



## Alzheimer's Disease and Dementia Care Seminar

### – Health Professions

Undergraduate Postbacc  
one-year option

Undergraduate Postbacc  
two-year option

Accelerated RN to B.S.  
in Nursing

### – Business

Accelerated Bachelor of  
Science in Business

Business and  
Professional Writing  
Certificate

Business Essentials

Information Sciences &  
Technology Certificates

Labor Studies and  
Employment Relations

### – Youth Development

Youth Development and  
Social Justice

### – Contact Continuing Education

Contact CE

Request more  
information

### Program Overview:

- The 12-16 hour dementia training provides CNAs and other clinical staff with intensive training and certification in dementia care
- The course is recognized by the National Council of Certified Dementia Practitioners and can be offered on site at employer locations
- Employers can offer course as a mandatory or optional employee training.

### Course Content:

- Overview of Dementia
- Environment
- Staff and Family Relationships
- Stress and the Care Giver
- End of Life Procedures
- Multicultural Considerations
- Sex & Intimacy
- Hoarding
- Wandering
- Communication
- Repetitive Behaviors
- Aggressive Behaviors
- Paranoia & Hallucinations
- Recognizing Pain
- Depression & Alzheimer's Disease
- Personal Care
- Toileting
- Nutrition
- Sleep Disturbance

### Curriculum

Please Note: Curriculum can be modified to include additional modules, including Hand-in-Hand training.

- Overview of Dementia:
  - Stages & symptoms of Alzheimer's
  - Reversible / non-reversible Dementias
  - Normal aging
  - Medications used for treating dementia
- Environment:
  - Social environment
  - Physical environment - walking path, lighting, noise, stimulation, home- like, clutter free, glare, safety, etc
- Staff and Family Relationships:
  - Working together: 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
  - Support Groups
- End of Life:
  - Feeding Tubes
  - Advance Directive: Do Not Resuscitate and Do Not Hospitalize;
  - Dying Process and Supporting the Family/ Care Givers
- Multicultural Considerations in Care Giving:
  - Cultural and religious sensitivity/diversity
- Sex & Intimacy
  - Misconceptions about the elderly and sex and intimacy
  - How to handle inappropriate behaviors
- Hoarding
  - Signs and ways to help
- Wandering
  - Types of wandering & triggers
  - How to redirect & manage wandering
  - Policy and procedures for elopement
  - Wandering Tools, Safe Return, Wander Guards, Alarms, etc
- Communication
  - Verbal and Non Verbal Communication
  - Strategies to successful communication
  - Avoiding common mistakes
- Repetitive Behaviors
  - Common Behaviors
  - Interventions for Repetitive Behaviors
  - Medications
- Aggressive Behaviors
  - Causes of Aggressive Behaviors
  - Environmental Conditions, Physical & Medical Conditions
  - Anti Psychotic Medications & Side Effects
  - Interventions
  - Responding to Aggressive Behaviors
- Paranoia & Hallucinations
  - Types of Behaviors & Causes
  - Management Strategies
  - Anti-Psychotic Medications & Side Effects
- Recognizing Pain in the Person with Dementia
  - How is Discomfort Expressed?
  - Yes or No Responses
  - Assessing the Pain
- Depression & Alzheimer's Disease
  - Signs & Symptoms of Depression
  - Interventions and Activities
- Personal Care
  - Dressing & Bathing

- Cognitive Changes
- How to Encourage Participation
- Toileting
  - Causes of Incontinence
  - Proper Toileting & Frequent Toileting
- Nutrition
  - Nutrition Goals
  - What not to put on trays, anything that can be swallowed!
  - Memory Aides for Dining Room
  - Reasons for Eliminating Sugar and Caffeine from Diet
  - Seating Assignment-How to group people together
  - Dental Care
- Sleep Disturbances
  - Causes & Interventions
  - Medications and Side Effects