

The Ohio Health Care Association

Comprehensive Alzheimer's Dementia Training

- Become a Certified Dementia Practitioner™

July 23, 2008

Quest Conference Centers, Columbus, Ohio

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Ohio
Health
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and our AL affiliate, the Ohio Centers for Assisted Living
offered through the Educational Foundation of OHCA

Comprehensive Alzheimer's Dementia Training -

Become a Certified Dementia Practitioner™

July 23, 2008

Quest Conference Centers

8405 Pulsar Place

Columbus, Ohio 43015

614/540-5540

Program Content:

This program is for ALL health care professionals who are providing services to residents with dementia. It has been predicted that in 2020 80% of the residential population will suffer from some type of dementia. Will you and your staff be prepared for this health care crisis? A national certification as a Certified Dementia Practitioner™ is now available. This program is approved by NCCDP to meet the criteria for national certification. (See national certification information on next page).

This comprehensive seminar on Alzheimer's/Dementia will enhance your training and is the required course to become a Certified Dementia Practitioner™.

Modules that will be covered:

- Diagnosis, Prognosis, and Treatment an introduction
- Evaluation and test for Alzheimer's
- Communication
- Feelings and Repetitive Behaviors and Paranoia
- Wandering, Hoarding Behaviors, Aggressive Behavior, Catastrophic Reactions,
- Sundowning and Hallucinations
- Intimacy and Sexual behaviors
- Depression
- Personal care and bathing without a battle
- Activity programming for Alzheimer's and Spiritual Care
- Positive changes to their environment
- Stress and the caregiver
- Staff and Family relationships and End of Life Issues

Upon completion of this seminar you are eligible to apply for Certification as a Certified Dementia Practitioner™. You must meet the NCCDP requirements for certification. The application for certification is available on line at www.nccdp.org

Who should attend:

This program is appropriate for direct care staff, nurses, social services, activities, dietary, administrators, directors and managers in nursing facilities and assisted living communities.

Continuing Education Credit:

This program is approved for 7 hours of continuing education credit for the following:

- Ohio Administrators (BENHA)
- Social Workers
- Nurses *

Application has been made to the National Certification Council for Activity Professionals (NCCAP) for 7 hours. Please contact OHCA for final approval status.

Speaker:

Jennifer Krupa is a Certified Activity Consultant and Certified Dementia Practitioner. She is one of the co-authors of *Activities Keep Me Going* and *Going* volume A and is currently completing volume B; these books are often used as the required text for the Modular Education Program for Activity Professionals. Jennifer is an instructor and program coordinator for Lorain County Community College. She founded her business, Krupa Consulting in 1990 providing consultation services, teaching classes, in-services and presenting educational sessions at local, state and national conventions. She is an approved instructor for the National Association of Activity Professionals and the National Council of Dementia Practitioners.

Schedule:

8:00 a.m.	Check – In & Coffee
8 :30 a.m.	Program Begins
11:45 a.m.	Lunch (<i>included</i>)
12:30 p.m.	Program continues
4:45 p.m.	Program Adjourns

Content to Be Covered Includes:

Overview of Dementia

Stages of Alzheimer's
Symptoms of Alzheimer's
Reversible / Non Reversible Dementias
Normal Aging
Medications Used for Treating Dementia
Tests used for diagnosis: FAST Functional Assessment Test, GDS Global Deterioration Scale, GDS Geriatric Depression Scale, Mini Mental Test, Folstein Test

Communication

Verbal and Non Verbal Communication
Strategies to successful communication
Common mistakes we make

Feelings

Responding to Feelings
Validation Therapy

Depression & Alzheimer's Disease

Treatment
Medications and Side Effects
Signs & Symptoms of Depression
Interventions and Activities

Paranoia & Hallucinations

What is Paranoia and What is Hallucinations
Types of Behaviors & Causes
Strategies for Management of Hallucinations and Paranoia
Anti-Psychotic Medications & Side Effects
Sun downing: What is it

Hoarding

What is Hoarding
Why they hoard
Make it purposeful, Ex., rummage drawers
Where they may hide things
What can you do?

