

# Lifematters

A PUBLICATION OF LIFE CARE CENTERS OF AMERICA



**Karin Constandi**  
**Mary Denton Award Winner**  
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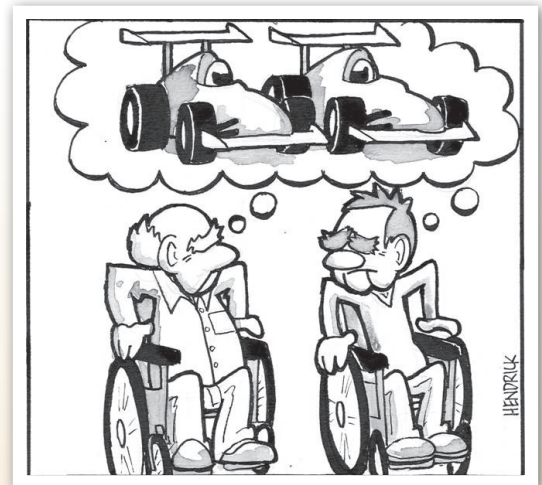
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## WANNA RACE?



By Erik Hendrick, certified nursing assistant at Life Care Center of Evergreen, Colo.

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## Training Associates in Quality Alzheimer's and Dementia Care

By Lisa Bilbrey Hyder

According to a 2007 study, one in seven Americans over the age of 70 suffers from Alzheimer's disease and other forms of dementia. More than half of all long-term care residents have dementia. Every day, these statistics are translated into real life in Life Care facilities across the country.

Right now, there are no national standards for dementia education, and regulations differ from state to state. However, Life Care recognizes that associates who care for residents with dementia should receive training that includes both the medical and psychosocial components of the disease.

Through classes offered by the National Council of Certified Dementia Practitioners, Life Care associates are being trained and certified as Alzheimer's and Dementia Trainers. They will go into our facilities to train other qualified Life Care associates – such as nurses, certified nursing assistants, rehabilitation therapists and

activities directors – who may then apply to the NCCDP to become Certified Dementia Practitioners®.

Training for NCCDP certification incorporates key aspects of dementia care, including communication techniques, disruptive behaviors interventions, end-of-life care and tools for addressing issues such as wandering, aggression, sexuality and poor nutrition. NCCDP certification also requires several years of experience in geriatric care and agreement to abide by a code of ethics.

Hollie Noth, executive director of Life Care Center of Lawrenceville, Ga., attended the first NCCDP training at Life Care and now is certified as an Alzheimer's and Dementia Trainer. She believes her facility will benefit greatly from the program. Noth says, "So many of our residents have some form of dementia, and it is important that our associates are well prepared to care for them. Having associates who are Certified Dementia Practitioners will enable

us to give the best possible care to the residents we serve."

The knowledge that associates are Certified Dementia Practitioners gives families confidence that their loved ones are being care for by skilled, trained and caring professionals. They can rest assured that Life Care associates recognize residents with dementia as unique individuals who must always be treated with dignity and respect.

Providing care for residents with Alzheimer's and other dementias can be challenging, but Life Care is committed to improving these residents' function and quality of life. Life Care associates who become Certified Dementia Practitioners demonstrate not only their competency but also their personal commitment as health care professionals to provide a high level of care for residents in all stages of dementia. We believe that together our commitment will have a positive impact on our residents, families and communities.

