



# 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 that work to inhibit motor skills, mobility, vision and hearing, gain a unique sense of how it may feel to live with frailty and dementia.

### **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.



“  
**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**

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**SCAN ME**

