



Alive Training

Course Content and Detailed
Information

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Alive is a Registered Charity No.1132708

Alive's aims

Alive is a charity dedicated to improving the quality of life of older people and their carers.

Our vision

A world where older people live lives full of value, meaning and connection.

Our mission

To prioritise health and wellbeing into later life.

Alive:

- **Engages older people creatively through meaningful activity**
- **Trains and supporting carers to enrich the lives of older people**
- **Reduces older people's social isolation by connecting them to their local communities**
- **Speaks up for the rights of older people to those with the power to improve their lives.**

Our values

User-led: We strive to ensure our work meets the needs and aspirations of the older people we serve. We consult regularly with older people and develop and deliver projects and activity in line with their wishes and views.

Dedicated: We deliver, we train, we connect, we influence. We are a group of people who never give up and are fully committed to improving the quality of life of older people.

Adventurous: We are a charity who likes to try and test new approaches, new partnerships, new ways of working and aren't afraid of making mistakes and taking risks.

Community focused

We fully understand the value of belonging and work hard to connect older people to their communities – wherever that may be. We value our own community and strive to create an inclusive and supportive environment amongst our staff, volunteers, and colleagues.

Adaptable: We constantly review, evaluate and adapt our work to ensure it is meeting the needs of those we serve. We are quick to change and find new ways of working when needed.

Compassionate: We love what we do, and who we work with. We are passionate about improving the quality of life of older people in whatever way we can.

Collaborative: We believe in working with others. We make more of an impact when we work together.

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Who we are

At Alive, we are dedicated to improving the lives of older people and those who are caring for them. We want to see older people engage creatively in activity that makes them smile, means something to them and brings a real purpose and connection to their lives.

Whether it's through our varied activity sessions or our community projects, we love lighting up the lives of older people and bringing them joy. We find creative and innovative ways of supporting and reaching older people, from digital activity to face to face interaction.

Founded in 2009, we work both in the community and in care homes to prioritise health and wellbeing into later life:

We engage

Our range of meaningful activity engages older people in care settings and in the wider community.

We train

Our training courses support carers at home and in care settings to enhance older people's wellbeing and deliver outstanding person centred care.

We connect

Our varied projects bring older people together with their local communities.

We influence

We speak up for the rights of older people to those with the power to influence their lives.

We want to support the care sector to change, so that older people's mental, social and emotional wellbeing is prioritised alongside their physical care.

What we do

We have developed our activity and now offer a range of activity to support older people through digital and face to face activity:

Activity Sessions

we offer face to face activity in the Greater Bristol Area

Digital Activity Sessions

we run Alive and Direct, an hour of fun, music and reminiscence through zoom anywhere in the UK and beyond

Teleconferences

Our telephone activity groups are available for all older people, living in care homes and at home

Alive on Demand

a subscription model of video activity for older people in care and living at home, with varied activity sessions and day trips out

Training

All our training can be delivered virtually or face to face

Full-Day Courses



Getting Started in Activities

This training is ideal for care home staff who are new to the role of Activities Co-ordinator / Well-being Co-ordinator, or longer-term staff who would like a refresher course. The training shows ways of developing good practice and working in a person-centred way.

Learning Outcomes

At the end of this course, attendees will be able to:

- Understand the importance of meaningful engagement for all
- Know how to plan activities that are meaningful and person-centred with the people you support
- Feel confident in facilitating meaningful activities for people living with dementia
- Find new ways in exploring life stories
- Plan an inclusive programme of activities
- Record and evaluate assessment tools to get the balance right
- Use engagement assessment tools to get the balance right
- Feel equipped with useful resources
- Increase their activity offer to enhance the well-being of the people they support
- Feel skilled in facilitating both group activities and one to one engagement
- Understand how to make all engagement meaningful and person-centred.

Living Well with Later-Stage Dementia

This comprehensive training will show ways of connecting and engaging in a meaningful way with people living with later-stage dementia, through a range of creative and therapeutic practices.

