



ENCIRCLING FAMILY

Empowered Conversations : Professionals

INTRODUCTION

Communication shapes our sense of who we are and how we connect with people around us. Dementia can get in the way of our usual way of connecting with others.

Empowered Conversations is an approach to dementia care that has been developed by a dedicated team of practitioners, people with lived experience and researchers over the last 10 years.

Empowered Conversations aim to offer participants space to:

Pause :



- to consider what it feels like to talk to someone with dementia, and
- how it might feel for the person with dementia talking to us.

Reflect :



- on the feelings that our relationships generate and how these impact on communication, and
- on the barriers to conversation that may prevent us from having the conversations we want.

Reconnect :



- using new approaches that help us to break down barriers and stay connected.

Empowered Conversations increases understanding, empathy and curiosity in ourselves and towards others. The course empowers learners to develop better connections with people living with dementia.

'The patients are more relaxed and are communicating better'. Royal Oldham Hospital

'Very informative, great resources, practical techniques, promoted self-reflection, shared learning, refreshing interactions and new knowledge'. Bolton Cares

Empowered Conversations provides ways to connect and reduce stress around communication. The flexible online course uses discussions, group work, animations, real life examples and story sharing in order to explore, reflect and learn as a group.

"Participants will be encouraged to move towards a curious stance in their approach to situations and to those living with dementia". Emma, Project Manager

COURSE CONTENT

<p>Week 1</p> <p>Introducing Curiosity</p>	<p>Learner Outcomes:</p> <ul style="list-style-type: none">• Have the opportunity to experience being part of a group with a shared interest.• Explore why we communicate and consider how dementia can impact on this.• Describe the experience of communication from the point of view of a person living with dementia (demonstrate empathy and curiosity)• Be able to describe own emotions around communication.• Consider what good communication looks like and how dementia may change this.
<p>Week 2</p> <p>What gets in the way of our conversations?</p>	<p>Learner Outcomes</p> <ul style="list-style-type: none">• Explore barriers to communication and consider how these can be lessened• Create and use invitations to respond• Be aware that communication is a skill that can be difficult• Increase understanding of memory
<p>Week 3</p> <p>Stop, Look and Listen</p>	<p>Learner Outcomes:</p> <ul style="list-style-type: none">• Practice active listening and understand the importance of being in the moment• Explore non-verbal communication• Be aware of the difficulties of communication for a person living with dementia• Identify communication changes that you can practice• Have a more curious approach to connection and communication



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