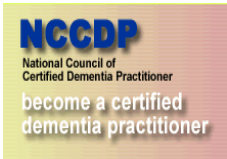


SANDRA STIMSON
Executive Director
[Alternative Solutions in LTC](#)
and
National Council of Certified
Dementia Practitioners
<http://www.nccdp.org>

ABOUT SANDRA

Sandra Stimson has experience as a corporate consultant, Corporate Trainer and National Speaker. Her experience is in long term care, as Activity Director, Director of Alzheimer's Units and Assistant Administrator of a 550 bed long term care county home. She is Co-founder of Pet Express Pet Therapy Club, is a Life Replay Specialist. Sandra implements dementia units nationwide. Sandra has written several books, Volunteer Management Essentials for Long Term Care and Pet Express Pet Therapy Program. Sandra has been a facilitator for Alzheimer's support groups and is the Awards Chair for the NJ Association of Activity Professionals. Sandra is the Executive Director of **National Council of Certified Dementia Practitioners**
<http://www.nccdp.org>.

[Alternative Solutions in Long Term Care](#) offers resources for health care professionals in many areas of dementia care, care plans, Snoezelen products, dementia activity calendars, adult day care calendars, sensory calendars, reminisce videos for dementia, activity books, and dates to remember, party supplies, resources and links.



Each Norman Rockwell print is paired with a national standards of Resident Rights and is illustrated by a picture depicting the "Resident Right."



Pathways to the Past

by Sandra Stimson ADC, CALA, CDP
Executive Director, [Alternative Solutions in Long Term Care](#)



97 Ideas to Recognize NCCDP Alzheimer's and Dementia Staff Education Week February 14 to 21



Sponsored by
National Council of Certified Dementia Practitioners www.NCCDP.org

Encourage your staff to participate in the planning process for NCCDP Alzheimer's and dementia staff education week February 14th to the 21st.

1. Provide at minimum 8 - hours of comprehensive Alzheimer's and dementia training by an instructor trained in Alzheimer's and dementia to all staff.
2. Provide innovative topics and in-services on topics and or themes related to dementia.
3. Ask staff for specific topics they would like to see presented after completing the comprehensive dementia education course.
4. Invite a speaker from a dementia organization.
5. Invite a support group leader to present a topic on ways to support the care giver.
6. Honor your in-service director or your nurse educator
7. Recognize those who have obtained Certified Dementia Practitioner certification.
8. Recognize those who have obtained certification as certified dementia care manager.
9. Recognize your dementia unit manager and the staff who work on the unit.
10. Certify your staff as Certified Dementia Practitioners CDP.
11. Send your trainer or In-service director or Nurse Educator to become approved NCCDP approved Alzheimer's and dementia trainers.
12. Invite the mayor or other local politicians to speak and provide an Alzheimer's and Dementia Staff Education proclamation.
13. Provide dementia education to your local law enforcement and first responders.
14. During in-service provide fun games such as word search puzzles about dementia.
15. Raise awareness about the importance of dementia education by putting out press Releases. Write an article about the importance of staff education and the impact the education had on staff that provide quality of care and quality of life.
16. Provide promotional items and gifts to the staff working on the dementia unit.
17. Decorate the facility with balloons and posters to promote dementia education week.
18. Provide "live" instructor training.
19. Ban all video training for the week of February 14th to the 21st. Instead use power point, over head and interactive education.
20. Invite families and volunteers to dementia training or a dementia education series.
21. Invite care providers from your community for a luncheon. Acknowledge how hard they work to care for their loved one. Provide information on handling stress and gift baskets with an assortment of aroma therapy, massage lotions, visualization tapes and relaxation music.
22. Advertise the dementia series in the local paper and invite the public to attend. Keep a list of names, addresses, phone number of the people who attend from the community. Send them a Thank you note for coming and your statement about the importance of dementia education.
23. Advertise Alzheimer's and Dementia Staff Education Week February 14th to the 21st with a PSA announcement.
24. Invite local clergy to attend dementia training.
25. Offer to present dementia training at local church, First Responders, EMT's, Law Enforcement and Fire Fighters.
26. Order dementia specific magazines and provide to the staff.
27. Order dementia specific videos and show to staff such as "The Notebook" or "Driving Miss Daisy."
28. Show Alzheimer's Movies and advertise the show times and titles to families and public.
29. Invite local media to attend your trainings and provide information on the importance of dementia education and how your training is different from other facilities.
30. Have a dementia Education party once everyone has completed training.
31. Provide certificates to participant's that indicates completion of comprehensive Alzheimer's and dementia training. Take a picture of your staff and post in facility newsletter, bulletin boards and in the local paper.
32. Frame each person's certificate and post in the facility.
33. Provide internet access for staff to attend online trainings. www.NCCDP.org has free CEUS as well as CMS. See link on our web site under CEUS.
34. Select staff to attend state and national conferences specific to dementia trainings.
35. Recognize staff ideas and provide awards for best idea.
36. Recognize the staff that assists the activity department, especially on the dementia units.