Learning Outcomes

- At the end of this course, attendees will be able to:
- Engage with people who are harder to reach
- Have improved communication skills – ways to make better connections
- Understand distressed behaviour – validation and putting feelings first
- Make activities meaningful
- Develop multi-sensory techniques
- Enable environments – make the most of your space
- Provide meaningful engagement at end of life
- Feel more confident in connecting with the people they support in a person-centred way
- Feel equipped to engage meaningfully with the people they support in a variety of creative and therapeutic ways
- Understand spontaneous engagement
- Have the skills to offer activities which reflect personhood; enabling the people they support to live well with later-stage dementia.

Meaningful Activities for Everyone

This one-day course will equip attendees with the confidence and ideas to facilitate a variety of rich activities that are truly meaningful to the people they support.

The activities will benefit older people socially, emotionally, physically and psychologically.

Learning Outcomes

At the end of this course, attendees will be able to:

- Encourage meaningful occupation that gives a sense of purpose and achievement
- Enhance the daily living experience of the people they support by providing a stimulating environment full of varied activities
- Occupy and engage the people they support through both structured activity sessions and spontaneous engagement
- Plan and facilitate enjoyable activities for people with a range of needs and abilities
- Identify a range of activities that improve the wellbeing of people living with dementia
- Understand what 'meaningful activity' means and how to incorporate it into each person's daily life
- Lead reminiscence and life story activities that are tailored to the older people they support
- Use a range of creative approaches (including use of music, poetry, gentle movement and touchscreen technology) to enable people to learn new things, feel inspired and enjoy life.



Life Story Work and Reminiscence

This is a one-day training course and involves providing staff with a range of techniques and methods to encourage the sharing of cherished memories.

Learning Outcomes

At the end of this course, attendees will be able to:

- Use life story work and reminiscence activities to better understand the people they care for – resulting in closer relationships between staff and clients.
- Improve relationships within the whole care home by working with colleagues on life story projects.
- Deliver more personalised activities which have greater psychological benefits.
- Facilitate both group and one-to-one life story and reminiscence activities.
- Lead multi-sensory reminiscence and life story work activities using apps, websites and items to handle.
- Use a range of creative approaches (including use of music and poetry) to encourage social interaction and the sharing of stories.
- Adapt techniques and resources to fit the individual needs of those they care for (ensuring activities are person-centred).
- Source materials and create personalised memory boxes.

Integrating Nature Based Activities into Everyday Activity

This training outlines the ways that you can bring nature based activities and engagement for older people into your care setting. We will explore ways that you can support your residents to get the most from nature based interactions in a way that is safe, but also meaningful to them.

Learning Outcomes

At the end of this course, attendees will be able to:

- Plan nature-based activities into the everyday
- Understand the health and wellbeing benefits of nature connectedness for the people they support
- Support older people to engage with nature in a way that is meaningful for them
- Facilitate engagement for all needs
- Plan multi-sensory nature based activities
- Plan garden based activities that meet people's needs
- Understand positive risk taking in the garden
- Stimulate memories using nature based engagement
- Have better skills, knowledge and confidence in how to engage the people they support through nature based activities
- Have an increased understanding of how nature based activities can support a better experience of care for both residents and staff
- Feel more skilled at offering a range of nature interactions for the people they support.

Touchscreen Technology and Older People

This one-day course will develop skills, knowledge and confidence in using touchscreen technology as a means of enriching the lives of older people.

No prior knowledge of tablets is necessary, and iPads will be provided on the day.

Learning Outcomes

At the end of this course, attendees will be able to:

- Use touchscreen technology for facilitating a range of group and one-to-one activities which impact positively on older people's wellbeing
- Use touchscreen technology in a sensitive, person-centred way to build closer relationships within the care setting
- Lead imaginative reminiscence and life story work activities that are tailored to the older people they support
- Use touchscreen technology in supporting people to follow their interests, be creative, have fun and stay connected to the outside world
- Introduce touchscreens to people who are new to the technology
- Use apps to access information, images, archive film, sound and music that will support people to connect to memories, people, places or experiences that are special to them
- Use associated touchscreen technology equipment (projector, projector screen, TV linking, to add variety and richness to activities).



