



Our Training

Expert-led activities and dementia training to empower and equip care staff



Alive run a range of activity training to inspire, inform and empower staff to deliver truly person-centred engagement in whatever role they are in. Our staff are experts in their field and train with empathy, understanding and knowledge.

Our set training courses are listed below – but we can also adapt training to suit your care setting.

The Empathy Suit Experience

Develop a deeper understanding of dementia in this highly emotive training. Made of 13 components which inhibit mobility, motor skills, vision and hearing, attendees are given a unique sense of how it may feel to be an older person.

Life Story Work

Essential techniques are shared for gathering life stories and adapting activity to incorporate memories, histories and stories.

Engaging with Dementia

Help sustain the wellbeing of people at all stages of their dementia journeys.

Getting Started in Activities

Introductory and refresher training to develop good and person-centred practice.

The Whole Home Approach

For care teams to explore working together to enrich daily living experiences.

Nature-based Activities

Plan and deliver support that engages with the health and wellbeing benefits of nature.

Multi Sensory

Training for supporting complex needs, advanced dementia, and end of life care.



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This training has really shown me how to change my approach with the people I support.

It should be mandatory for all care home staff!

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**BOOK YOUR TRAINING TODAY &
GET IN TOUCH TO FIND OUT MORE**

☎ 0117 377 4756

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SCAN ME

