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Introduction

We are delighted to introduce you to “Go with the flow - connecting through creativity” and more specifically this newly created workshop “Introduction to applied improvisation within dementia care”.

This workshop is aimed at both health care professionals and non-health care professionals who interact and/or care for individuals living with dementia and cognitive impairment.

This workshop is an intensive two hour practical training program that introduces the importance of using the principles and techniques of improvisation within person-centred dementia care.

Aims

This workshop aims to provide health care professionals and non-health care professionals with the knowledge and skills to be able to use the principles and techniques of improvisation when being with and communicating with the individuals in their care who live with dementia and cognitive impairment.

This workshop aims to:

- Introduce participants to applied improvisation.
- Explore the principles and techniques of improvisation.
- Explore the guidelines of improvisation.
- Look at why improvisation techniques within dementia care are important.
- Use practical training that enables participants to use the guidelines of improvisation within their role as a carer of those living with dementia and cognitive impairment.
- Explore how improvisation supports the Enriched model of dementia, Kitwood's flower and Positive person work.
- Look at examples of when not to use the guidelines of improvisation.

Learning Outcomes

On successful completion of this workshop, participants should be able to demonstrate a solid understanding of using improvisation techniques within dementia care.

Participants should be able to demonstrate:

- An understanding of what applied improvisation is.
- An understanding of the principles and techniques of improvisation.
- An understanding of the guidelines of improvisation.
- An understanding of why improvisation is important within dementia care.
- Be able to confidently start using improvisation techniques within their role as a carer.
- A basic understanding of how improvisation supports the Enriched model of dementia, Kitwood's flower and Positive person work.
- An understanding of when not to use the guidelines of improvisation.

Entry Requirements

This workshop is aimed at both health care professionals and non-health care professionals who either care for or interact with on a regular basis with individuals that live with dementia and cognitive impairment.

Minimum entry requirements:

- No professional qualifications are needed to take part in this workshop.
- To be a carer of and/or interact regularly with an individual who lives with dementia and cognitive impairment.

Structure of Workshop

Workshop participants are required to undertake one theory session followed by one introduction activity. This is followed by two improvisation activities. (See table below).

Introduction to applied improvisation within dementia care:

One Training Session:	
<i>Welcome to the workshop – Theory (IMPROV01)</i>	Mandatory
One Introduction Activity:	
<i>Dementia Superhero (IMPROV02)</i>	Mandatory
Two Improvisation Activities:	
<i>Yes and... Technique (IMPROV03)</i>	Mandatory
<i>What's in the box (IMPROV04)</i>	Mandatory

Sessions and Activities

WELCOME TO THE WORKSHOP – Theory (IMPROV01)

This activity will introduce participants to the following:

- The Inspiration behind the idea of using improvisation within dementia care.
- The guidelines and techniques of improvisation.
- Comparing the guidelines of improvisation with the guidelines of communicating with an individual living with dementia and cognitive impairment.
- Examples of using improvisation within dementia care (Video).
- Evidence based research on using improvisation within dementia care.

DEMENTIA SUPERHERO – Introduction activity (IMPROV02)

The aim of this practical group activity using arts and crafts is to help participants of the workshop relieve any initial awkwardness before starting the first improvisation activity. It will ensure participants start thinking outside the box and creatively. This activity will enable participants to think about what skills are needed to care and communicate with an individual that lives with dementia and cognitive impairment.

“YES AND...” TECHNIQUE - Improvisation activity one (IMPROV03)

This activity introduces participants to the “yes and...” technique by developing the practical skills in how to use it within dementia care.

This activity will develop the following skills/knowledge:

- Yes and... - Keeping the communication going without using “no” or but”.
- Accept the reality - Learning to step into the other persons reality.
- Clear and specific – When communicating with the other individual.
- Listen fully – Listen fully to what the other person is communicating/saying.
- Don’t argue – Agree with what the other person is saying.

“WHAT’S IN THE BOX?” – Improvisation activity two (IMPROV04)

This activity will develop participants skills in dealing with flexibility and the practical skills on how to enter another’s reality when communicating with an individual that lives with dementia and cognitive impairment.

