

## 1<sup>ST</sup> STEPS IN DEMENTIA COURSE TIMETABLE

09.00 – 09.30	Arrivals, Welcomes & Registration
09.30 – 11.00	<b><u>Session 1 - People living with dementia and physical activity.</u></b> Introduction to the day and review of pre-course activity. Being person centred and the dementia journey.
11.00 – 11.20	<i>Break</i>
11.20 – 13.00	<b><u>Session 2 - Programme planning – principles.</u></b> The evidence on PLWD, physical activity and exercise. Person centred programme planning for physical activity and exercise.
13.00 – 13.45	<i>Lunch</i>
13.45 – 15.00	<b><u>Session 3 - Leadership and communication skills.</u></b> Communication guidelines and activities. Introduction to problem solving.
15.00 – 15.10	<i>Break</i>
15.10 – 16.10	<b><u>Session 4 - Additional leadership skills and activities.</u></b> Supportive environments for exercise and physical activity participation. Person centred programme planning – learning and summary.
16.10 – 16.30	<b><u>Session 5 - Next steps for participants.</u></b> Reflection on individual practice and action planning. Resources and further information. Evaluation of the day.
16.30	Close of Day

*Later Life Training is committed to becoming a Dementia Friendly organisation.*