NEW TRAINING PHILOSOPHY IN FINNISH DEMENTIA CARE

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THE FINNISH INSTITUTE OF PSYCHOLOGY

ADI 2013 TAPEI  18.4.2013
## In Finland

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<table>
<thead>
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<tbody>
<tr>
<td>Lakes Population</td>
<td>187,888</td>
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<tr>
<td>Population</td>
<td>5,429,894</td>
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<tr>
<td>Estimated Amount of People with Dementia</td>
<td>130,000</td>
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<tr>
<td>People with Cognitive Problems</td>
<td>120,000</td>
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<tr>
<td>New Dementia Diagnosis /Year</td>
<td>13,000</td>
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NATIONAL MEMORY PROGRAM
2012-2020

• Creating a memory friendly Finland

• Based on 4 pillars
1. Promoting brain health
2. Fostering a more open attitude
3. Ensuring a good quality of life for people with dementia and their families through timely support, treatment, rehabilitation and services.
4. Increasing research and education
WHY WE NEED A NEW PHILOSOPHY?

• Memory related illnesses have been recognized as illnesses that effect the whole family.

• Regardless, it is still rare that the social and health care professionals have sufficient knowhow to work with the whole family and help families with the psychological challenges of dementia.

• The still unmet needs of the families challenge the professionals to achieve a new level of psychosocial skills in every level of professionals.
THE NEW PHILOSOPHY

• In the new training philosophy of training professionals in dementia care the Finnish Institute of Psychology combines:

  - latest findings in research regarding memory illnesses
  - the psychosocial methods
  - psychotherapeutic knowledge and understanding

• We have developed a training program of six stages.
THE TRAINERS

Basic Team

• Sanna Aavaluoma, Raul Soisalo
  Psychotherapy trainers who have experience of working with families with dementia

• Ari Rosenvall
  Medical doctor who is active in developing the dementia care in Finland

+

• Specialists in dementia care (music therapy, art therapy, physiotherapy, speech therapy etc.)
1. LECTURES

4 hours lectures (on developing / changing themes) for all social- and health care professionals:

- Family work interventions in meeting the needs of the whole family
- Challenging behaviour
- Couple relationship, dementia and sexuality
- How to use the Book of will (Poster exhibition no PO88)
2. MEMORY COUNSELLORS BASIC TRAINING

- One year training program: 9 theory seminars = 17 days
  - Preventive work and brain health
  - Diagnostics and treatment
  - The latest research
  - Learning the use of tests (Cerad, MNA, MOCA, GDS etc.)
  - The psychological challenges of lethal illnesses
  - Basics of family work, supporting the family care givers
  - Rehabilitation during the whole process of illness and the end of life care
  
  - Reflecting books
  - Writing a thesis
  - National networking
MEMORY COUNSELLOR BASIC TRAINING GROUPS

- Helsinki x 3
- Vantaa x 3
- Turku
- Lohja
- Hämeenlinna
- Jyväskylä
- Kuopio
- Joensuu
- Rovaniemi
<table>
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<tr>
<th>CITY</th>
<th>Students</th>
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<th>THESIS / LITERAL WORKS MISSING</th>
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<td>13</td>
<td>11</td>
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<td><strong>TOTAL</strong></td>
<td><strong>210</strong></td>
<td><strong>92 / 111</strong></td>
<td><strong>25</strong></td>
<td><strong>9</strong></td>
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FACEBOOK

- Closed FB group for those who have graduated to share their thoughts and ideas.
- 38 / 92 are in the group at the moment
- The latest news of the
  - Dementia care
  - Institute
  - New training groups
• Memory counsellors basic training Group 14 starts as a module-training.
• Students can choose:

A. To make the whole year process training
B. Take part in as many modules they choose.
3. ADVANCED MEMORY COUNSELLOR TRAINING PROGRAM

• 1.5 years program starting 9/2013 includes:

- 8 x 2 days theory seminars
- More understanding about: person centered care, psychotherapeutic attitude and methods, group process, using arts, tests, and medical treatment in dementia care
- Supervision
- Reading books and articles
- Writing essays
- Tests & exams to guarantee the level of professional skills and knowledge to those who pass the course.
- National networking
4. DEVELOPING LEADERSHIP SKILLS

• A four day course for the superior and head nurses:
  
  ➢ leadership skills in supporting the staff in challenging questions regarding dementia care
  
  ➢ taking the responsibility of developing psychosocial support and the art of good care in their units
5. PSYCHOSOCIAL INTERVENTIONS

• One year training for professionals who have attended levels 3 or 4 starting 2014

- 10 x 2 days seminars
- Deepening understanding and skills in working with couples, families and groups
- Systematic practicing and process writing
- Supervision in the seminars
- Reflecting books and articles
6. NATIONAL MEMORY SEMINAR

- 2 days seminar every year to all interested professionals
  - Lectures of the trainers
  - Lectures of the graduated students
  - Lectures of specialists
  - Workshops
  - Networking
THANK YOU!

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