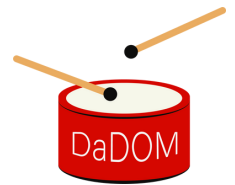


DaDOM Train the Trainer: Short Top-Up Course



This short training is designed for teachers who have completed the DaDOM Teacher Training and want to share the principles of DaDOM with their colleagues. You will learn how to inspire other teachers to incorporate music into their healthcare education, contributing to a person-centered care culture. This training provides you with simple tools and the confidence to introduce DaDOM in an accessible way and to use it collaboratively with colleagues in care education

Purpose and goals

The purpose of this short training is to provide teachers who have completed the DaDOM Teacher Training with practical tools and confidence to share the principles of DaDOM with their colleagues. This helps to further integrate music into healthcare education and expand the use of musical applications in care practices.

By the end of this top-up training, you'll be able to:

- Facilitate an introduction to DaDOM for your colleagues.
- Share practical examples of how music can enhance care.
- Guide colleagues through using DaDOM resources in their teaching.

Introducing DaDOM to colleagues

This section helps you explain the basics of DaDOM in a clear and relatable way. The aim is to keep it simple and show how easy it is to use music in care to improve well-being and create a more positive environment.

Key Points:

- 1. Introduce DaDOM:** DaDOM is all about incorporating music into daily care to support the well-being of clients and caregivers. It's not about becoming a music therapist—it's about using simple techniques like playing a favorite song or humming to create a calm atmosphere.
 - 2. Why Music Matters:** Share the benefits of using music:
 - Improves mood: Music lifts spirits and reduces feelings of isolation.
 - Regulates emotions: For clients with dementia or cognitive challenges, music can soothe anxiety and promote relaxation.
 - Builds connections: Familiar songs can trigger conversations and shared moments, creating bonds between caregivers and clients.
- 1. Keep it Simple:** Use everyday examples to explain how DaDOM works. Small changes, like playing soft music during meals, can make a big difference. Show how easy it is to get started and encourage them to try it out.



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Practical examples of music in care

Sharing real-life examples helps show the tangible benefits of music in care settings. These examples can inspire your colleagues to try DaDOM in their own routines.

Key Points:

1. Use Real-Life Examples: Share case studies from the DaDOM toolkit, like playing familiar songs to calm clients during routines, or using rhythmic activities in physical therapy to support motor function.
1. Start small: Encourage colleagues to think about easy ways to incorporate music into daily tasks—humming a tune during personal care, or playing background music during group activities.

By showing these practical, everyday examples, you'll help colleagues see how music can fit seamlessly into care practices and care education.



Supporting colleagues in using DaDOM resources

This section provides simple ways to help colleagues find and use DaDOM materials, ensuring they feel confident integrating music into their existing routines.

Key Points:

- Where to Find Resources: Point colleagues to the DaDOM materials, whether online or printed, and walk them through key sections like practical tips and examples of music in care.
- Emphasize Flexibility: DaDOM is designed to be flexible and easy to integrate into daily care without needing major changes. Highlight the small, actionable steps in the resources.

- Encourage Peer Support: Suggest that colleagues work together, sharing ideas and trying out DaDOM activities. Peer support helps make the transition smoother and builds confidence in using music creatively.

Activity: Resource Walkthrough

Take a moment to sit with a colleague and guide them through the DaDOM resources. Highlight key sections, such as practical tips and examples, and show them how easy it is to integrate music into care. This walkthrough can help them feel more comfortable using the materials and applying them in their daily work.



Conclusion

Congratulations on completing this short DaDOM training! You are now ready to share the value of music in care settings with your colleagues and demonstrate how simple musical interactions can make a significant difference in well-being.

As you move forward, here are some practical next steps to put your learning into action:

- **Plan a DaDOM Introduction Session:** Schedule a short, informal session with your colleagues where you can introduce the basics of DaDOM. Use the key points and examples provided in this course to show how music can be easily integrated into care routines.
- **Share DaDOM Resources:** Make sure your colleagues know where to find the DaDOM teaching materials and module. You can do a quick walkthrough of these resources, highlighting practical sections like real-life examples and simple ways to get started with music in care education.
- **Lead by Example:** Begin incorporating music into your teaching practices by using activities and tips from the DaDOM online teacher training.
- **Encourage Peer Learning:** Foster a supportive environment by encouraging your colleagues to share their experiences and ideas about using music in care. Peer learning can be a powerful way to inspire each other and overcome any challenges together.
- **Stay Connected with DaDOM Partners:** Keep in touch with DaDOM schools and partners for any further support or updates. Whether it's additional resources, case studies, or training opportunities, staying connected can help you and your colleagues continuously grow in your use of music in care.

Remember, integrating music into care doesn't have to be complicated. By starting small and building confidence, you and your colleagues can make a meaningful difference in the lives of those you care for and your fellow caregivers.



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