

PARTNER

FUNDED BY

PROJECT OVERVIEW

We partnered with Person Centred Universe to offer Dementia education training to 12 nursing homes across New Brunswick. The project is called "A Day in the Life" – Dementia Empathy Training through Role-Play". We had 40 staff members do the training, in hopes of "Training the Trainer", so that more staff can also take part in free training. The training is "low tech" (no video or computers), can be done anywhere and with a couple of pairs of staff, and can be completed in an hour. We are still evaluating this project and will have our final results in October 2024.



BACKGROUND / RESEARCH

NB Nursing Home Standards require ongoing dementia education for nursing home staff. Research and evaluation of dementia education in long-term care is growing. We surveyed staff about their current empathy levels, to better grasp their ability to understand the feelings of the residents they take care of. Our early results have highlighted the different needs of facilities and staff when it comes to dementia education support. Research shows that staff who feel competent in dementia concerns can lead to better care outcomes for their residents(1). Train the trainer methods help with sustainability after funding ends.



**NO MATTER HOW BUSY,
ALWAYS TAKE THE TIME TO
STOP, LISTEN, AND
COMMUNICATE WITH
RESIDENTS.
~PARTICIPANT**

A Day in the Life of Someone Living with Dementia



FROM THE PARTICIPANTS

This training made me realize to always make time to converse with residents. How frustrating it must be for residents at times.



Empathy and patience with dementia residents can make a big impact no matter what role you play within the facility.

FINDINGS SO FAR

We have 51 total participants at 12 different homes, ranging from under 50 to over 200 residents. All our participants are women, 45% are aged 45-54. 53% of staff have been in their job for over 11 years, and 35% have been there for over 15 years. The average comfort level working with someone with dementia was 4/5 so staff felt pretty prepared to care for people with dementia prior to our training. Only 2 facilities have dedicated memory units but over half of them have 41+ residents with dementia. We hope to gain insights into training policy recommendations with the data we are collecting from this project.

If you are interested in dementia education, Person Centred Universe offers courses for family caregivers, long-term care staff, and anyone who works with people living with dementia.



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