D-care
RESPECT & RESPITE

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Dementia Care – Respect and Respite (IO3)

Introduction to CST for people with dementia

User Guide

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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

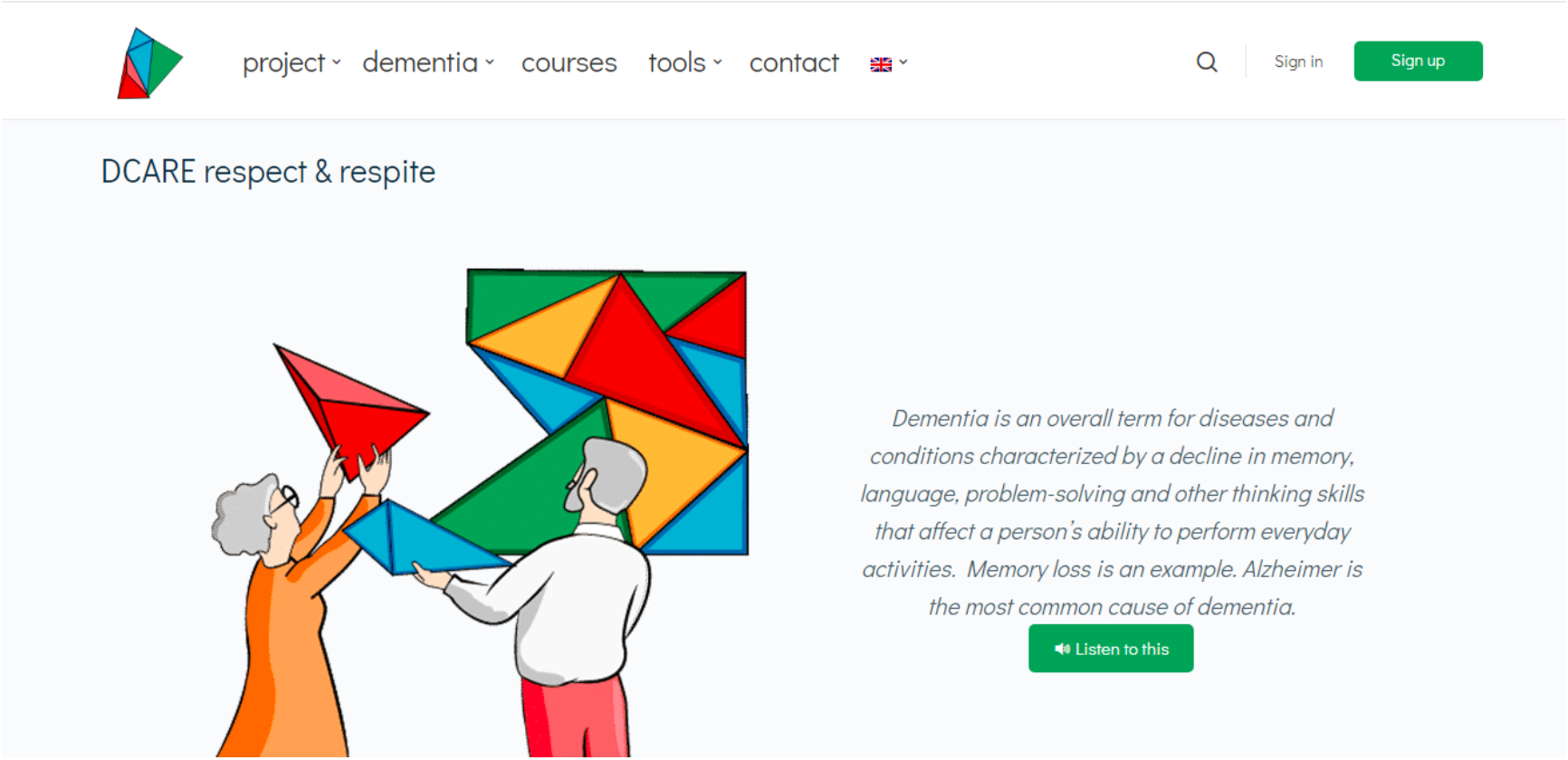
(The additional reading will increase time to approximately 16 hours)

The CST Introduction Training (2)

Additional and specialist reading:

