

Time for Dementia: Learning about life with a diagnosis



What is Time for Dementia?

Time for dementia is a ground-breaking educational initiative to develop, deliver and evaluate an innovative approach to learning about dementia for undergraduate health professionals. The programme uses the longitudinal clerkship model which enhances undergraduate learning by providing on-going contact with an individual with a long term condition.

By regularly spending time with people with dementia and their carers, Time for Dementia aims to provide students with a unique opportunity to understand what it is like to live with dementia and from this develop a more positive attitude towards the illness as well as in-depth knowledge of the condition. In addition it will enhance skills and offer an understanding of the emerging challenges of an aging population, multi-morbidity and long term conditions.

Time for Dementia has been included in the 2014/15 curricula for the initial cohort of first year nursing and paramedic students at University of Surrey and for second year medical students at Brighton and Sussex Medical School (BSMS). In total four cohorts of undergraduate students will undertake the programme.

A comprehensive evaluation of the programme will generate a range of data, which will be used to develop an implementation guide on outcomes and costs to embed the model more widely.

"We believe Time for Dementia could support a profound change in professional attitudes to dementia, transforming care for patients and their families."

Sube Banerjee,
Professor of Dementia and Associate Dean

Who is involved?

Time for Dementia involves:

- Up to 400 people with dementia and their carers
- 275 medical students
- 340 adult nursing students
- 90 mental health nursing students
- 90 paramedic students.

Time for Dementia is a collaboration between:

- Alzheimer's Society
- Centre for Dementia Studies at Brighton and Sussex Medical School and Sussex Partnership NHS Foundation Trust
- University of Surrey.

The initiative is funded and actively supported by Health Education Kent, Surrey and Sussex as part of its Skills Development Strategy in Dementia. It is led by Sube Banerjee, Professor of Dementia and Associate Dean.



How does it work?

People with dementia and their carers are approached by the Alzheimer's Society to take part in the programme. When a person with dementia and their carer agree to take part, specific students will be identified to visit them on a regular basis over a two-three year period.

Students will visit in pairs for two to four hours at a time and will use a structured template for the visit, undertaking activities such as life history work. Student learning from the visits will be supplemented by pre-visit information and preparation including student visit guides as well as plenary sessions, additional educational sessions as required and a wider conference for all those involved in the programme.

How will it be evaluated?

Time for Dementia visits will take place between February 2015 and March 2018 and all those involved will be invited to take part in the evaluation of the programme.

Time for Dementia has a longitudinal mixed methods design in which a range of outcomes for students and the people with dementia and family carers will be assessed on an annual basis.

Students will be assessed on their knowledge and attitudes towards dementia, as well as their compassion. In addition, they will also be asked about their satisfaction with the programme. Longer term follow up of the students involved in Time for Dementia, as well as a comparison group, will take place to ascertain its impact on depth of knowledge and future career pathways.

The impact of the initiative on the quality of life of the person with dementia and their carer, and carer burden, will also be assessed along with their satisfaction with the programme.

The evaluation will involve standardised measures, questionnaires, individual interviews and focus group discussions.



For further information

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For more information on the HEKSS Skills Development Strategy in Dementia, please visit:

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