This activity will develop the following skills/knowledge:

- Accept the reality - Learning to step into the other persons reality.
- Clear and specific – When communicating with the other individual.
- Yes and... - Keeping the communication going without using “no” or but”.
- Listen fully – Listen fully to what the other person is communicating/saying.
- Go with the flow – Dealing with unexpected twists and turns in the story.

Timetable

<p>30 Minutes (Approx)</p>	<p style="text-align: center;"><u>Welcome to the workshop – Theory.</u></p> <ul style="list-style-type: none"> • Introduction to the workshop. • Workshop learning outcomes. • What is applied improvisation. • Why improvisation is important within dementia care. • The principles, techniques and guidelines of improvisation. <p>Learning Methods: Power point presentation, Video, Note taking and Group discussions.</p>
<p>30 Minutes (Approx)</p>	<p style="text-align: center;"><u>Dementia Superhero – Introduction activity.</u></p> <ul style="list-style-type: none"> • Explore what skills are needed to be with and communicate with an individual living with dementia and cognitive impairment. • Start to think creatively. • Start to think outside of the box. • Create a relaxed environment where all participants share ideas. • Encourage participants to share ownership for the learning environment of the workshop. • Foster a productive and safe learning environment. <p>Learning Methods: Arts and Crafts, Small group work, Group discussions.</p>
<p>30 Minutes (Approx)</p>	<p style="text-align: center;"><u>Yes And... Technique – Improvisation activity one.</u></p> <ul style="list-style-type: none"> • Learn what the “Yes and...” technique is. • Learn how to use the “Yes and...” technique. • Learn to step into another’s reality. • Learn to be clear and specific when communicating. • Learn how to validate what the other person is saying. <p>Learning Methods: Large group activity, Group discussions.</p>
<p>30 Minutes (Approx)</p>	<p style="text-align: center;"><u>What’s in the box – Improvisation activity two.</u></p> <ul style="list-style-type: none"> • Learn how to step into another’s reality. • Learn how to deal with flexibility. • Learn to be clear and specific when communicating. • Learn to deal with unexpected twists and turns in the story. • Using the “Yes and...” technique. <p>Learning Methods: Large group activity, Group discussions.</p>

Learning Methods

This workshop is a short but intensive two hour training program for around 10 - 15 participants.

As with all practical workshops, you should expect to use a variety of different learning methods.

Learning methods:

- Theory work (PowerPoint presentation)
- Small group work
- Large group work
- Open discussions
- Note taking
- Use of media (Videos)

Assessment

There are no formal assessments after completion of this workshop.

Participants should however be able to:

- Demonstrate understanding of the subject through large group discussions during the workshop.
- Demonstrate understanding of the subject through practical activities during the workshop.

This will ensure that participants are able to use the skills that they have learnt during this workshop within their role as a carer of an individual that lives with dementia and cognitive impairment .

How to Apply

We only accept workshop applications where there is a minimum of ten participants. Therefore we do not accept workshop applications from individuals at this moment in time.

Health Care professionals:

Workshop applications should be made via your employer or manager.

Non-Health care professionals or friends/relatives:

Workshop applications should be made via your employer or manager or through a charity or support group that you are currently involved with or who is supporting you.

Fees

Our workshops can vary in cost depending on a number of different factors such as:

- Number of workshop participants.
- Location of workshop.

There will also be a small charge for:

- Materials (Workshop handbooks).
- Travel expenses (To and from location).
- Arts/crafts and stationary used.

As a guide you should use the following example to get an idea of the cost of booking a workshop.

This guide is based on a two hour workshop for 15 participants at a location which involves 10 miles of travel:

Two hour workshop rate (Including 1 hr preparation time and 1 hr pack up time)	£150.00
Workshop Handbooks x 15 (£5.00 per person)	£75.00
Travel x 10 miles (50p per mile)	£5.00
Stationery and Arts/Crafts materials x 15 (£2 per person)	£30.00
	Total: £260.00

We want to ensure that money is no obstacle for those who want to attend our workshop, so please do contact us for a more personalised quote.

Please note: If booking two workshops on the same day then we are able to offer a reduced rate for the second workshop.