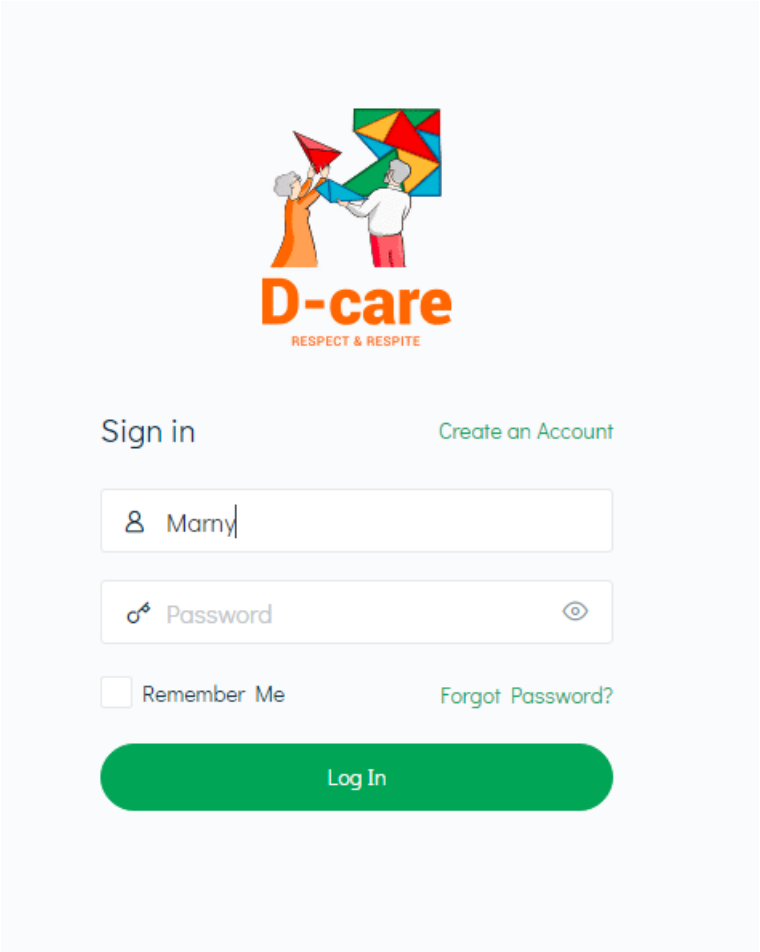
- 3.1 D-Care Detailed Introduction to CST
- 3.2 CST Design and Evaluation – Evidence Base
- 3.3 CST Benefits
- 5.1 mCST – Introduction to Maintenance CST
- 5.2 iCST – Individual CST
- 5.3 vCST – Virtual CST
- 6.2 Communication Check List