Wandering

Types of wandering, Example exit seekers
Identify Triggers to Wandering
Meeting Basic Needs & Emotions

Repetitive Behaviors

Common Behaviors
Interventions for Repetitive Behaviors

Medications

How to keep them safe
Adapting environment
How to redirect & management of wandering
Policy and Procedures for elopement
Wandering Tools-Safe Return, Wander Guards, Alarms, etc

Aggressive Behaviors

Causes of Aggressive Behaviors
Environmental Conditions, Physical & Medical Conditions
Anti Psychotic Medications & Side Effects

Interventions

Ways to avoid aggressive behaviors
Responding to Aggressive Behaviors
Catastrophic Reactions

Sex & Intimacy

Misconceptions about the elderly and sex
Changes In Attitudes-Teaching your staff and sexual expression
Positive perceptions about sexual expression
Inappropriate behaviors and what to do
Intimacy and connecting to each other
When Dementia is involved-Disrobing, Masturbation, Sexual Comments
Inability to express no to unwanted advances

Personal Care

Dressing & Bathing
Cognitive Changes
Breaking Down the Tasks / Steps
Specific Changes in Stage 1, 2 and 3
How to Encourage Participation
Be Prepared to Personal Care. Example – Lay out bathing supplies, Toileting
Cause of Incontinence
Cueing
Proper Toileting & Frequent Toileting
Hydration
Training the Caretaker

Nutrition

Nutrition Goals
Action Steps in Middle and Late Stages
Environment
What not to put on trays, anything that can be swallowed!
Memory Aides for Dining Room
Decreased Appetite & Increased Appetite, what we do
Finger Food Menus & Independence
Reasons for Eliminating Sugar and Caffeine from Diet
Seating Assignment – How to group people together

Dental Care

Home Like Environment in the Dining Room

Recognizing Pain in the Person with Dementia

Behavioral Changes such as facial grimaces
How is the Discomfort Expressed?
How to get them to answer questions with Yes or No Responses
Assessing the Pain

Sleep Disturbances

Possible Causes
Interventions
Medications and Side Effects
Nutritional Changes – Eliminate Sugar and Caffeine

Activities / Recreation

How to make activities successful, meaningful and purposeful
Sample Calendars
Importance of Exercise, Music, Reminisce, Sensory Program
Self-Recreation

Environment

Social Environment – staff, family, friends, visitors, residents
Physical Environment-walking Path, lighting, noise, stimulation, home like, clutter free, glare, safety, etc
Promoting Independence – how can this be achieved? Example – brushing teeth
What promotes a negative environment in a healthcare setting?

Staff and Family Relationships

Working together, stress felt by families, guilt

Feelings and Emotions

Challenges that families face with long term care placement, Stress and the Care Giver

Taking care of yourself as the caregiver

Signs of breakdowns with family members- alcohol, drugs, depression, etc

How you can nurture your spirit

Support Groups

Multicultural Considerations in Care Giving

Be aware of other cultures, races and religions

Train the staff on Sensitivity Awareness to other Cultures

End of Life

Feeding Tubes – Provide the Alzheimer's Association position on feeding tubes.

Advance Directives

Do Not Resuscitate and Do Not Hospitalize if used by your facility

Dying Process and Supporting the Family / Care Givers

Final Exam

National Certification as a Certified Dementia Practitioner™

Have Questions?

Want to know more about this conference or anything else related to our educational services?

Contact Kathy Chapman at 614.540.1321
kchapman@ohca.org
or for questions about registration contact Carol Johnson at 614.436.4154
cjohnson@ohca.org.

Certification Process and Explanation:

For detailed information about national certification, please check the following Website for the National Council of Certified Dementia Practitioners™: www.nccdp.org.

Applications for certification will be available at the training location. The application fee is not included in the course registration fee and must be arranged directly with NCCDP.

Options to Follow for Certification:

Option 1 - Fee \$100.00

You must have;

- 4 year College Degree from an accredited university or college.
- A Minimum of 3 years experience in a health related field within the last 5 years.
- Completion of a 7 hour minimum Dementia / Alzheimer's Course / Seminar that is approved by NCCDP.
- Be Currently Certified or Licensed in your Profession that is directly related to health care.

Option 2 - Fee: \$75.00

- 4 Years experience in a health care setting or related field within the last 5 years.
- Completion of a 7 hour minimum Dementia / Alzheimer's Seminar that is approved by NCCDP.
- Be Currently Certified or Licensed in your Profession that is directly related to health care.

- Facility Seminars, for those working in a hospital, nursing home, adult day care, assisted living, ccrc or other health care setting submit 5 In-Services that relate to health care. Your In-Service Director will provide copies of the Sign in Sheets for each In-Service that you attended. The In-Service form must state the topic, length of program, date, method of delivery of In-service, copies of the subject matter that was provided, signature and title of presenter. The In-Service forms must be on company letterhead and signed off by the Administrator.

Option 3 - Fee: \$100.00

- Graduate degree from an accredited college or university.
- A minimum of 5 years experience in a health related field/profession within the past 7 years.
- Completion of a 7 hour minimum Dementia/Alzheimer's Course/Seminar that is NCCDP approved.
- License or certification is not required, but recommended.

Program Location:

Quest Conference Centers

8405 Pulsar Place
Columbus, Ohio 43015
614/540-5540

The following hotels are near the Quest Conference Center. Should you need overnight room accommodations, please contact them directly.

