



Health and social care courses for professional teams

On-site courses catalogue
2023



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We offer these courses but **we adapt to your needs.**
Do you need other courses or workshops? **Contact us**

Introduction



Who are we?

The Association of Relatives of Alzheimer's Patients and Other Dementias of Galicia (AFAGA) was born in 1994 as a result of the interest of a group of relatives due to the disorientation and lack of information that existed at that time regarding this disease. AFAGA was the first association of relatives in Galicia.

AFAGA Alzheimer's Mission

Defending the rights of people with Alzheimer's and other neurodegenerative dementias and their families, providing specialised services and prevention, as well as carrying out social awareness activities.

AFAGA Alzheimer's Vision

To be a professionalised and independent entity that aspires to become a regional reference due to its specialisation, innovation and research.

Among the most important objectives of AFAGA are the following:

Guidance, training and information for families, professionals and the general public.

Bringing the reality of Alzheimer's closer to public and private entities in order to achieve a wide and effective response to the demands of this group.

To stimulate and collaborate in research related to this disease.

In AFAGA Alzheimer, we consider training as one of the key aspects to address the care of people with Alzheimer's and other dementias. In this line, we organise courses and workshops so that the work of professionals incorporates all our current knowledge, the result of years of experience in training and intervention in this field.

General remarks

Tailor-made courses and workshops for organisations and social and health institutions

We adapt to you

Our training actions are adapted to the needs of each organisation with flexible timetables and the duration you require.

We also design the specific course or workshop you need for the continuous training of your professional team in a totally personalised way and in the modality that best suits your needs, within these themes:

- Disability and dependency
- Gerontology
- Alzheimer's and other dementias
- Management of social and healthcare institutions

Training provided by professionals

**Training 100% subsidised through FUNDAE.
Possibility of bonus management by AFAGA**

General remarks

Entities that have already trusted AFAGA:



Course I. **Accompanying the vulnerable person: cognition, behaviour and emotion**

On-site | 6 h

Objectives

To know the relevant aspects of neurocognitive and psychopathological disorders for an adequate accompaniment and management of the person and their family.

Contents

1. Introduction: Central nervous system, neurocognitive disorders and associated disorders

- Central nervous system
- Neurocognitive disorders
- Differential diagnosis

2. Alzheimer's and other dementias

- Cognitive abilities and their impairments
Attention / Memory / Language / Gnosias / Praxias Executive function

- Psychological and behavioural symptoms associated with dementias
Depression and anxiety / Hallucinations and delusions / Sleep disturbance
Agitation and wandering / Other

- Differential features in the development of primary dementias:
Alzheimer's / Vascular / Frontotemporal / Lewy bodies / Other.

3. Emotional interventions in dementia: a practical part

- Behaviour and emotion
- Functional analysis
- Communication with the person with dementia
- Emotion-based interventions
- Teamwork (key aspects) as support for the person

Course II. **Caring without neglecting**

On-site | 4 h

Objectives

To study in depth key aspects of the process of accompanying, supporting and caring for other people.

To reflect on and internalise the ethical principles inherent to this process and the premises adapted to the exercise of caring.

To become familiar with and to study in depth the values and personal characteristics that should guide the work of professional caregivers.

Contents

1. The essence of caring

What is CARE?

Basic ethical principles

Ethical premises adapted to the practice of caring

Specificities of vulnerable populations: deterioration

2. Emotional competences of carers

Key competences

Emotional Intelligence

EI Competences

Principles of EI

Characteristics of emotionally intelligent people

3. Stress

Understanding stress

Types of stress

Sources of stress

Stress in the workplace: types of work-related stress

4. Self-care: golden rules

Course III. Grief: process and accompaniment in grief

On-site| 4 h

Objectives

To reflect on and deepen the grieving process by accompanying people.

To become familiar with loss and its consequences.

To get to know the relevant aspects of the grieving process.

To promote the elaboration of one's own losses as a premise for accompanying other people.

To acquire appropriate strategies for accompanying the grieving process.

Contents

1. Introduction

2. Definition

3. Objectives of the grieving process

4. Sensations of normal bereavement

5. Mediators in the grieving process

6. Stages of grief

7. Types of grief

8. Bereavement: Specifics linked to previous pathologies

9. Relationship of help to people in bereavement:

Working through my own grief

Benefits of grief work

Common mistakes in the helping relationship

Decalogue in the accompaniment of grief work

Course IV. **Non-pharmacological interventions: new challenges in the support and accompaniment and accompaniment of people**

On-site | 4 h

Objectives

To learn about non-pharmacological therapies and their importance.

Acquire resources and tools to carry them out.

To broaden knowledge and strategies to improve care for people with dementia.

Contents

1. Differential features in the development of primary dementias

- Alzheimer's
- Vascular
- Frontotemporal
- Lewy Bodies
- Other

2. Evolution and treatments in dementias

- Evolutionary prognosis
- Pharmacological treatments
- Non-pharmacological treatments

3. Communication with the person with dementia

- Basic aspects
- Verbal and non-verbal communication
- Basic guidelines for behavioural re-conduction

4. Cognitive intervention in dementias

- Theoretical basis
- Therapeutic objectives and basic guidelines
- Specific cognitive activities
- Intervention methodology

5. Functional intervention in dementias

- Activities of Daily Living
- Key aspects in promoting independence
- Specific leisure and occupational activities
- Supportive products and housing adaptation

6. Physical intervention in dementias

- Back school
- Active and passive mobilisations
- Prevention and action in case of falls
- Physiotherapy

Course V. **New protection and support for the rights of persons with disabilities**

On-site| 2 h

Objectives

To acquire an initial knowledge of the new Law 8/2021 on the rights of persons with disabilities.

Contents

1. Current context

Limitations to the capacity of the person with a disability
Disappearance of judicial incapacitation and guardianship

2. Respect for the individual's own decision making

3. Support measures

Voluntary measures
Informal measures
Judicial measures



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