Logging into the CST Training



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

Logging into your training

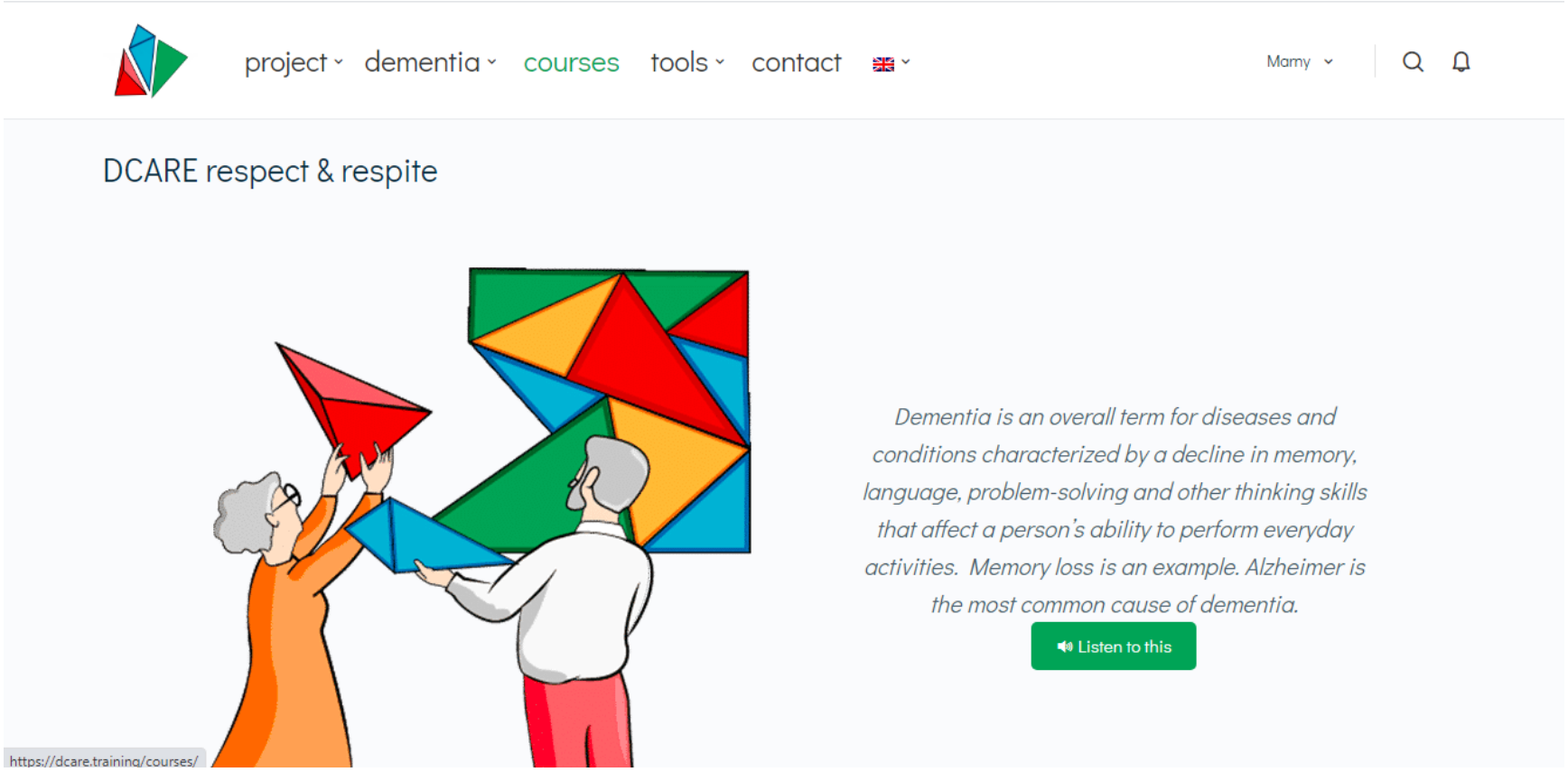


You have been given a sign in and a password

Enter the id and the password (check capital letters)

Click on ‘Log In’

Ready to start – click on ‘Courses’



