

# alzheimer's association®

Miami Valley Chapter

Available Education Programs

To schedule a program, call Pat Roby at 937-399-5005 or  
email at [patricia.robby@alz.org](mailto:patricia.robby@alz.org)

Our Trainings meet the requirements for New Regulations for Assisted Living Facilities

Fee Structure for Inservice Programs

1 hr. Programs - \$200

2 hr. Programs - 350

3 hr. Programs - 400 – \*Best Value

Each additional hour add \$100

## For Staff

**National Quality in Residential Care** - All aspects of our campaign are based on the *Alzheimer's Association Dementia Care Practice Recommendations for Assisted Living Residences and Nursing Homes*. The recommendations translate the latest research and experience of leading experts into effective dementia care approaches.

**1. National Quality in Residential Care Programs**

– **3 hours each** – CEUs - designed for those from Front line staff to Lead Aide through Administration.

**a. Learning to Lead**

- i. Leading the Team
- ii. From Classroom to Practice
- iii. Building a Vision

**b. About Dementia**

- i. Dementia Basics
- ii. Improving Communications
- iii. Understanding Behaviors

**2. National Quality in Residential Care Programs**

– **2 hours each** – CEUs - we emphasize practical, problem-solving approaches that staff can immediately put to use on the floor to prevent problems before they occur.

- a. Making Connections** - Engage residents in activities that have personal meaning
- b. Enhancing Mealtime** - Ensure nutritional well-being through adequate food and fluid consumption
- c. Reducing Pain** - Manage pain to ease distress and avoid unnecessary use of medications
- d. Reducing Falls** – Reducing risk of falls and fall-related injuries
- e. Understanding Wandering** - Prevent unsafe wandering and promote safe, independent mobility
- f. Promoting Restraint-free Care** – Encourage physical restraint-free care

**3. Connections: Innovative Dementia Training** – **8 hours** – CEUs - **2 Trainers** - incorporates the latest in dementia care by weaving person-centered care

philosophy with practical applications. This is a "must have" training. Price does not include \$10/book/person.

**4. ABAC – Activity Based Alzheimer's Care – 6 hours** – CEUs - **2 Trainers** - a one-day,

interactive training program designed for activity professionals who have a basic understanding of Alzheimer's disease, and whose primary job responsibilities include activity programming design and implementation

**5. Caregiver 101 for Staff – 1 hour** - Basic program describing the physiology of dementia, the way the dementia presents and strategies for working with those with a dementia

**6. Dementia 101-102 – 6 hours** – Interactive program taking staff from a description of the disease thru the management of one on one care. Great for all levels of staff and all departments in long term care facilities.

**7. Unlocking the Mystery of Alzheimer's Disease – 3 hours** – Designed to give the Staff an understanding of Alzheimer's disease and how to interact with someone with the diagnosis of AD or dementia.

**8. Unlocking the Mystery of Alzheimer's Disease and the MRDD Client – 3 hours** – Designed to give the MRDD Staff an understanding of Alzheimer's disease and the differences in how to interact with someone with the dual diagnosis of AD and MRDD.

**9. Intro to Person-Centered Care** – Intro to Person Centered Care for staff. Understanding the dignity and respect we should show at all times for those suffering with dementia,

**10. The Life Story** – Stresses the importance of truly knowing the resident and the impact on his care.

Long term care facilities are often looking for ways to involve their families in the daily lives of those residents they serve. Our programs help the facilities to focus on topics of interest to each family. Also, we welcome partnership with facilities and other agencies in helping various service agencies to better serve our community. The fee for scheduling a program for families in your facility is \$50. The following is a list of programs you might want to sponsor.

### For Families

1. **Caregiver Series – 2 or 3 sessions, 2 hours each** – Designed to give families and people diagnosed with dementia the tools to prepare for the future. Encompasses an orientation to dementia, legal and financial planning tools, day-to-day caring strategies, and resources available to families.
2. **Building Caregiver Skills – 2 hours** - This interactive program is designed to help families of those diagnosed with a dementia learn basic physical care of a person with dementia with the intention of maintaining the person at home for as long as possible.
3. **Aging in Today's World – 1 hour** - Interactive program that allows today's young to experience the infirmities and limitations of aging.
4. **Caregiver 101 for Families – 1 hour** – Basic program of Dementia and Alzheimer's disease
5. **Holiday Solutions for Caregivers – 1 hour** - Addresses the unique difficulties that arise around the holidays for families with a loved one with dementia
6. **Partnering with Your Doctor – 3 hours** - Provides tools and strategies for individuals with memory loss and their caregivers in order to receive high-quality health care.
7. **Family Forums on different topics (call to discuss your needs)**
8. **Safety at Home - As Alzheimer's disease progresses, the abilities of a person with dementia will change. But a caregiver can adapt the home to support these changes with some creativity, flexibility and problem solving.**
9. **Maintain Your Brain – 1 to 2 hours** -The Alzheimer's Association Maintain Your Brain<sup>®</sup> public education campaign is based on the best available science about brain health.
10. **Activities for those with Dementia – 1 to 2 hours** - Looking at ways to occupy time and energy of a family member with Dementia.

## Specific Populations

We have traditionally not charged for the following programs. Donations and Gifts are always welcome.

1. **Support for Families on the Alzheimer's Journey – A Guide for Clergy – 2 hours** – Addresses the various aspects clergy encounter when a family is dealing with dementia and offers strategies for working through these areas
2. **Dementia 101-102 for Law Enforcement, EMT, & Fire Dept. – 3 hours** - Interactive program taking staff from a description of the disease thru the encounter and management of working with someone with dementia.
3. **Safe Return – 30 Minutes** - Talk on wandering and our national program of Safe Return
4. **Project Lifesaver – 45 Minutes** – Program on the Project Lifesaver, how you can obtain information on starting a program in your area

## General Speeches for Clubs and Organizations

1. **Alzheimer's Disease: The New Epidemic – 1.5 hours** – General Alzheimer's Disease program with strategies for helping to Maintain Your Brain
2. **Project Lifesaver – 45 Minutes** – Program on the Project Lifesaver, how you can obtain information on starting a program in your area
3. **Maintain Your Brain – From 30 minutes to 1 to 2 hours Programs available** -The Alzheimer's Association Maintain Your Brain<sup>®</sup> public education campaign is based on the best available science about brain health.
4. **Alzheimer's Association - Miami Valley Chapter – 20 Minutes** – Who we are, what we do, and how to contact us.
5. **What is Alzheimer's Disease – 20-30 Minutes** – Basic Alzheimer's disease talk
6. **Is it Memory Loss, Dementia, or Normal Aging?** – Examines the differences in people's perceptions of Memory Loss, etc.