Comfort Inn North Polaris

8400 Lyra Drive, Columbus, OH 43240
Phone: (614) 791-9700

Best Western, Franklin Park Suites at Polaris

2045 Polaris Pkwy.
Columbus, OH
Phone: (614) 396-5100

Candlewood Suites – Polaris

8515 Lyra Dr.
Columbus OH
Phone: (614) 436-6600

Extended Stay Columbus/Polaris

8555 Lyra Drive
Columbus, OH
Phone: (614) 431-5522

Hilton Garden Inn Columbus/Polaris

8535 Lyra Dr.
Columbus, OH
Phone: (614) 846-8884

Wingate Inn - Polaris

8505 Pulsar Pl.
Columbus, OH
Phone: (614) 844-5888



SEMINAR ATTENDANCE & REGISTRATION POLICIES:

Registration: Registrations may be sent via our website with credit card payment, fax with credit card payment or by mail with check. All registration fees must be paid at time of registering. In order to receive the early rate, payment must accompany the registrations by the assigned date; walk-ins must pay the regular rate. Registrations will not be processed and name badges will not be available to attendees until payment by check or credit card is received in our office. Phone registrations are not accepted.

Continuing Education: Please note that the credit hours offered for this program are for a full day of attendance. To receive continuing education credit for this program, licensing/accrediting boards require attendance in full. This means that partial credit will not be granted. Attendees who arrive late to a program will not receive credit. Likewise, credit cannot be granted to those who leave early. Therefore, please schedule your drive time conservatively, allowing room for traffic and construction delays. To receive credit for the program, participants are expected to sign-in, attend the entire program and sign out at the conclusion of the program. In the case of multiple day programs, credit will be granted for each full day of attendance.

Cancellations/Refunds: If a registrant cannot attend, an alternate registrant may attend in his/her place. Cancellations received more than 14 business days prior to program will receive a full refund. Cancellations received 7 – 13 business days prior to the program will receive a refund of 75% of the registration fee, cancellations received 4 – 6 business days prior to the program will receive a refund of 50% of registration fee. Cancellations after this time/date will be charged the full registration fee. However, a 50% education voucher could be issued for registration cancellations due to a state survey, or for a facility-related disaster. There are no refunds available for cancellations due to weather if the seminar itself is not cancelled. In the case of illness, death in the family or other reason, the facility may send another individual to take the place of the current registrant; no refund will be issued in these circumstances.

All cancellations must be made in writing and may be emailed to kchapman@ohca.org or FAXed to the OHCA office at 614/436-0939 to Kathy Chapman, Education Director. Refunds if applicable will be issued via check to the company from the OHCA office after the program dates, regardless of original payment type. - Revised 2/08

Register by Credit or Check

at **www.ohca.org**

Not a Member?
Contact OHCA
at info@ohca.org
or 614.436.4154 for
facility membership
information.

Register online and save! Register 4 or more individuals from the same facility and receive 15% off the total of registration fees. This discount only applies online.

Comprehensive Alzheimer's Dementia Training • Facility Registration Form • July 23, 2008

Online Registration: www.ohca.org • Questions? 614 / 436-4154 • Fax: 614 / 436-0939

1. One Person Per Registration (fill out the facility info and duplicate this form for additional registrants)

Lastname: _____ First: _____ Nickname: _____

Title: _____ Email address: _____

Facility: _____

Street Address: _____

City: _____ State: _____ Zip: _____

Phone #: _____ / _____ Fax #: _____ / _____

Registration **will not** be processed unless payment is included.

2. Registration Category

MEMBERS of OHCA			NON-MEMBERS		
Fee:			Fee:		
Early rate:	<i>Before July 9</i>	\$195	Early rate:	<i>Before July 9</i>	\$585
Regular rate:	<i>July 9 and after</i>	\$245	Regular rate:	<i>July 9 and after</i>	\$735

3. Payment - Make checks payable to Educational Foundation of Ohio Health Care Association (EFOHCA)

Mail to: EFOHCA, 55 Green Meadows Dr. South, Lewis Center, OH, 43035 or Fax: 614 / 436-0939

TOTAL AMOUNT: \$ _____

Method of Payment: _____ Credit Card _____ Check

CREDIT CARD: MC _____ VISA _____ AMEX _____

Card Number _____ Expiration Date _____ / _____

Card Holder _____ Signature _____

Your Education Source

There is a single source you can always turn to for quality long-term care education. It's the Educational Foundation of the Ohio Health Care Association, serving you, the special men and women who have chosen careers in long-term care.

As a proud member of OHCA, your employer has made it possible for you to advance your professional knowledge by attending programs sponsored by the Educational Foundation.

Empower yourself . . . and those you serve.

For upcoming educational programs, visit our website at www.ohca.org