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

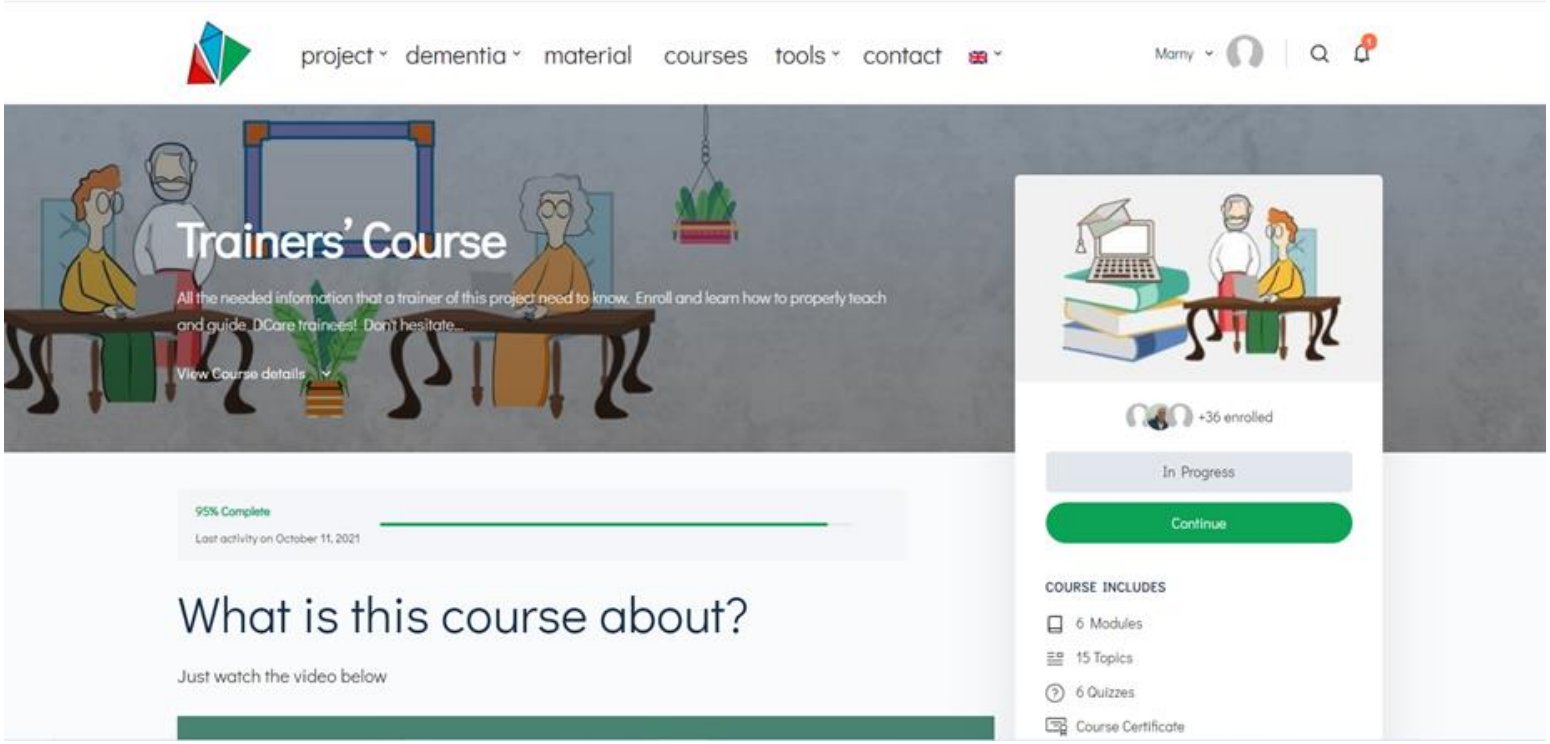
6 Modules

Trainers' Course

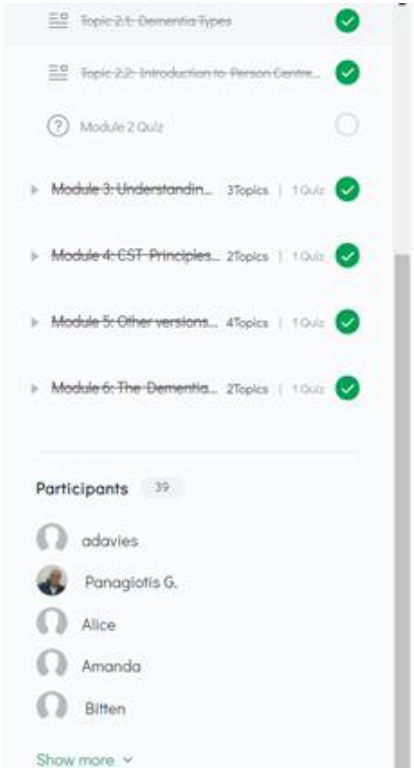
trainers only

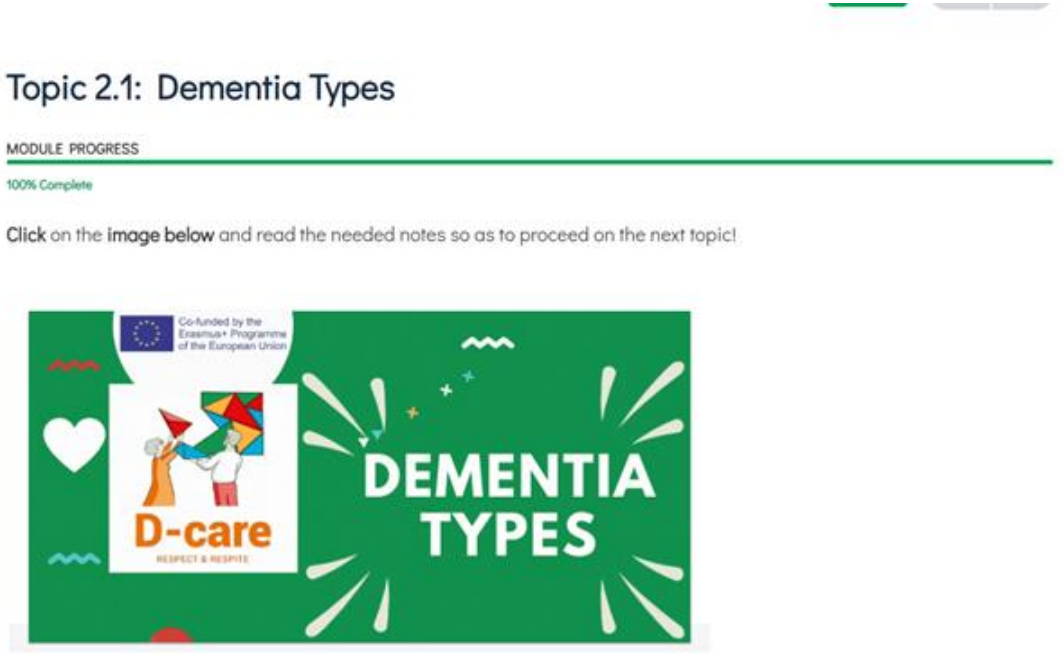
You should choose the 'Trainers' Course'

