section of this brochure you will find a number of learning resources that will help you to gain these knowledge and skills.

You will find full electronic links to all resources at the end of this brochure.

You can also keep up to date or become involved in an online Community of Practice by visiting the Dementia Managed Knowledge Network and the Promoting Excellence website.
The Promoting Excellence framework was developed to meet the aims and objectives of Scotland’s first National Dementia Strategy 2010 and this continues in subsequent dementia strategies.

Promoting Excellence helps you to:

- understand the knowledge and skills expected of you in your role
- identify and explore areas of strengths or gaps in learning
- prepare for work based qualifications and registration
- create job descriptions and outlines for workers
- assess and develop the content of learning programmes.

Your minimum practice level relates to your involvement in promoting a good quality of life for people with dementia through your role in care and support and not your seniority within your profession or organisation.

The framework is underpinned by a number of Quality of Life Outcome Indicators that were developed around the PANEL principles which were used within the Charter of Rights for People with Dementia and their Carers. It is also aligned with the Standards of Care for Dementia in Scotland.
Levels of knowledge and skills
Promoting Excellence defines four levels of knowledge and skills, specific to your role in relation to dementia, which will help you identify learning needs and plan appropriate learning activities.

The ‘Dementia Informed Practice Level’ provides the baseline knowledge and skills required by all staff working in health and social care settings including a person’s own home.

The ‘Dementia Skilled Practice Level’ describes the knowledge and skills required by all staff that have direct and/or substantial contact with people with dementia and their families and carers.

The ‘Enhanced Dementia Practice Level’ outlines the knowledge and skills required by health and social services staff that have more regular and intense contact with people with dementia, provide specific interventions, and/or direct/manage care and services.

The ‘Expertise in Dementia Practice Level’ outlines the knowledge and skills required for health and social care staff who by virtue of their role and practice setting, play an expert specialist role in the care, treatment and support of people with dementia.
Stages of the Dementia Journey

There is well documented evidence that dementia has a recognised pathway of progression and the framework has incorporated this as the needs of a person with dementia, and their family and carers will be different at different stages of the condition.

The stages of the dementia journey are:

- Keeping well, prevention, and finding out it’s dementia
- Living well
- Living well with increasing help and support
- End of life and dying well

Dementia Informed Practice Level

Wherever you work in health or social care you should have knowledge and skills at Dementia Informed level.

To help you to do this you can access the DVD Informed About Dementia.

You can watch it online or order a copy of this resource as a DVD by contacting mental.health@nes.scot.nhs.uk
Dementia Skilled Practice Level

Dementia Skilled – Improving Practice Learning Resource (Updated 2016)

This learning resource is for anyone who works directly with people with dementia, and also for people who have substantial contact with people with dementia, and their families and carers.

It has been designed for health and social service workers to develop their ability, to improve workers’ knowledge and skills and to make them feel more confident about the work they are doing. While designed particularly for the health and social service workforce, it may be valuable to other groups working in related services or organisations.

You can access this learning resource as a PDF from the NES Dementia webpage
You can access an online version at learnPro via the NES Dementia webpage
You can order a hard copy by contacting mental.health@nes.scot.nhs.uk
Guidance to accompany Dementia Skilled - Improving Practice (Updated 2016)

If you work in Social Services you will find this range of guidance produced to accompany Dementia Skilled - Improving Practice (Updated 2016) useful.

These resources will be helpful to people working in social services and those studying or delivering associated qualifications and awards.

You can access this guidance at http://learningzone.workforcesolutions.sssc.uk.com/course/view.php?id=69
Dementia Skilled Practice Level

Supporting People with Dementia in Acute Care Learning Resource (2016)

This resource has been designed for acute general hospital staff to help them develop their abilities in supporting people with dementia, their families and carers.

You can access this learning resource as a PDF from the NES Dementia webpage.
You can access an online version at learnPro via the NES Dementia webpage.
You can order a hard copy by contacting mental.health@nes.scot.nhs.uk.
Think Capacity Think Consent learning resource will help you to safeguard the rights of people who lack capacity to consent to treatment.

You can access this learning resource as a PDF from the NES Dementia webpage.

You can order a hard copy by contacting mental.health@nes.scot.nhs.uk

If you work in a general hospital ward with people with dementia you may also find the Stress and Distress in Dementia online learnPro module useful and you can access this from the NES webpage.
Enhanced Dementia Practice Level

Promoting Excellence in Supporting People through Diagnosis of Dementia - Enhanced Practice Resource has been developed for health and social services staff who will be working directly with people with dementia and their families in providing support before, during and following a diagnosis, including those who are fulfilling the role of link worker.

You can access a PDF of this learning resource from the NES Dementia webpage
You can order a hard copy by contacting mental.health@nes.scot.nhs.uk

If you are involved in training then the Promoting Excellence in Supporting People through Diagnosis of Dementia - Facilitators Toolkit will provide guidance and materials to help you to roll out training to staff who provide support before, during and following a diagnosis.

You can get a copy of this resource by contacting mental.health@nes.scot.nhs.uk
Promoting psychological wellbeing for people with dementia and their carers: An enhanced practice resource is for people who are working with people with dementia, their families and carers at the Enhanced Dementia Practice Level. Building on the Dementia Skilled learning resource it will help you to understand dementia and provide support to people from a psychological perspective.

