

Pecyn Hyfforddiant Gofal Dementia



- **Diwrnod 1:-** Trosolwg ar ddementia
- **Diwrnod 2:-** Cyfathrebu a deall ymddygiad
- **Diwrnod 3:-** Agweddau ar iechyd meddyliol a chorfforol
- **Diwrnod 4:-** Materion cyfreithiol a moesegol a gofal diwedd oes
- **Diwrnod 5:-** Amgylcheddau cadarnhaol, rhyngweithio ystyrlon a “Beth nesaf?”

Awgrymir cwblhau'r pecyn cyfan, wedi ei gyflwyno dros wythnosau dilynol. Os na fydd hyn yn bosibl am ryw reswm, RHAID cwblhau Diwrnod 1 cyn mynychu unrhyw ddiwrnodiau eraill.

Deilliannau Dysgu:-

Erbyn diwedd y cwrs, bydd y rhai fydd wedi mynychu yn gallu: -

- Rhoi eglurhad sylfaenol o'r hyn yw dementia a sut y ceir diagnosis ohono
- Disgrifio Gofal Unigolyn-ganolog a chwblhau ffurflen "Dod i'ch Adnabod Chi" briodol
- Arddangos dulliau cadarnhaol wrth gyfathrebu ag unigolyn sydd â dementia
- Edrych i mewn i'r ystyr y tu ôl i ymddygiad
- Cwblhau offeryn asesu poen priodol
- Rhestru'r hyn y mae angen i chi eu hystyried wrth gynorthwyo unigolyn â dementia i fwyta ac yfed
- Amlinellu cyflyrau iechyd meddwl cyffredin y gall unigolyn â dementia eu profi
- Cydnabod pwysigrwydd cefnogi partneriaid gofal anffurfiol
- Rhoi esboniad sylfaenol o'r ddeddfwriaeth sy'n effeithio ar ofal dementia
- Rhestru rhai camau y gellid eu cymryd i wneud gofal diwedd oes yn well
- Rhoi enghreifftiau o egwyddorion cynllunio a all gael effaith gadarnhaol ar bobl sydd â dementia
- Hyrwyddo rhyngweithio ystyrlon

Dementia Care Training Package



- **Day 1** :- An overview of dementia
- **Day 2**:- Communication and understanding behaviour
- **Day 3**:- Aspects of mental and physical health
- **Day 4**:- Legal and ethical issues and end of life care
- **Day 5**:- Positive environments, meaningful interactions and “What next?”

It is recommended that the whole package be completed as delivered on consecutive weeks. If for reason this is not possible Day 1 MUST be completed before attending any other days.

Learning out comes:-

By the end of the course, attendees will be able to: -

- Give a basic explanation of what dementia is and how it is diagnosed
- Describe Person Centred Care and complete an appropriate “Getting to Know You” form
- Demonstrate positive approaches in communicating with a person who has dementia
- Investigate the meaning behind behaviour
- Complete an appropriate pain assessment tool
- List what you need to consider when assisting a person with dementia to eat and drink
- Outline common mental health conditions which a person with dementia may experience
- Recognise the importance of supporting informal care partners
- Give a basic explanation of legislation impacting on dementia care
- List some of the steps that could be taken to enable better end of life care
- Give examples of design principles which can have a positive impact on people who have dementia
- Facilitate meaningful interactions