

Dementia Care – Respect and Respite (IO3)

Introduction to CST for people with dementia

User Guide

Learning Objectives

1. To reflect on some different types and perspectives of dementia
2. To consider key psychosocial approaches for dementia
3. To learn about how CST was designed and evaluated, the trial and the results
4. To understand and be able to deliver Person- centred care
5. To define and create the dementia friendly home
6. Be able to clarify what is involved in living well with dementia

Consider

- What do you hope to learn from this course?
- Check at the end of this training how much you have learnt using self-assessment
- Gain a certificate on completion
- Start to think about your own organisation and how this could be applied
- Are you able to plan and start a CST group?

The CST Introduction Training (1)

This training is designed to be done online from your computer (e-learning). Allowing time for reading and reflection, it should take you about 6 hours, but don't try to do it in one session, you will learn more if you do 3 or 4 sessions.

There are a total of eight lessons and some additional reading if you want to learn more about a particular topic. :

- 2.1 Dementia Types (some basic information)
- 2.2 Person-Centred Care
- 3.0 Quick Guide CST
- 4.1 CST Key Principles
- 4.2 CST Sessions and Groups
- 5.1 Maintenance CST (MCST)
- 6.3 Effective Communication

(The additional reading will increase time to approximately 16 hours)


The CST Introduction Training (2)

Additional and specialist reading:

- 3.1 D-Care Detailed Introduction to CST
- 3.2 CST Design and Evaluation – Evidence Base
- 3.3 CST Benefits
- 5.1 mCST – Introduction to Maintenance CST
- 5.2 iCST – Individual CST
- 5.3 vCST – Virtual CST
- 6.2 Communication Check List

Logging into the CST Training



project ▾ dementia ▾ courses tools ▾ contact  ▾




Sign in

Sign up

DCARE respect & respite




Dementia is an overall term for diseases and conditions characterized by a decline in memory, language, problem-solving and other thinking skills that affect a person's ability to perform everyday activities. Memory loss is an example. Alzheimer is the most common cause of dementia.

 Listen to this

Step 1 Go to <https://dcare.training> and then click on 'signin'

Logging into your training



Sign in [Create an Account](#)

☐ Remember Me [Forgot Password?](#)

[Log In](#)

You have been given a sign in and a password

Enter the id and the password (check capital letters)

Click on 'Log In'

Ready to start – click on ‘Courses’

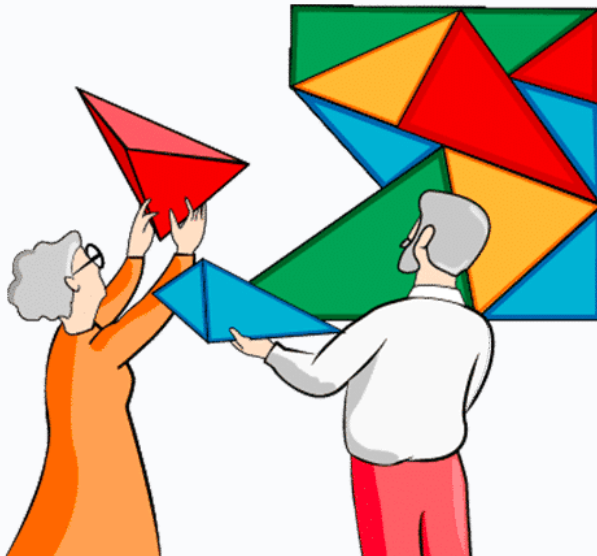


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DCARE respect & respite




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<https://dcare.training/courses/>


Choosing the Training



4 Modules

Professional & Specialists (includes volunteers)


open for ALL



7 Modules

CST – An Introduction


Partners only!



4 Modules

Informal Carers (including family, friends)

open for ALL








6 Modules


Trainers' Course

trainers only

You should choose the 'Trainers' Course'

The Trainer's Course


project ▾ dementia ▾ material courses tools ▾ contact Marny ▾  




Trainers' Course

All the needed information that a trainer of this project need to know. Enroll and learn how to properly teach and guide DCare trainees! Don't hesitate...

[View Course details](#)







 +36 enrolled

In Progress

[Continue](#)

COURSE INCLUDES

-  6 Modules
-  15 Topics
-  6 Quizzes
-  Course Certificate

95% Complete

Last activity on October 11, 2021

What is this course about?

