

# Train the Trainer<sup>®</sup> 2011

Day and  
Evening Classes  
Available

presented by

**The Learning Institute<sup>™</sup>**

The *only* local experts in dementia-specific, culturally sensitive, carepartner education.



alzheimer's  association<sup>®</sup>

the compassion to care, the leadership to conquer

Who are we?

The Alzheimer’s Association is the leading voluntary health organization in Alzheimer’s care, support and research.

The Learning Institute™ was established in 2000 to provide dementia-specific, culturally appropriate education programs and consultative services.

- Person centered, culturally sensitive, dementia specific education
- Revitalizes the quality of dementia care in healthcare facilities
- Online and in-person training – empowering all types of care partners with the latest standards of care

We’re specialists in educating people on how to provide optimal care for the complex needs of persons with dementia. The process has profound, positive impact on the lives of both care receivers and care partners alike.

Our proven strategy has received national recognition for its ability to transform healthcare professionals and facilities into dementia specialists. And with aging baby boomers on the horizon, now’s the time!

What is Train the Trainer®?

A powerful, professional product developed by the Learning Institute™ that’s designed to provide staff educators and professional care partners with the latest training in dementia care.

- Elevate your organization’s success in caring for individuals with Alzheimer’s and related dementias
- Improve the quality of life of those under your care and consumer satisfaction
- Increase staff productivity, job satisfaction and retention
- Increase your organization’s proficiency in dementia care

The knowledge we’re sharing is invaluable to the success of your organization. Employees of residential long term care facilities, assisted living communities, adult day programs and home health care agencies are all encouraged to attend.

Our purpose is to provide educators with validated, best care dementia practices.

Objectives:  
Students will

- become informed of best care dementia practices
- learn person centered, culturally sensitive approaches
- receive all necessary information and curricula to provide training programs

Courses

- 1 Nuts and Bolts of Dementia Care
- 2 Effective Communication in Dementia Care
- 3 Problem Solving & Managing Behavioral Issues in Dementia Care
- 4 End of Life
- 5 Sexuality & Intimacy
- 6 Spirituality
- 7 Meaningful Activities for Dementia Specific Care
- 8 Strategies for Creating Better Care Environments
- 9 Music & Dementia – Making a Connection
- 10 Dementia, Art & The Quality of Life
- 11 How to Work With Families
- 12 Health, Wellness... and You!

phone 585 760 5400  
24-hour helpline 800 272 3900  
facsimile 585 760 5401  
www.alz.org/rochesterny

The Learning Institute™ proudly offers the following 7 core courses and 5 elective courses.

(For a complete course listing, schedule and registration form, see pages 11 & 12.)

**Graduation Information**

Upon completion of the seven core courses, a participant is considered a graduate of Train the Trainer®. For an explanation of graduate benefits, see page 9.

**Core Courses**

**1 Core**

**Nuts and Bolts of Dementia Care**

This course lays the foundation for understanding dementia care by exploring the background of dementia, diagnosis, stages of the disease, treatments and research. Considerable attention is given to developing caregiving techniques from a cultural perspective. Emphasis is placed on training techniques useful for all courses in Train the Trainer®. While each course is a stand alone, it is recommended that this course be taken as the first in the series. (3 contact hours)

**2 Core**

**Effective Communication in Dementia Care**

Utilizing interactive training, this course provides the learner with information on verbal, nonverbal and written communication techniques for persons with dementia. In addition, special considerations involving cultural influences, hearing and visual impairments will be addressed. (3 contact hours)



**3 Core**

**Problem Solving & Managing Behavioral Issues in Dementia Care**

A cultural perspective for caregiving is used to provide participants with information and techniques for Activities of Daily Living: bathing, dressing, eating, toileting and ambulation. The challenging behaviors of agitation, combativeness, hallucinations, incontinence, sleeplessness, sundowning, unpredictable situations and wandering are explained and potential solutions are developed in an interactive environment. (6 contact hours)

**4 Core**

**End of Life**

This course assists care partners of individuals with advanced Alzheimer's disease and related dementias by providing information and techniques for physical and emotional care issues. It explores concepts of grief, guilt, and decision making to maximize the dignity, comfort and respect of individuals with the disease. Ideas will also be examined regarding how to help in anticipatory and post death bereavement. Considerable time is devoted to caregiving techniques and pain management for end of life. (6 contact hours)



## 5 Core

### Sexuality & Intimacy

Problems and concerns about intimacy in Alzheimer's disease and other dementias are varied and complex. This course explores the multiple ways affection and self-esteem needs are expressed by persons with dementia as well as changes in behavior such as bold behavior, exposure, depression and misinterpretation. Sensitive to the cultural perspectives, appropriate interventions are discussed as well as adaptations for home and residential setting.