The Trainer's Course

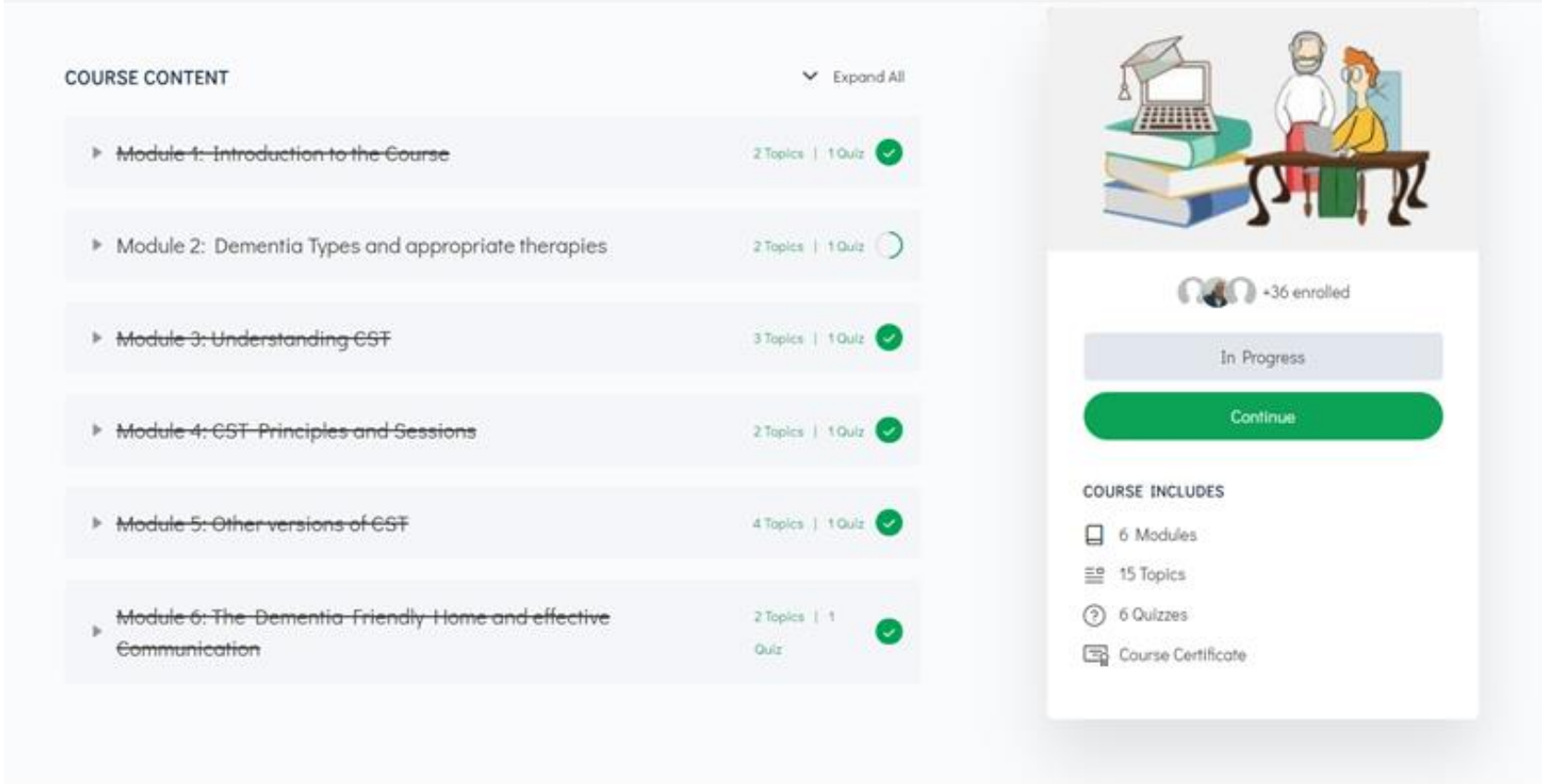


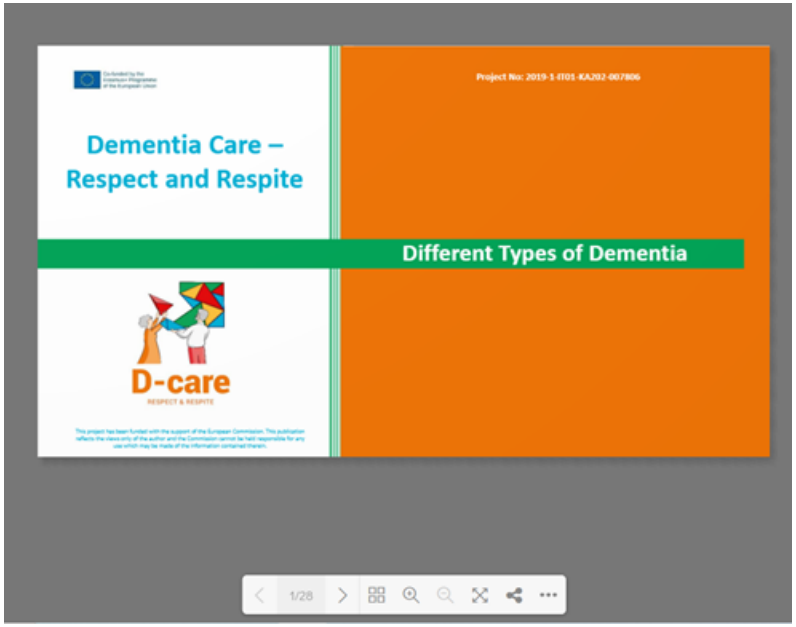
Start with Module 2.1





Tracking Progress

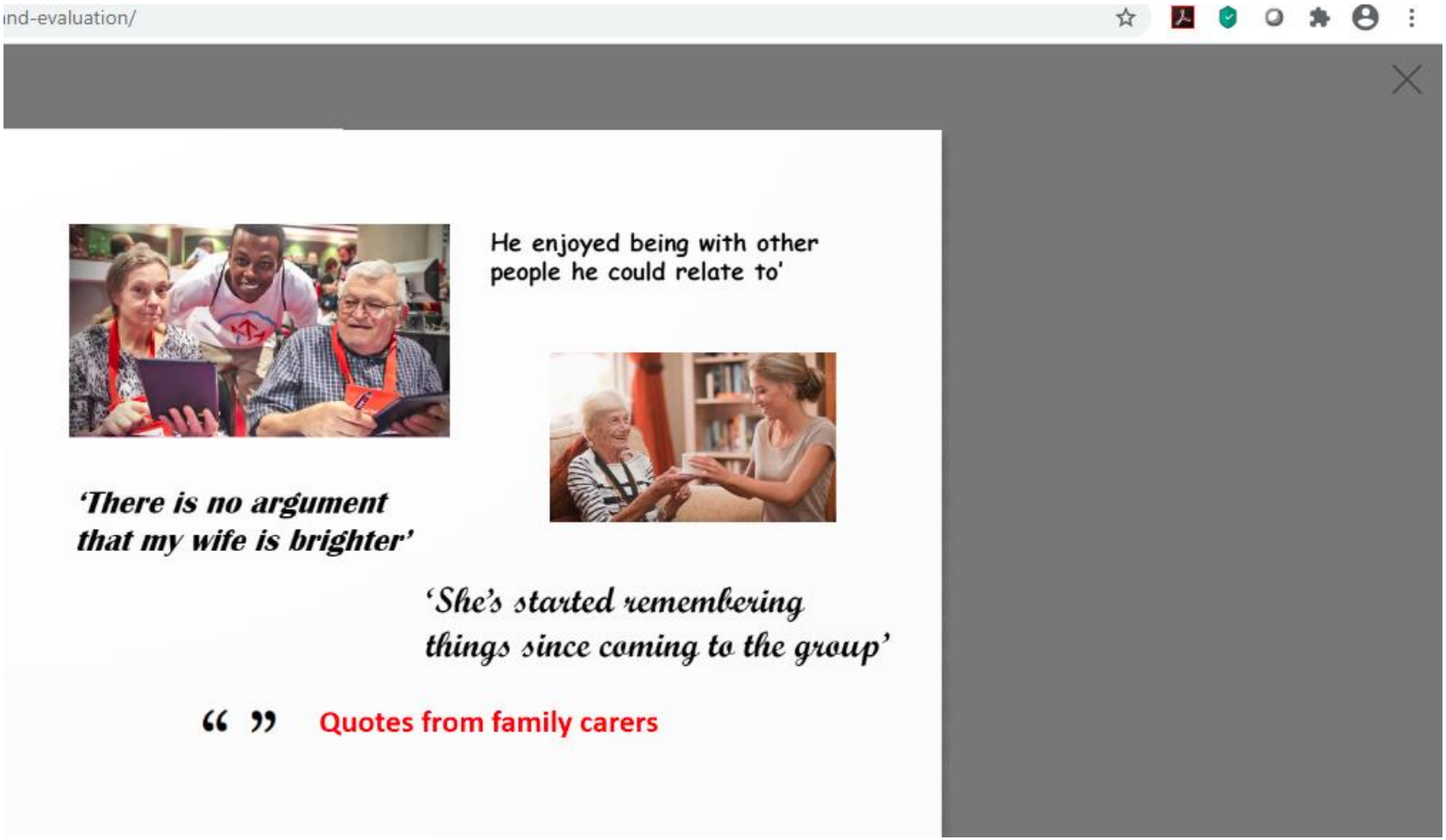




As you read and scroll down the screen, a document appears and you are asked to ‘click’

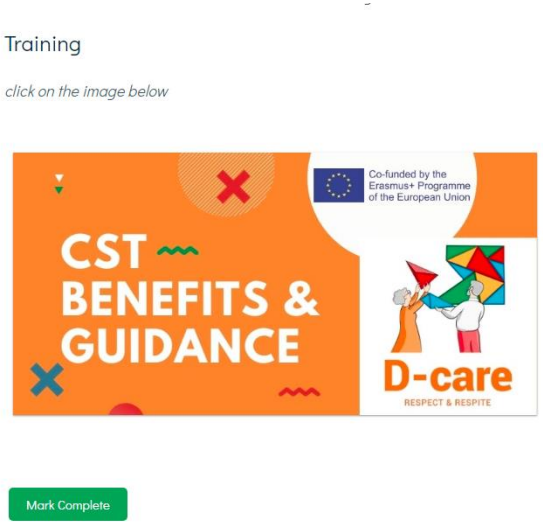
Work through the document, arrows (left and right) allow you to go back and forth.

The end of the module/lesson



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.

