



Days/Dates	2 nd , 3 rd , 4 th , 5 th and 6 th February 2026
Time	17.30 – 19.00
Number of Hours	7.5 hrs
On-site or Online	Online via zoom
Fee	€109 / UM students €105
Deadline	26 th January 2026
Aims/ Objectives	The majority of individuals with dementia in Malta live within their communities. There is also a general understanding that increasing awareness and knowledge is fundamental in enhancing the quality of dementia care and in developing dementia-friendly communities where individuals with dementia are welcome to continue participating in daily life as long as possible.
Who should attend	This course is specifically designed to provide caregivers, including family members, with the basic knowledge and skills to care for people with dementia at home. Note: The sessions will be delivered in English
Course content	- What is dementia – Dr. Anthony Scerri - Services for individuals with dementia and their caregivers – Ms. Roslynn Vella - Understanding and dealing with changes in behaviour – Dr. Anthony Scerri - Communicating with individuals with dementia – Ms. Nicola Montesin - Enhancing the quality of life through activities – Ms. Amy Lewis
Course outcomes	This course gives the opportunity for participants to improve their understanding of dementia and learn practical skills of how to communicate with individuals living with dementia in the community and ways with which their overall wellbeing and quality of life could be enhanced. The course programme will also give an overview of tailor-made services that are available for these individuals and their caregivers.
Trainer/s Bio	Dr. Anthony Scerri is a senior lecturer at the Department of Nursing, Faculty of Health Sciences at the University of Malta. He has a background in gerontology, rehabilitation and management and has a doctorate degree in gerontology. He also worked for some time as a charge nurse in a rehabilitation ward. For thirteen years, Anthony has been teaching rehabilitation care and nursing care of older persons to nursing students who follow the degree in a nursing program. Ms. Roslynn Vella is a social worker and policy expert with a personal experience of dementia through her mother's early-onset diagnosis. She has worked in national social policy, elderly care, and now serves as Chief Operations Officer at Hospice Malta. A member of the Malta Dementia Society's Executive Committee, she also sits on the European Dementia Carers Working Group of Alzheimer Europe. Ms. Amy Lewis holds a Bachelor's Degree in Sports, Exercise and Health from MCAST and a Master's in Teaching and Learning Physical Education from the University of Malta. She has served as a dance facilitator with the Malta Dementia Society for the past three years, leading <i>DancingtoDementia</i> sessions in care homes, community settings, and one-to-one. She has also delivered Dementia Café sessions, and this year led the training course for upcoming dance facilitators.



Ms Nicola Montesin is a Speech-Language Pathologist with a strong focus on ageing, dementia and other progressive neurological diseases. She holds a B.Sc in Communication Therapy and an MA in Ageing and Dementia Studies, alongside advanced training in reminiscence therapy, memory training and brain gym as well as dysphagia management. Her work combines clinical expertise with education and advocacy. She lectures at the University of the Third Age Malta, University of the Fourth Age Malta and serves on the committee of The Malta Dementia Society where she actively supports initiatives to raise awareness, influence policy, and improve services for people with dementia and their families. Ms Montesin is also the founder of MDS Communic-Aid, an initiative dedicated to supporting communication and quality of life in people living with dementia. In her spare time, she enjoys scuba diving and landscape photography.

Certification

Upon successfully completing the course with 80% attendance, attendees will receive a Certificate of Attendance from Malta University Consulting Ltd.