



## Workshop - Delivered by Reminiscence Learning

### Overall Aims of Session

- To deliver an easy to understand, fun and interactive one-day workshop that teaches young people basic dementia awareness, signs, symptoms and 3 main types.
- To provide tips on how to communicate with someone living with dementia and to use these newfound skills and knowledge to engage with individuals in the community in a confident and positive way.
- To experience a light-touch version of how a person living with dementia may feel in everyday activities.

### Anticipated Learning Outcomes

- To gain a greater understanding of dementia, the types, signs and symptoms and to relate to everyday problems
- To understand how to engage with those living with dementia via intergenerational links
- To identify ways to prevent dementia
- To feel confident communicating and taking part in activities with someone living with dementia
- To gain a level of empathy for the potential hurdles experienced by those living with dementia