You can access a PDF of this learning resource on the NES Dementia webpage
You can order a hard copy by contacting mental.health@nes.scot.nhs.uk

The ACE-III Trainer is an Enhanced level online training programme designed to help staff administer the Addenbrookes Cognitive Examination-Third Edition. It is designed to help you develop your knowledge and skills specific to cognitive assessment and your ability to accurately score test results for individuals presenting with cognitive difficulties.

You can access this at https://www.mvls.gla.ac.uk/aceiiitrainer/
Delirium

**An Introduction to Delirium** is a short core module to enhance the knowledge and skills of all staff working directly with people at risk of developing delirium across all health and social care settings including in a person’s own home.

The second module **Delirium: Prevention, Management and Support** will enable you to feel confident of your ability to identify, treat, prevent and provide appropriate support to people with delirium and their families and carers.

These are both available online through learnPro and as an interactive mobile application available on iOS and android. Access them from the **NES Dementia webpage**.
Learning Disabilities Resources

Equal Health - An Educational Framework on Health Equalities for People with Learning Disabilities for all practitioners working with people with learning disabilities: a human rights-based approach (NES 2016)

This educational framework aims to equip practitioners with the knowledge and skills to help reduce health inequalities that affect people with learning disabilities.

Your minimum practice level relates to your involvement in promoting equal health for people with learning disabilities through your role in care and support and not your seniority within your profession or organisation.

You can order a hard copy of the framework by contacting learning.disability@nes.scot.nhs.uk

The Equal Health framework was developed to support implementation of Scotland’s strategy for people with learning disabilities – The Keys to Life (Scottish Government, 2013).

In the second section of this brochure you will find a number of learning resources that will help you to gain these knowledge and skills.

You will find full electronic links to all resources at the end of this brochure.
Structure of Equal Health

Levels of knowledge and skills

The **Informed Practice Level** outlines the baseline knowledge and skills required by all practitioners working with people with learning disabilities, including in the person’s own home.

The **Skilled Practice Level** outlines the knowledge and skills required by all practitioners who have direct and/or substantial contact with people with learning disabilities, their families and carers.

The **Enhanced Practice Level** outlines the knowledge and skills required by practitioners who have more regular and intense contact with people with learning disabilities, provide specific interventions, and/or direct/manage care and services.

The **Specialist Practice Level** outlines the knowledge and skills required by practitioners who by virtue of their role and practice setting play a specialist role in reducing inequalities for people with learning disabilities.
Equal Health Informed Practice Level

If you work in health or social care and you support people with learning disabilities you should have knowledge and skills at Equal Health Informed Practice level.

To help you to do this you can access the DVD Equal Health Informed Practice.

You can watch it online or order a copy of this resource as a DVD by contacting learning.disability@nes.scot.nhs.uk
The **Equal Health – Skilled Learning Resource (2017)** resource has been developed for all staff who support people with learning disabilities, their families and carers and is designed to help improve your knowledge and skills in ensuring the people you work with have equal health, using a human rights-based approach.

You can access this learning resource as a PDF on the [NES Learning Disabilities webpage](#). You can order a hard copy by contacting learning.disability@nes.scot.nhs.uk
Supporting psychological wellbeing in adults with learning disabilities, An Educational Framework on psychological interventions for practitioners working with adults with learning disabilities in Scotland (NES 2017) provides a detailed account of the knowledge and skills required at different levels across services to promote psychological wellbeing for adults with learning disabilities. It is underpinned by the Equal Health framework.

You can access this learning resource as a PDF on the NES Learning Disabilities webpage.
Thinking about me? Essential psychological care for people with learning disabilities will help you to identify the role that psychological factors play in the lives of people with learning disabilities.

You can access an interactive PDF of this resources on the NES Learning Disabilities webpage.
Improving Practice: supporting people whose behaviour is perceived as challenging – an educational resource for support workers will help you to develop your ability to support people with learning disabilities who have behaviours perceived as challenging, and to improve your skills and feel more confident about the work you do.

You can access a PDF on the NES Learning Disabilities webpage or you can order a hard copy by contacting learning.disability@nes.scot.nhs.uk
Supporting People with Profound and Multiple Learning Disability

**Learning Bytes** are an alternative to a traditional, structured, beginning-to-end course that is available in bite-sized chunks in the workplace. This series is devised to support staff working with people with profound and multiple learning disabilities (PMLD).

**Living healthy Living well** provides a brief guide to physical health and well-being of people with PMLD.

**Breaking the barriers - communication with people with profound and multiple learning disabilities** provides you with a brief guide to communication with people with PMLD.

**Postural care- protection of body shape** provides a brief guide to postural care and protecting a person’s body shape.

You can access them on the [NES Learning Disabilities webpage](https://www.nes.scot.nhs.uk/) or order a hard copies by contacting learning.disability@nes.scot.nhs.uk
Further Information

You can access resources from the NES Dementia webpage

and the NES Learning Disabilities webpage

Dementia Managed Knowledge Network
http://www.knowledge.scot.nhs.uk/dementia.aspx

Promoting Excellence Website

Contact us at:

mental.health@nes.scot.nhs.uk
learning.disability@nes.scot.nhs.uk