

Dementia Awareness in BME Communities

A one-day course

Dementia affects everyone in society, irrespective of gender, ethnicity and socioeconomic status. However, there is evidence that BME people with dementia present later to dementia services than their white British counterparts, when their dementia has become more severe. The number of BME people with dementia in the UK is increasing as people who moved here during the 1950's to the 1970's are now reaching their seventies & eighties. Every person with dementia should have the support of people who are confident in adapting their interaction to reduce the stress and anxiety that dementia can bring.

As the population of BME people with dementia and their carers becomes more diverse, it is essential that they have access to support their needs. This course will explore how carers and people with dementia from BME communities can get the vital support they need by developing awareness about the stigma held within BME communities, looking at barriers faced by carers and people with dementia from BME communities and developing strategies in which services can be improved at responding to the needs of BME people.

Learning Outcomes

On completion of this course, participants will be able to:

- Understand some of the beliefs/perceptions held by BME communities about dementia
- Describe some of the barriers to using dementia care services faced by BME people with dementia and their carers
- Identify ways in which they can be overcome
- Understand the key memories of growing old in a 'second' homeland and the importance of the diversity and complexity that exists within the life stories for BME people with dementia
- Develop strategies to engage with carers & people with dementia from BME communities
- Examine best practice used to improve dementia information/services for carers and people from BME communities

Timetable (may be subject to minor amendment)

- Session 1** Introduction
Key national evidence about BME people and their carers within the context of dementia
Lack of awareness within BME communities of what dementia is and the way it affects lives
Common types of dementia within BME communities
Outline of the most common forms of dementia, risks and preventative measures
Exercise 1: Quiz
- Session 2** Barriers to accessing support
Stigma, culture & religious implications
Reasons for early intervention and diagnosis
Diversity, avoiding assumptions and making generalisations
Exercise 2: Overcoming barriers
- Session 3** Life stories – specific considerations
Verbal/non-verbal communication skills
Values & attitudes regarding caring responsibilities within BME communities
Supporting family members and other carers
Importance of basic language, cultural differences & religious needs
Exercise 3: Meeting the needs of carers and people with dementia from BME communities
- Session 4** Improving information & services to BME communities
Strategies to engage BME communities
Best practice used by other Agencies & relevant video clips
Exercise 4: Action planning