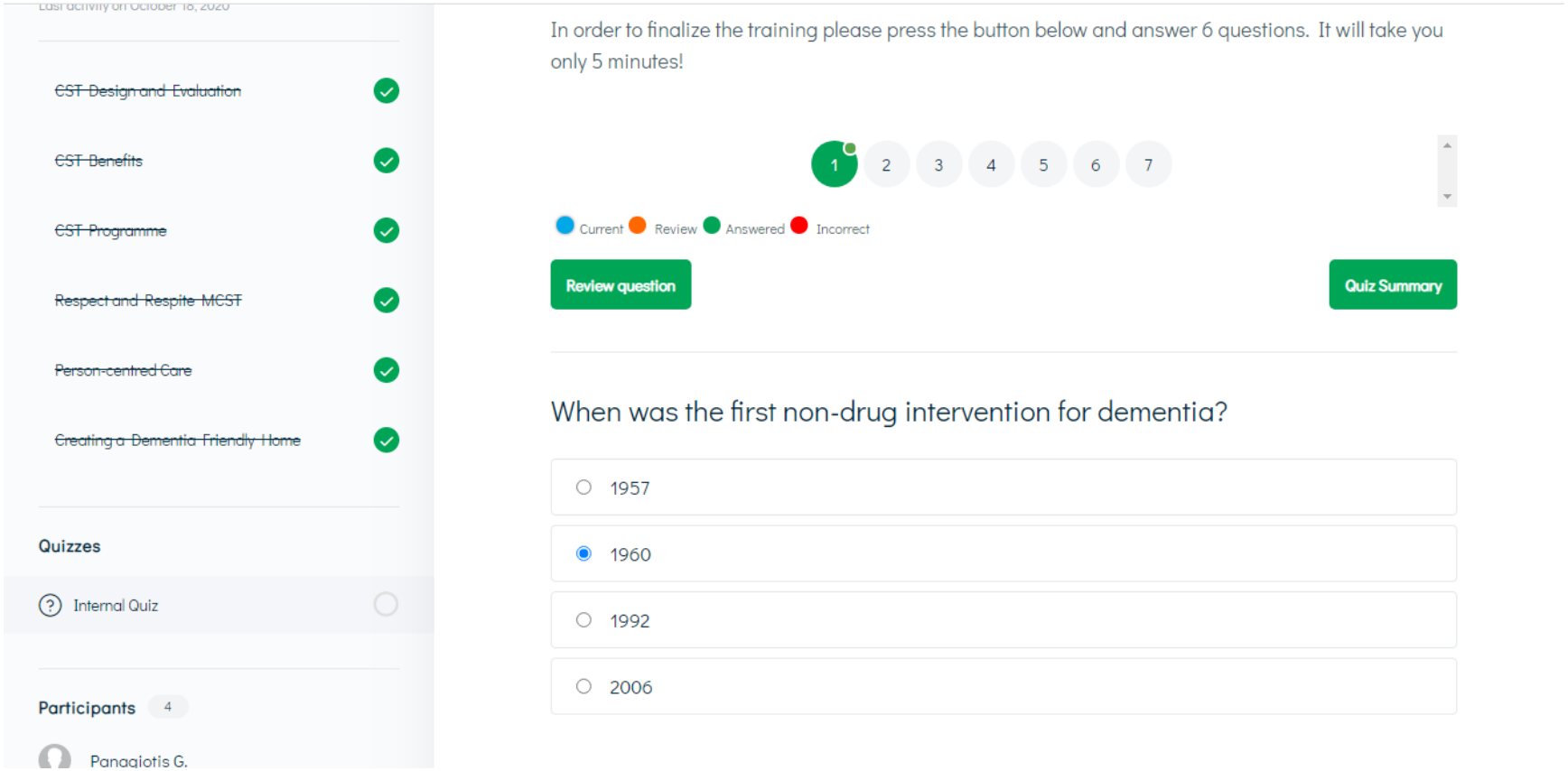
Carry on through the six lessons, every time clicking on ‘Mark Complete’ when you have finished that lesson so that the system knows