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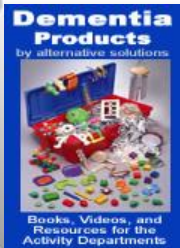
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Books, Videos, and Resources for the Activity Departments



37. Download fact sheets from care giver web sites and dementia organizations and make available to staff, volunteers and families.
38. Begin a dementia library with videos, books, magazines, web sites, fact sheets and brochures.
39. Invite the state surveyor's office and a representative from the local ombudsman's office to speak about the importance of staff education.
40. Invite another facility, senior center, adult day care to your training.
41. Invite an AARP Representative and or Office on Aging to speak.
42. Provide daily tips on your company inter office emails.
43. Provide dementia tips and resources on your web site.
44. During tours emphasize the importance of dementia education and what topics are taught to your staff and the community.
45. Add information about your dementia education and certification to facility brochures.
46. Invite a prominent speaker to address your community. Place a press release in paper and invite the public.
47. Advertise your dementia unit and the education your staff receives.
48. Add to all marketing materials the dementia education and the topics covered.
49. Ask staff to design posters that is themed and captures the importance and role of Alzheimer's and dementia staff education.
50. Invite a local high school art class to hold a contest and design posters to be judged by the residents and employees. Hold an art show and showcase all the entries. Provide a prize and submit a press release.
51. Ask staff and residents to submit a tribute or poem that speaks to the importance of staff education. Have a contest and provide a prize. This encourages your staff to think about the reasons why it is important to provide dementia education.
52. Ask staff and residents to submit ideas for a theme name for dementia education week.
53. Thank your staff for the care they provide to the dementia population.
54. Send a Thank you note to those organizations that have supported you, referred clients and contributed to the success of your dementia unit. Include information about your dementia education program.
55. End the week with a remembrance ceremony for those who have passed away because of complications related to dementia.
56. Visit another community and see how their dementia unit is run and what innovative ideas they are trying. Be open to trying new things.
57. Hold a family education night and present a topic on Alzheimer's or related dementias.
58. Hold an Iron man Race with your staff and families. 3 miles. Teams bike one mile, canoe one mile and walk fast one mile. Raise money for your favorite group or support group.
59. Hold an ethical dilemma group. For a quick 15 minutes, present to the staff a situation dealing with wandering, or aggression or sexuality issue and have staff discuss possible solutions.
60. Meet with your pharmacy rep to see what giveaways they could give for Staff Education Week. They also might have free videos and posters to contribute to your week.
61. End the week with a staff education week celebration luncheon and invite all the staff to come.
62. Each day of the training, have pop corn, candy, healthy snacks to kick off the training day. Have Hershey kisses and other heart candy. You can order your facility name on Hershey products through the Hershey web site.
63. Ask all staff to bake sugar cookies in a heart shape for a cookie exchange. They can use their favorite recipe.
64. Have a Staff Education Week breakfast and invite the staff to come.
65. Arrange to have the education room painted before the start of the training class. Add plants to make it more inviting.
66. Hold a Staff Education Week Tea. And provide a mini in-service.
67. Create a Trivia Questions that the residents will ask the staff. Have the staff divide into teams. The residents will ask the prepared questions. Give prizes to the winning team.
68. Silhouette Wall. Place a very large piece of paper on the wall. Place a pretty border around it. Have each resident stand in front of the paper and trace their profile. You could do this with the staff. Let the residents pick who each staff person silhouette is and the residents identify the staff silhouette. You will need a strong light shining on the paper while you are tracing the silhouette.
69. Submit information to local churches to run in their Sunday bulletin about staff education week and what you will be doing to honor this week. Post topics to be covered and invite public to attend.
70. Send a daily email to all staff with a daily affirmation about dementia education and the benefits.
71. Provide a calendar that you can purchase at the UPS store that gives a monthly quote about the importance and benefits of education.
72. Order white t shirts and provide fabric paints and ask staff to design a theme or quote to honor Staff Education Week. Have a parade so everyone can show off their design.
73. Have Coins for Cure Drive. Place clear plastic boxes at receptionist and nurses stations. Explain using a sign, that you are seeking donations of all kinds of coins and who the funds will be donated to.
74. Ask staff to pledge to tell five people what they learned in your training. Give them pledge cards.
75. Ask local radio station to air and promote Alzheimer's and Dementia Staff Education Week sponsored by the NCCDP.
76. Create a YOU Tube Video about Alzheimer's and Dementia Staff Education Week.
77. Write letter to local congressman, senator, etc explaining the importance of dementia education and how it benefits your residents and staff. Now would be the time



