



Championing physical activity for people affected by dementia

Develop your knowledge, skills and confidence to work with people affected by dementia in physical activity and leisure



*“I will undoubtedly take this learning into my everyday work as I plan and facilitate our activity and wellbeing programme”
(Student)*

Fully-online course

- Weekly live sessions
- Learn at a time that suits you
- Network with others from a variety of settings



Put your learning into practice

- Plan and deliver sessions
- Share your experiences with others



“I’ve learnt so much about how physical activity can impact the lives of our customers with dementia and how I can begin to introduce it in an approachable, appealing way” (Student)

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This online course will develop your knowledge and confidence in facilitating physical activity for people affected by dementia. You will have the opportunity to learn from experts in the dementia and physical activity fields, as well as hear directly from the those with lived experience of dementia.

Who is it for?

Anyone working with people living with dementia or family carers. You might work in sport, leisure, housing, health, care, or community-based services.

Learning Outcomes:

The course will enable students to:

1. Deliver physical activities and exercise which best suit individual wishes, as well as those of everyone in the group.
2. Understand the benefits for people affected by dementia taking part in physical activity and exercise.
3. Encourage and support people to participate, and know how and why to involve family carers in physical activities.

Programme:

The course will run across 8 weeks. There will be live and interactive sessions with the course tutor(s), as well as a multitude of resources to support learning and practice.

Please contact Dr Chris Russell for full details of the course, session dates and how to register.

Fee:

£299 per person.

Contact

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