Volunteering in Care Homes

This full-day course is designed for volunteers who are new to a care home setting but is applicable to anyone who is entering a care home for the first time.

The course will help prepare volunteers for the environment of a care home and give them an understanding of frailty, sensory impairments and dementia and how to communicate with people living with them. In addition to this it will help volunteers understand what is or isn't their role, how care homes are structured and basic safeguarding.

Learning Outcomes

At the end of this course, attendees will be able to:

- Use a Person-Centred Approach
- Know what to expect in care settings
- Understand boundaries of the role
- Support communication with older people
- Understand how dementia may affect memory, understanding and perception
- Learn the principles of effective communication with people who are living with sensory impairments
- Supporting vulnerable older people who are living with complex needs and conditions.
- Understand and practice safeguarding.

Team Building – The Whole Home Approach to Activities and Engagement

This training is designed for care teams to explore ways that they can work together to improve the well-being of the people they support, by enriching their daily living experience.

Learning Outcomes

After this training attendees will be able to:

- Find ways you can all engage with the people you support meaningfully throughout the working day, whatever your job role
- Understand the importance of meaningful engagement every day
- Understand well-being
- Find ways to solve everyday challenges to connection
- Find ways to make every day engaging
- Get to know your residents as a team effort
- Engage in spontaneous activities
- Develop better communication – sharing the knowledge
- Find ways to build the care home family – residents, staff, family members and volunteers
- Gain a better understanding of the needs of the people they support
- Feel more skilled in working together as a team to give each resident a daily living experience full of opportunity, choice and enjoyment
- Feel a greater sense of team spirit
- Understand ways to implement the whole home approach to activities into their care setting.

Half-Day Courses



Engaging People Living With Dementia

This half-day course provides attendees with techniques that will help them be more effective in their interactions with people living with dementia.

Attendees will learn a variety of methods of creating and sustaining engagement that will benefit the wellbeing of people at all stages of the dementia journey.

Learning Outcomes

At the end of this course, attendees will be able to:

- Understand how dementia may affect memory, understanding and perception
- Identify where an individual may be on their journey with dementia, enabling them to tailor their approach appropriately
- Understand the importance of non-verbal communication and how this can help enhance meaningful interaction
- Identify and overcome some of the obstacles to communication and engagement
- Learn the principles of effective connection and how to put these into practice
- Explore ways of creating and sustaining engagement in both group settings and one-to-one
- Understand the importance of validation and put it into practice
- Address the underlying needs, often expressed as 'distressed behaviour'.

Managing Volunteers in a Care Home

This half-day course will leave care staff with the confidence and knowledge to recruit and manage volunteers. The course focuses on a step by step process of recruiting volunteers for your care home from identifying a role for them right through to volunteer retention and training.

The course will cover all of the legalities staff will need to know in order to safeguard the volunteer and you residents and will provide them with handouts for them to keep and refer to.

Learning Outcomes

At the end of this course, attendees will be able to:

- Recruit, retain and support volunteers for your care setting
- Know where and how to advertise for volunteers
- Create volunteer roles and role descriptions
- Interview potential volunteers
- Understand and practice safeguarding your volunteers
- Manage volunteer expenses
- Train and retain volunteers
- Use creative ways to celebrate volunteer success and achievement.

The Power of Music and Dementia

This training will explore the use of music in connecting with people who are living with dementia. We will look at the many different ways that music can be used in meaningful activities, from exploring life stories, to reminiscence, to creating music and moving to music.

Learning Outcomes

At the end of this course, attendees will be able to:

- Understand why music matters and the feelings behind music
- Use personalised music to make activities meaningful
- Explore life stories using music
- Use music as an environment
- Feel confident in singing together
- Explore ways to create music together
- Understand how music works for people living with dementia
- Understand how to stimulate memories using music
- Find ways to get to know the people they support on a deeper level using music
- Feel confident in using music in a way that is meaningful and enjoyable for the people they support.