to ask for state funding to be set up to cover dementia education programs. Many states have Alzheimer's grants that are set up for dementia education, speakers and seminars.

78. Download dementia fact sheets from different web sites and leave in employee lounge and at front desk for families. Have a different fact sheet each day.

79. Ask staff to bring in internet articles, articles from the paper and magazine articles that could be shared at the next training. Start a large binder to place those in.

80. If you have a corporate newsletter, high light this week and how you will be celebrating this week.

81. Host a professional seminar regarding a specific area of dementia or care giving issues and support.

82. Invite the local schools to participate in a poster contest or slogan.

83. Ask local businesses to display posters you will give that states your facility is honoring Alzheimer's and dementia staff education week.

84. Bury a time capsule of all the ideas staff have to day about dementia. Dig it up in 5 years and see how many things will change. Have them also write down words associated with care. Those words will have new meanings in 5 years.

85. Plant a tree in honor of this week.

86. Create a reason to celebrate this week! Health care workers should encourage and participate gladly in all education programs. Smile! View this as a positive experience vs. complaining, about yet another in-service. Your education department has worked hard to put this together. Thank them!

87. Have a PSA announcement about the importance of dementia education for the community awareness.

88. Send personal thank you notes to your employees for all they do.

89. Set up a resource library with web site addresses, support groups, information sites. Set up on company web site as well.

90. Have a staff member who sews assemble a block quilt with dementia residents name or design something depicting dementia.

91. Invite a local VIP or celebrity whose family member has dementia and has personally been affected and can provide a personal presentation.

92. Profile a dementia resident and history.

93. Honor a national organization who is committed to dementia education and resources and or research.

94. Invite all the Support Group Leaders from your city to a luncheon to say Thank you for their time and effort as volunteers.

95. Write a letter to the Editor, "Dear Editor" about your company commitment to dementia training.

96. Develop a foundation or grant program specifically for your employee's dementia education and dementia certifications (CDP).

97. Pay for the CDP, CDCM, Instructor and CFRDT renewals.

-END



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