Finishing the lessons

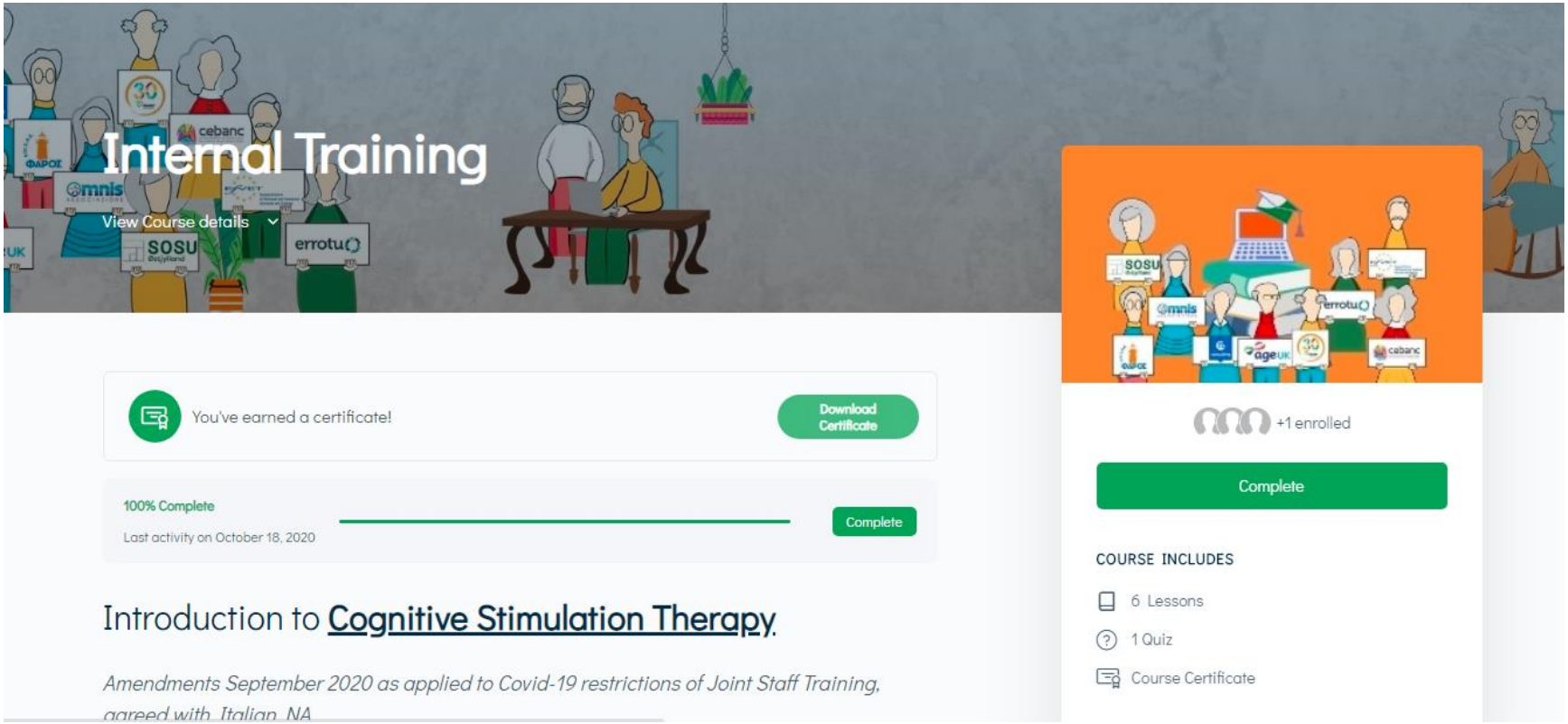
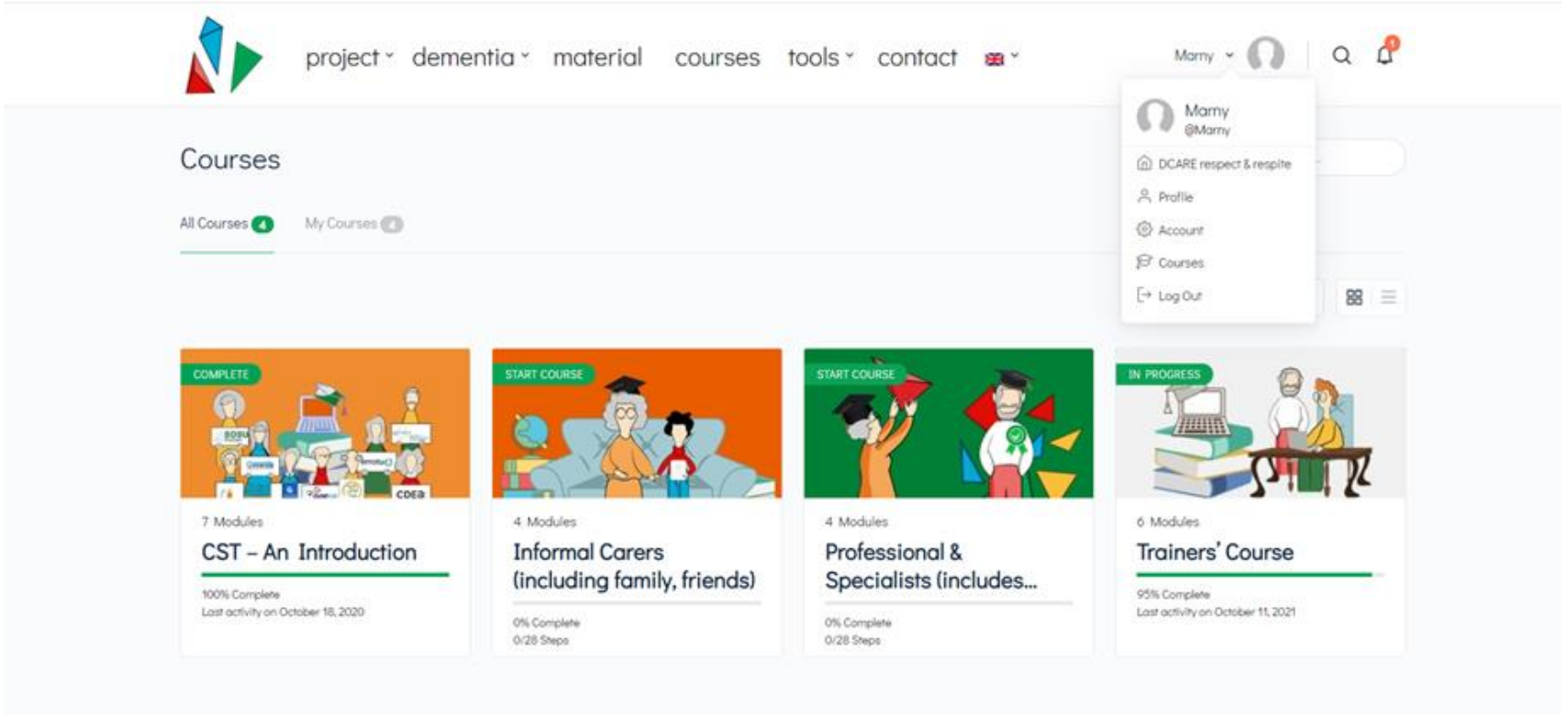
The system knows that you have finished all lessons and will present you next with a quiz, so that you can assess what you have learnt.

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?



You've earned a certificate – download



Remember to sign out