(3 contact hours)



## 6 Core

### Spirituality

This course provides ways care partners can support persons with dementia in body, mind and spirit. Participants will gain an understanding of spiritual and religious care. Various religious traditions are highlighted with an appreciation for culture. Techniques for assisting the person to feel connected are discussed.

(3 contact hours)



## 7 Core

### Meaningful Activities for Dementia Specific Care

Activities represent who we are and what we're about. For the person with dementia, they can mean the difference between feeling loved and needed or feeling unloved and unnecessary. Using an interactive approach and new techniques such as the Montessori Method, this course provides participants opportunities to explore how daily living activities can become meaningful activities.

(3 contact hours)



### Electives

## 8 Elective

### Strategies for Creating Better Care Environments

The potential of the physical environment, both internal and external, to play an active role in shaping and supporting independence, stimulation and quality of life for individuals with Alzheimer's disease and related dementias is developed in this course. Special emphasis is placed on principles behind design and the importance of utilizing the environment as a therapeutic tool. Interactive experiences expose the learner to utilizing design principles so that they can become active participants in the evolution of the care environment.

(3 contact hours)



## 9 Elective

### Music & Dementia - Making a Connection

This course explores ways in which music can be utilized with persons with dementia to decrease challenging behaviors, recall memories and provide means of communication. Through interactive activities, participants will discover first hand the benefits of music. Emphasis is placed on how music can be adapted to work with persons in all stages of the disease. Basic recommendations are discussed regarding the appropriate use of music in residential settings.  
(3 contact hours)



## 10 Elective

### Dementia, Art & The Quality of Life

The therapeutic benefits of using art in caregiving are explored with an emphasis on cultural applications; the use of art as a preverbal and nonverbal expression of communication; and the importance of art in recognizing changes in ability throughout the stages of the disease.  
(3 contact hours)



## 11 Elective

### How to Work With Families

This course teaches health care workers how to work effectively with families and other care partners of individuals through the stages of Alzheimer's disease and related dementias. It explores the relationship between the professional carepartner and the family carepartner and how family systems change with the introduction of paid supports (i.e., in home and out of home care). Participants also develop sensitivity to acculturation as well as the multicultural and generational needs of the carepartner and health care worker.  
(3 contact hours)



## 12 Elective

### Health, Wellness... and You!

This course teaches the importance of maintaining health and wellness in all areas of life. The Wellness Tree® (a segmented outline of positive health practices) illustrates topics including fitness, nutrition, stress and cultural & biological influences on quality of living. Participants will learn lifestyle changes, strategies to improve health and wellness, and applications for working with persons with dementia.  
(6 contact hours)



**Become a Train the Trainer® Champion**  
 Courses are offered in packages called Champion Plans or as single courses at \$90 for a 3-hour course, or \$180 for a 6-hour course.

**Train the Trainer® Champions' Plans**

**Bronze**

An economical approach. You do the printing, burning and binding, and we'll do the rest!

**Silver**

An approach that recognizes the professional nature of your position, earning C.E. credit.

**Gold**

A classic approach, reflecting the same content at the same price as previous years.

**Platinum**

A complete approach that offers the full set of 12 classroom courses plus access to all 18 online courses.

**Every graduate can expect these additional benefits:**

- 5% discount for each additional employee (up to 5) from the same employer
- Every graduate receives reduced tuition to the next scheduled Symposium (non-transferable)
- 20% discount for each elective course (courses 8-12)
- Five or more graduates from one location in one year will be recognized at the next scheduled Symposium, including breakfast or lunch with the keynote speaker

