

## **How GSF Care homes can help care for people with dementia**

The GSF Dementia Distance Learning Programme helps staff to provide bespoke care for people with dementia nearing the end of their lives.

The programme aims to

- Improve the quality of care for people with dementia in their last years of life
- Help staff identify those in the last stages of life
- Reduce hospital admissions and enabling more to live and die at home.

The training DVD focuses on how staff can improve person-centred dementia care, and the management of pain and distress with an increased use of appropriate assessment tools. It also helps staff to reconsider communication skills and the use of advance care planning discussions.

### **Examples of the way GSF helps are**

1. Improved confidence of staff in discussing best interests decisions with everyone.
2. Improved knowledge and confidence in the correct use of pain charts which are used as evidence of need for good pain relief.
3. Greater confidence in having discussions with relatives and in feeding back to the multi-disciplinary team.
4. Staff are more able to advocate for their vulnerable residents.
5. Increased multi-disciplinary discussions ensuring continuity of care.
6. Greater use of dementia specific and end of life tools.
7. Changes in the ethos and environment of the Home, with staff practising in a much more person centred way.
8. Improved auditing of care and use of medications.
  - a. The use of specific tools and activities such as Advance Care Planning and Best Interests Decisions, as well as better communication showed a marked increase post programme, up from 59% to 90.5%.
  - b. The use of tools as a trigger to identify people with dementia in the last year of life increased from 25% to 75%.
9. Development of a plan for future care increased from 87.5% to 100%.

### **Examples from staff that have completed the training programme include:**

“The GSF dementia training has been very educational and interesting for me. I hope that in the future others will have the same opportunity “

“We have gained knowledge and confidence in the correct use of pain charts which we use as evidence of need to educate the GPs as to the need for good pain relief”.

“The course has changed the whole ethos & atmosphere of the home”

“We have gained knowledge and confidence in the correct use of pain charts which we use as evidence of need to educate the GPs as to the need for good pain relief”.

“We feel we have gained in confidence to have discussions with relatives and with feeding back to the multi-disciplinary team”.

“I have more confidence in obtaining a diagnosis, confident in pushing for treatment and support for the person in need”.