

Dementia & Creativity: Training for Carers

Spare Tyre is an arts organisation that specialises in working with people with dementia and their carers. This 2-hour training session will help you think creatively about how you care for and communicate people with dementia, focusing on imaginative techniques for non-verbal communication in everyday activities.

The session is suitable for **family carers** and **volunteers** as well as **professional carers**.

The training gives carers the chance to step back from what can be incredibly challenging and relentless work, and take time to reflect in a calming, safe space. Sessions are held separately from the people you care for.

Spare Tyre has been working creatively with older people for 20+ years, and with people with dementia for 10+ years. We have been touring performances for people with dementia (**Once Upon a Time, The Garden**) across the UK since 2011. Our Carer Training sessions are informed by these performances, inspiring carers to be more person-centred and creative in their delivery of care.

Aims

- To deliver training sessions for up to 14 participants in using creative skills as a tool for improved, person-centred engagement with people with dementia
- To create new and improved lines of communication between people with dementia and their carers, focusing on non-verbal communication
- To identify ways that carers can build meaningful creative activity into everyday activities
- To have fun and help carers connect with others by sharing their experiences and learning



Expected Outcomes

- Participants gain confidence and knowledge in creative methods of engagement people they care for
- Better communication between carers and the people they care for, resulting in improved personal relationships and wellbeing
- Carers gain confidence in using creative and sensory activities
- Carers learn new skills from sharing stories and gain confidence to try new things



Example structure

Our facilitators are responsive to the people in the room, tailoring the training depending on who is in the session.

- Introductions
- Plan what participants want to gain from the day, and discuss the challenges they face
- Word association games, revealing feelings about dementia, older people, caring etc
- Silent physical games, exploring importance of non-verbal communication
- Explore sensory elements in pairs – hand cream, smells, hand massages – including discussion of consent
- Explore methods of verbal communication – difficulties of open-ended questions, using inclusive language
- Share ideas of activities
- Rounding up – big paper exercise evaluating learning and consolidating plans for using new skills

Further Information

Maximum number of participants: 14

Duration: 2 hours (we'll need 30 minutes to set up beforehand and clear up at the end)

Please contact us for details of cost.

What we ask from you

- To ensure a room is booked appropriate to the training
- To arrange for your participants to attend, separately from the people they care for
- To explain to participants the purpose of the training and how they can benefit before the training day
- Provide us with feedback for evaluation purposes, following the training sessions

About Spare Tyre

Spare Tyre is one of the UK's leading participatory arts charities, with 40 years' experience of producing bold and powerful theatre with voiceless communities. We use innovative performing and digital arts to challenge prejudice and transform lives, enabling unheard stories to be shared. We currently work with people aged 60+, adults with learning disabilities, economically disadvantaged communities, women who've experienced violence, and people with dementia and carers.

For further information and to book please contact:

Gemma Williams, General Manager

gemma@sparetyre.org

020 8692 4446 ext 273