Just watch the video below

Start with Module 2.1

☰

Topic 2.1: Dementia Types

✓

☰

Topic 2.2: Introduction to Person Centred...

✓

?

Module 2 Quiz

○

▶

Module 3: Understandin... 3Topics | 1 Quiz

✓

▶

Module 4: CST Principles... 2Topics | 1 Quiz

✓

▶

Module 5: Other versions... 4Topics | 1 Quiz

✓

▶

Module 6: The Dementia... 2Topics | 1 Quiz

✓

Participants 39

👤

adavies

👤

Panagiotis G.

👤

Alice

👤

Amanda

👤

Bitten

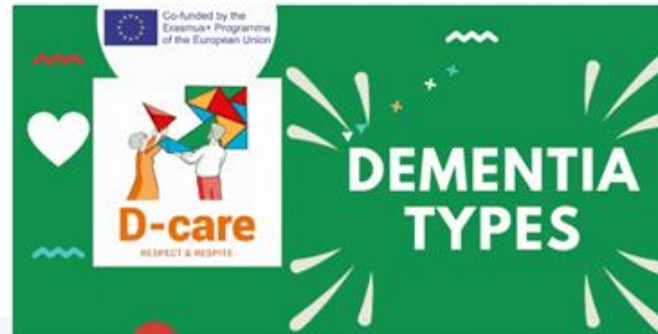
Show more ▾

Topic 2.1: Dementia Types

MODULE PROGRESS

100% Complete

Click on the image below and read the needed notes so as to proceed on the next topic!




Tracking Progress

COURSE CONTENT

▼ Expand All

- ▶ Module 1: Introduction to the Course 2 Topics | 1 Quiz
- ▶ Module 2: Dementia Types and appropriate therapies 2 Topics | 1 Quiz
- ▶ Module 3: Understanding CST 3 Topics | 1 Quiz
- ▶ Module 4: CST Principles and Sessions 2 Topics | 1 Quiz
- ▶ Module 5: Other versions of CST 4 Topics | 1 Quiz
- ▶ Module 6: The Dementia-Friendly Home and effective Communication 2 Topics | 1 Quiz



+36 enrolled

In Progress

[Continue](#)

COURSE INCLUDES

- 6 Modules
- 15 Topics
- 6 Quizzes
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As you read and scroll down the screen, a document appears and you are asked to 'click'

Work through the document, arrows (left and right) allow you to go back and forth.

The end of the module/lesson

ind-evaluation/



He enjoyed being with other people he could relate to'



'There is no argument that my wife is brighter'

'She's started remembering things since coming to the group'

“ ” **Quotes from family carers**

At the end of this lesson, click on the X in the top right of the screen. The press 'Mark Complete' – see next slide

Moving on

After reflection on the previous lesson, time to move on to the next lesson.

Carry on through the six lessons, every time clicking on 'Mark Complete' when you have finished that lesson so that the system knows

Training

click on the image below



Mark Complete

Finishing the lessons

The system knows that you have finished all lessons and will present you next with a quiz, so that you can assess what you have learnt.

It will not take long – perhaps 5 minutes, Just follow the instructions and click on what you think are the correct answer(s) – an example follows

How much did you learn?

Last activity on October 16, 2020

- EST-Design-and-Evaluation ✓
- EST-Benefits ✓
- EST-Programme ✓
- Respect-and-Respite-MCST ✓
- Person-centred-Care ✓
- Creating-a-Dementia-Friendly-Home ✓

Quizzes

- Internal Quiz ○

Participants 4

Panaqiotis G.

In order to finalize the training please press the button below and answer 6 questions. It will take you only 5 minutes!

1

2

3

4

5

6

7

○ Current ○ Review ● Answered ○ Incorrect

Review question Quiz Summary

When was the first non-drug intervention for dementia?


☐ 1957

☒ 1960

☐ 1992


☐ 2006

You've earned a certificate – download



Internal Training

[View Course details](#)

 You've earned a certificate!

[Download Certificate](#)


100% Complete

Last activity on October 18, 2020

[Complete](#)




Introduction to Cognitive Stimulation Therapy.