Enriched Environments – Making your Care Home Engaging

This training will help care home teams to develop their skills and good practice in designing care homes that are enriched and stimulating, reflecting the unique life stories and interests of the people you support.

Learning Outcomes

- After attending this course, attendees will be able to
- Design enabling environments – which reflect the unique life stories and interests of the people they support
- Understand how to create areas to relax or stimulate and get the balance right
- Use the home for activities for daily living
- Understand environmental considerations for people living with dementia
- Feel equipped with ideas and resources
- Understand the impact an enriched environment has for people living in care homes
- Design a care home that is positive and meaningful for the people who live there
- Give the people they support more opportunities to access different areas of the home that have meaning and use to them
- Feel inspired and motivated to make positive changes.

Equality and Diversity in Activities for Older People

This training will show ways to promote equality and respect diversity through the activity provision for older people in your care setting, ensuring that all engagement is both meaningful and inclusive.

Learning Outcomes

After this training, attendees will be able to:

- Understand diversity and inclusion
- Identify discrimination
- Ensure activities are inclusive for all
- Find resources for activities that promote inclusivity
- Work collaboratively in diverse groups
- Have a deeper understanding of how to facilitate activities that are inclusive
- Meet the needs of people from diverse backgrounds to promote wellbeing
- Feel confident in planning meaningful activities that reflect the diversity of the people they support.

Multi-Sensory Engagement

This half-day course will inspire attendees to explore ways in which they can connect with and enrich the lives of the people they support through using multi-sensory engagement.

This training is designed for attendees who are supporting people who are living with complex needs, including advanced dementia, and people receiving end of life care.

Learning Outcomes

At the end of this course, attendees will be able to:

- Explore different techniques in using multi-sensory stimuli in engaging with people who are harder to reach.
- Understand ways of using multi-sensory engagement to support people who are anxious or distressed.
- Plan and design enriched multi-sensory environments for their care setting. Understand how to make multi-sensory engagement meaningful for each person they support.
- Use techniques to offer gentle sensory support for people who are at end of life.
- Use a variety of resources in sensory stimuli, from tangible objects, music, poetry, to touch-screen technology.

Co-Producing Activities

This half-day course which was nominated for 'Best Dementia Training' at the Dementia Care Awards 2018 provides care staff, particularly activities staff, with the skills and confidence needed to implement a co-produced activity schedule across the home.

The staff will learn how to use techniques that help them understand what all residents would like to do to do, including those who are nonverbal, living with sensory impairments or are living with advanced dementia. During the morning they will also begin to think about the processes they need to put in place across the whole home to make these wishes a reality.

Learning Outcomes

At the end of this course, attendees will be able to:

- Understand the basic principals of coproduction and why it is important for residents' wellbeing
- Use a range of Alive's developed and tested techniques to gather wants and wishes for activities from all their residents; including for both group and one to one work
- Learn active listening and clean questioning techniques
- Work with staff from across the care home to implement an ongoing culture of coproduction.

Understanding Distressed Behaviour

This half-day course will help attendees to learn valuable skills in supporting people whose behaviour is distressed.

Attendees will develop a deeper understanding of distressed behaviour and the feelings behind it.

Learning Outcomes

At the end of this course, attendees will be able to:

- Use techniques in supporting people who are distressed in a way that validates their feelings
- Understand that communication is key in supporting people with distressed behaviours and learn the best ways to do this
- Realise the impact of a person's environment on their behaviour and seek ways to alter it accordingly
- Learn techniques in multi-sensory stimuli for relaxation.

Connecting with your Community

This half-day training is designed for care settings that would like to develop their community connections in a way that is responsive to the needs of the people they support.

Learning Outcomes

At the end of this course, attendees will be able to:

- Explore what your staff and residents can offer to the community
- Explore what your Care home has to offer
- Find out who you can build community ties with?
- Promote your Care home in the community.
- Establishing strong community links.

Contact Us

We would love to welcome you and your staff on one of our training courses today. Please call us in the office if you would like to book or talk in more detail.

0117 377 4756

info@aliveactivities.org

For more information about our projects, or our impact and influence, please go to our website_

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