

# Challenging dementia stigma in an online training course for health professionals: Lessons learnt

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## Why is this important?

People living with dementia face a range of barriers in accessing rehabilitation. These barriers include **stigma** and insufficient health worker **knowledge** about dementia rehabilitation.

A recent co-design process<sup>1</sup> identified that:

- health professionals need opportunities to learn about dementia rehabilitation
- training should challenge stigma

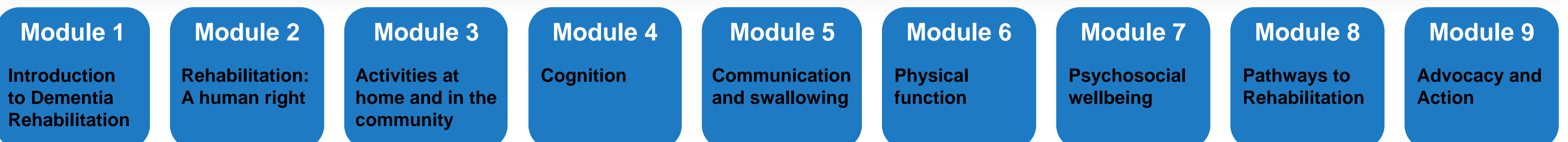
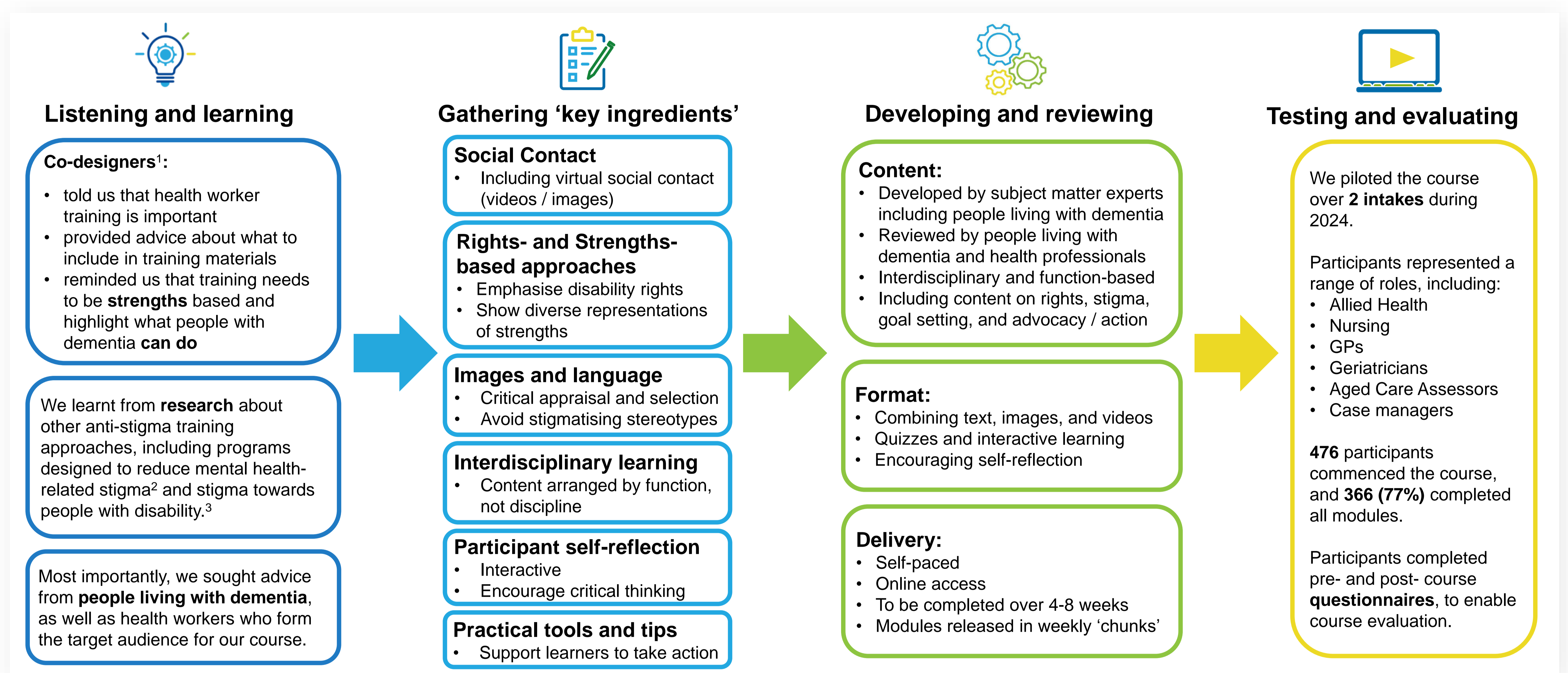


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## What did we do?

We developed an online “Introduction to Dementia Rehabilitation Course” for health workers over eight months. This involved:



## What have we learnt so far?

### It takes time:

- To gather and refine content
- To design information for learning
- To seek out, and learn from, reviewer feedback

We extended timeframes for course development and review, from 5 months to 8 months. Even with this extension, preparing the course ready for trial was a challenge.

### It needs a multi-pronged approach

Important factors include:

- Interdisciplinary learning
- Critical self-reflection by course developers and participants
- A rights-based orientation
- Listening to people with diverse perspectives and expertise
- Prioritising the perspectives of people living with dementia

## Where to next?

### We are evaluating course outcomes and feedback

- Measuring changes in attitudes, confidence, knowledge
- Gathering feedback on content, interactivity and usability

### We are setting up the course for long term access

- Building in sustainable strategies for delivering and updating the course

### We are making a course for the whole community

- We are adapting content and improving accessibility
- Designed to be useful for the whole community, and especially for people living with dementia

## References

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2. Knaak S, Patten S. A grounded theory model for reducing stigma in health professionals in Canada. *Acta Psychiatr Scand*. 2016; Aug;134 Suppl 446:53-62. doi: 10.1111/acps.12612. PMID: 27426646.
3. Shakespeare T, Kleine I. Educating Health Professionals about Disability: A Review of Interventions. *Health and Social Care Education*. 2013; vol. 2, no. 2, pp. 20-37. doi:10.11120/hsce.2013.00026

## Want to learn more about the Dementia Rehabilitation E-course?

Scan this QR code to register your interest, or email [ecourse.include@monash.edu](mailto:ecourse.include@monash.edu)

