

Foundations of Dementia Care Training Program

This comprehensive training program is designed to help you improve the quality of care for residents with dementia in assisted living residences and nursing homes. It is based on the latest evidence in dementia care research and the experience of care experts. There are 9 modules with 21 sessions (one hour each) that will help your direct care staff and supervisors make better connections to residents with dementia, resulting in a better quality of life for both your residents and staff.

We offer flexible options, including post-training support to help your staff apply the class information in their work setting, and can design a training program that meets the needs of your staff and facility.

Module I: Learning to Lead

Foundations of Dementia Care is based on the premise that learning imparted in the classroom must be carefully nurtured when the learner returns to the care setting. *Learning to Lead* provides tools for creating an environment of learning that will reinforce lessons learned in the classroom. The goal is to enhance the supervisory skills of supervisors, charge nurses and other managers while building the dementia care team and addressing issues of quality dementia care. The module includes three one-hour sessions:

Session I: Leading the Team

- Identify team leader roles.
- Name 5 basics of quality dementia care.
- List 6 ways to empower staff.

Session II: From Classroom to Practice

- The importance of your role in fostering a team-learning environment.
- The 6 R's for ensuring that what is learned in the classroom is actually applied on the floor.
- Specific approaches for supporting your staff in providing better dementia care.

Session III: Building a Vision

- Define team.
- Identify characteristics of a successful team.
- Review practice recommendations for quality dementia care developed by the Alzheimer's Association.
- Suggest strategies to address each recommendation.
- Develop short-term action plans.

Module II: About Dementia

One of the key elements in providing quality dementia care is to understand Alzheimer's disease and dementia, and how changes in the brain contribute to different behaviors and communication limitations. *About Dementia* provides participants with a definition of dementia and its impact on a person's ability to function. Special attention is paid to the importance of care practices that consider individual preferences, needs and abilities in understanding and responding to communication challenges and behaviors. The module includes three one-hour sessions:

Session I: Dementia Basics

- Define dementia and its symptoms.
- Discuss how these symptoms affect the abilities of people with dementia.
- Describe some basic ways we can help people with dementia.

Session II: Improving Communication

- Describe the communication challenges people with dementia face.
- Identify non-verbal communication strategies.
- Demonstrate a Positive Physical Approach.

- Identify 10 guidelines for improving verbal communication.

Session III: Understanding Behavior

- Ways dementia affects behavior.
- Why residents with dementia may behave in certain ways.
- How to decide if you should be concerned with what a resident is doing.
- To discover the reason for residents' behavior using the *Cues and Clues Model*.

Module III: Enhancing Mealtime

To ensure that each resident has a pleasant dining experience and gets enough to eat and drink requires the participation of all care staff. *Enhancing Mealtime* teaches staff the importance of proper nutrition, how to identify resident difficulties, causes of and approaches for challenging mealtime situations, and encouraging independence. The module includes two one-hour sessions:

Session I: Mealtime / Awareness

- Describe the reasons why it is important for residents to have enough to drink and eat.
- Identify challenges faced by persons with dementia while trying to get enough to eat and drink.
- Describe the resident preferences and mealtime history that will affect how much they eat and drink.
- Identify what should be observed at mealtime and the importance of those observations.

Session II: Mealtime / Practice

- Determine the cause and approach when handling challenging mealtime situations.
- Describe features of the environment that may influence the mealtime experience.
- Identify concrete ways to encourage resident independence.
- Name staff approaches that will make mealtime a pleasant experience for residents and staff.

Module IV: Reducing Pain

Those who work with residents every day are the first line of defense against pain. Pain is complex, multifaceted and unique to the person experiencing it. *Reducing Pain* discusses the different types and causes of pain and uses videotaped real-life scenarios to teach participants how to recognize, prevent and reduce pain in persons with dementia. The module includes two one-hour sessions:

Session I: Pain / Awareness

- Understand of pain and it's causes.
- Identify when residents with dementia may be in pain.
- Describe different types of pain.