Amendments September 2020 as applied to Covid-19 restrictions of Joint Staff Training, agreed with Italian NA

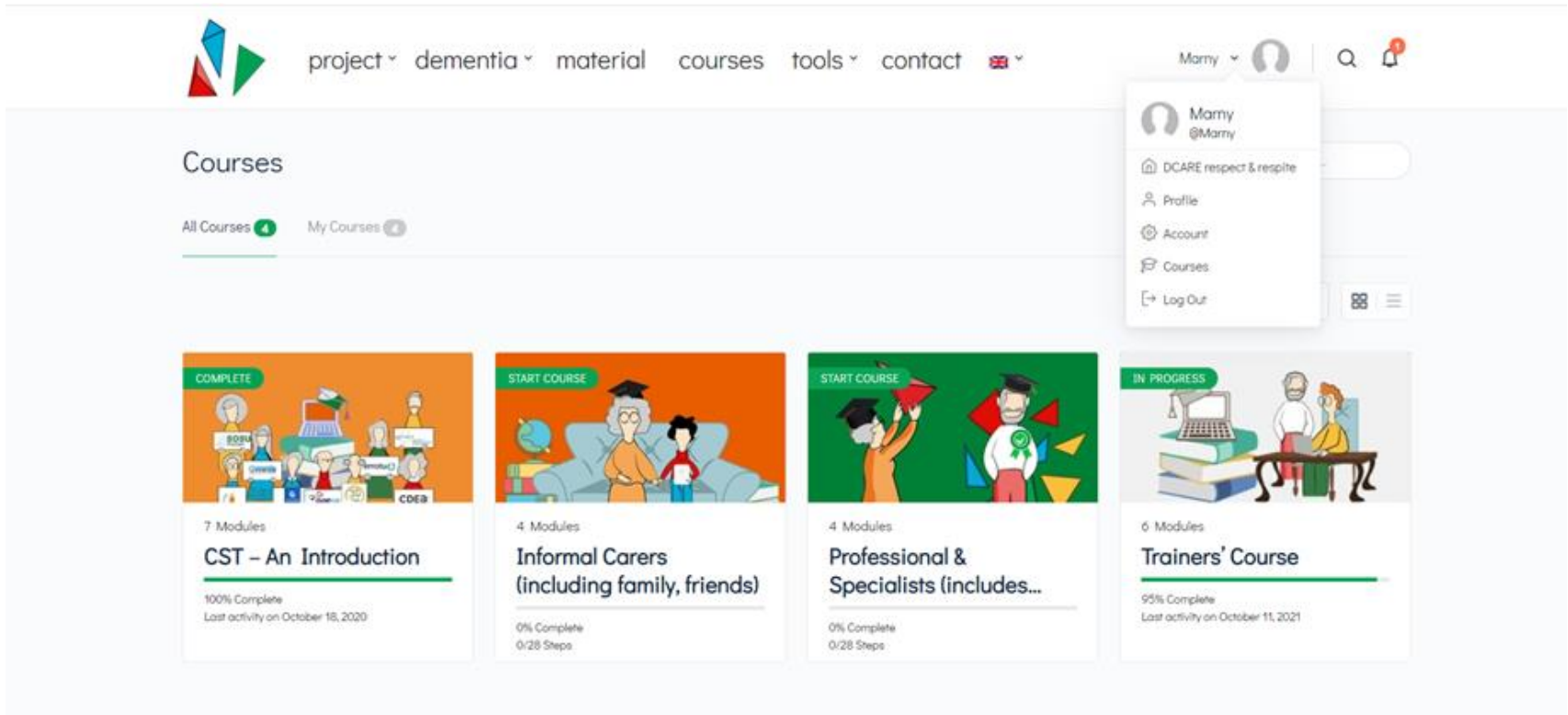
 +1 enrolled

[Complete](#)

COURSE INCLUDES

-  6 Lessons
-  1 Quiz
-  Course Certificate

Remember to sign out



The screenshot displays the 'project dementia' website interface. The top navigation bar includes links for 'project', 'dementia', 'material', 'courses', 'tools', and 'contact'. A user profile for 'Marny' is visible in the top right corner, with a dropdown menu showing options: 'DCARE respect & respite', 'Profile', 'Account', 'Courses', and 'Log Out'. The main section is titled 'Courses' and shows a list of four courses with their completion status and progress bars.

Course Title	Status	Modules	Completion	Last Activity
CST – An Introduction	COMPLETE	7 Modules	100% Complete	October 18, 2020
Informal Carers (including family, friends)	START COURSE	4 Modules	0% Complete 0/28 Steps	
Professional & Specialists (includes...)	START COURSE	4 Modules	0% Complete 0/28 Steps	
Trainers' Course	IN PROGRESS	6 Modules	95% Complete	October 11, 2021