

Dementia & Imagination Training



Equal Arts' training workshops explore the benefits of creativity to support communication and improved wellbeing for people living with dementia and their families.



2025 - 2026

Training Courses

Reading with Dementia

Understanding how dementia impacts on reading, what we can do to support people to overcome the barriers and ideas for shared reading with individuals and groups.

Understanding the changing needs of people living with dementia

Acknowledging that dementia affects people in different ways but looking at common symptoms and how they progress to enable us to meet needs.

The Dementia & Imagination approach

Sharing the Dementia & Imagination approach and ideas for creative communication and being in the moment.

Supporting the family carers of people living with dementia

Recognising carers' stress and compassion fatigue. Focusing on the emotional, physical and communication needs of family carers.

Integrating music in dementia care

Exploring the place music has in our lives, the effects of music for people living with dementia and exploring practical ways to ensure music continues to be integrated into people's lives.



Gathering life history and sensory biography to enhance care

Creative ways to capture personal history, relationships and preferences.

Multi-sensory approaches in later stages of dementia

Looking at ways to incorporate a sensory approach to support people living with dementia.

Staff self-care and peer support

Recognising signs of stress, burnout and compassion fatigue in the caring professions and looking at ways we can support ourselves.

Simple, relaxing massage techniques for older people

Appropriate use of touch to help people to relax and feel connected to others. Hand, foot and head massage techniques, massage medium and safety guidance.

Supporting people with dementia at the end of their life

Recognising that end of life is approaching, thinking about emotional and physical needs of the person living with dementia and their family.

Improvised Storytelling

A creative way to create simple stories together, based on the 'Timeslips' approach.

More about our training;

- We provide inclusive workshops in-person and online for families, artists, businesses, cultural venues, NHS staff, care staff and local authorities
- Bespoke sessions tailored to your needs. Our most popular workshop is 2.5 hour training for up to 18 people.

Speak to us about
bespoke training
packages

Learning outcomes include;

- Begin considering how you're able to introduced imagination into your day-to-day routines or work
- Understand creative measures that can support people living with dementia
- Recognise the importance emotion rather than situational memory can play in wellbeing.

To book a training workshop please contact our Training Development Manager Nic Kendall on nicola@equalarts.org.uk

www.equalarts.org.uk