Session II: Pain / Practice

- Report pain by using a 5-part pain report.
- Respond to pain through specific approaches.
- Prevent pain using variable strategies.

Module V: Making Connections

Simple things can make all the difference in the world, turning bad days into good ones. These simple things are the most valuable tools that we have to soothe, comfort, and bring joy to persons with dementia. *Making Connections* describes the social needs of residents and provides tools and techniques for ways to get to know and have meaningful interactions with residents at all stages of dementia. The module includes two one-hour sessions:

Session I: Connect / Awareness

- Describe the social needs of residents.
- Discuss simple ways social needs of residents can be met.
- Learn techniques to better know your resident.

Session II: Connect / Practice

- Learn why engaging residents who have dementia is important.
- Learn how to interact with residents at all stages of dementia.
- Practice being creative when engaging residents.

Module VI: Understanding Wandering

Wandering is a reality that is faced everyday when working with persons with dementia and it can have devastating effects. *Understanding Wandering* discusses what can be done to prevent unsafe wandering, which will increase the quality of care provided as well as the quality of life for your residents. The module includes two one-hour sessions:

Session I: Wandering/Awareness

- Discuss why wandering occurs
- Identify situations that may lead to wandering
- Discuss the difference between safe and unsafe wandering

Session II: Wandering/Practice

- Identify a resident at risk for unsafe wandering
- Learn strategies that promote safe wandering and prevent exit seeking
- Learn to apply the REACT method for responding to a wandering incident

Module VII: Reducing Risk of Falls

Falls for older adults are dangerous and can lead to a variety of health problems that decrease quality of life. In *Reducing the Risk of Falls*, the difference between individual and environmental risks will be discussed, as well as proactive steps that can be taken to help prevent falls from happening. The module includes two one-hour sessions:

Session I: Falls/Awareness

- Discuss individual and environmental risk factors for falls
- Understand the benefits of mobility, even for those at risk for falls
- Identify key components of a falls incident report

Session II: Falls/Practice

- Learn how using resident's history and preferences can reduce falls
- Learn strategies for working with others to create a safer environment
- Practice using a falls checklist to better understand resident needs

Module VIII: Promoting Restraint-Free Care

With some preparation, the proper approach to care, and creativity, restraint-free care can become a reality. Reducing or eliminating the use of physical restraints increase the quality of care provided and the quality of life for residents. The module includes two one-hour sessions:

Session I: Restraint-Free/Awareness

- Describe the physical and emotional experiences of people in restraints
- Identify possible alternatives to physical restraints
- Discuss five consequences of using physical restraints

Session II: Restraint-Free/Practice

- Apply knowledge of personal routines in practicing
- Learn the five levels of activity needs and how meeting them can decrease restraint use
- Discuss planning ahead to avoid and reduce physical restraint use

Module IX: End of Life Care

This 3 hour module teaches residential care staff to identify and deal with end-of-life symptoms and issues in the resident with dementia. It also discusses the emotional and spiritual support that is needed for the resident, family, and staff. The module includes three one-hour sessions:

Session I: Communication and Advance Planning at the End of Life

- Describe severe or late stage Alzheimer's disease
- Define end-of-life care and its related terms
- Define the components of making end-of-life decisions
- List strategies for making an effective end-of-life transition for a resident with dementia

Session II: Addressing Symptoms at End of Life

- Identify end-of-life symptoms
- Explain appropriate care approaches to end-of-life symptoms
- Describe a care team model for responding to symptoms as efficiently and sensitively as possible.

Session III: Emotional and Spiritual Support at End of Life

- Identify ways that relationships and meaningful interactions can enhance quality of life for residents at the end of life.
- Describe ways that spiritual needs can be met to improve resident well-being at the end of life
- Discuss support strategies for both family and staff during end of life

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