

Dementia Care Training for residential care staff

Alzheimer's Association
Campaign for Quality Residential Care

Alzheimer's Association *Foundations of Dementia Care* Classroom Training Modules

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:

- Leading the team
- From classroom to practice
- Building a vision

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:

- Dementia Basics
- Improving Communication
- Understanding Behavior

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:

- Mealtime/Awareness
- Mealtime/Practice

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:

- Pain/Awareness
- Pain/Practice

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:

- Connect/Awareness
- Connect/Practice

Understanding Wandering

One of the most misunderstood effects of dementia is resident wandering. Though unsafe wandering can pose risks for residents, safe wandering also offers positive physical and psychological benefits. This session provides important information about the role of wandering in dementia, including building awareness of factors that contribute to wandering. This two-part module offers strategies for promoting safe wandering and a model for responding to wandering incidents. This module also includes realistic film clips to model appropriate wandering intervention techniques.

- Wandering/Awareness
- Wandering/Practice

Reducing Risk of Falls

Falls are a risk for every resident, but this two-hour module describes ways to reduce and prevent injurious falls by promoting mobility in addition to identifying and removing fall hazards. This module also features several real-life photographs for critique and review and realistic film clips to illustrate ways to check and monitor fall risk factors on an ongoing basis.

- Reducing Falls/Awareness
- Reducing Falls/Practice

Promoting Restraint-free Care

While many residential communities are restraint free, this module examines ways that residents are sometimes unintentionally restrained and provides information about proactively addressing needs to maximize resident autonomy and well-being. The two-hour module features several interactive exercises and a framework for planning ahead to meet resident needs.

- Restraint-free Care/Awareness
- Restraint-free Care/Practice

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