**Train the Trainer® Champions' Plans**

Levels	Bronze	Silver	Gold	Platinum
Benefits	• PDF of course materials emailed to student			
		• 7 course core package		
		• CD of core PowerPoint presentations		
	• Enrollment as an Alzheimer's Association Champion!			
		• ANCC approved C.E. credit		
			• All course material printed and bound	
				• Access to all courses online
Fee	\$75 per 3-hr course, \$150 per 6-hr course	\$90 per 3-hr course, \$180 per 6-hr course	\$120 per 3-hr course, \$240 per 6-hr course	\$130 per 3-hr course, \$260 per 6-hr course
7-Course Core Package Discount	\$599 (Save \$71)	\$749 (Save \$61)	\$899 (Save \$181)	\$999 (Save \$211)

**Train the Trainer® is available at your location for a minimum of six students. Please call the Learning Institute™ at 585.760.5400 for more information.**

**Otherwise, all courses will be held at Monroe Community Hospital and start promptly at the specified time.**

**All morning (AM) classes:**

9:00 am – 12:00 pm  
Check in for new participants at 8:30 am (if you have not taken any courses previously). Check in for all other participants at 8:45 am.

**All afternoon (PM) classes:**

1:00 pm – 4:00 pm  
Check in for new participants at 12:30 pm (if you have not taken any courses previously). Check in for all other participants at 12:45 pm.

**★ Evening (PM) classes:**

6:00 pm – 9:00 pm  
Check in for new participants at 5:30 pm (if you have not taken any courses previously). Check in for all other participants at 5:45 pm.

**1** Nuts & Bolts

**Thursday, March 3rd**  
9:00 am – 12:00 pm  
★ **Tuesday, April 5th**  
6:00 pm – 9:00 pm  
**Thursday, September 15th**  
9:00 am – 12:00 pm

**2** Effective Communication

**Thursday, March 3rd**  
1:00 pm – 4:00 pm  
★ **Tuesday, April 12th**  
6:00 pm – 9:00 pm  
**Thursday, September 15th**  
1:00 pm – 4:00 pm

**3** Problem Solving & Managing Behavioral Issues

**Thursday, March 17th**  
9:00 am – 4:00 pm  
★ **Tuesday, April 19th**  
6:00 pm – 9:00 pm Part I  
★ **Tuesday, April 26th**  
6:00 pm – 9:00 pm Part II  
**Thursday, September 29th**  
9:00 am – 4:00 pm

★ Evening Classes

**4** End of Life

**Thursday, March 31st**  
9:00 am – 4:00 pm  
★ **Tuesday, May 3rd**  
6:00 pm – 9:00 pm Part I  
★ **Tuesday, May 10th**  
6:00 pm – 9:00 pm Part II  
**Thursday, October 6th**  
9:00 am – 4:00 pm

**5** Sexuality & Intimacy

**Thursday, April 7th**  
9:00 am – 12:00 pm  
★ **Tuesday, May 17th**  
6:00 pm – 9:00 pm  
**Thursday, October 20th**  
9:00 am – 12:00 pm

**6** Spirituality

**Thursday, April 7th**  
1:00 pm – 4:00 pm  
★ **Tuesday, May 24th**  
6:00 pm – 9:00 pm  
**Thursday, October 20th**  
1:00 pm – 4:00 pm

**7** Meaningful Activities

**Thursday, April 21st**  
9:00 am – 12:00 pm  
★ **Tuesday, June 7th**  
6:00 pm – 9:00 pm  
**Thursday, October 27th**  
9:00 am – 12:00 pm

**8** Strategies for Creating Better Care Environments

**Thursday, April 21st**  
1:00 pm – 4:00 pm  
**Thursday, October 27th**  
1:00 pm – 4:00 pm

**9** Music & Dementia – Making a Connection

**Thursday, May 5th**  
9:00 am – 12:00 pm  
**Thursday, November 3rd**  
9:00 am – 12:00 pm

**10** Dementia, Art, & The Quality of Life

**Thursday, May 5th**  
1:00 pm – 4:00 pm  
**Thursday, November 3rd**  
1:00 pm – 4:00 pm

**11** How To Work With Families

**Thursday, May 19th**  
9:00 am – 12:00 pm  
**Thursday, November 10th**  
9:00 am – 12:00 pm

**12** Health, Wellness... and You!

**Thursday, May 26th**  
9:00 am – 4:00 pm  
**Thursday, November 17th**  
9:00 am – 4:00 pm

Name: \_\_\_\_\_  
Facility/Agency: \_\_\_\_\_  
Address: \_\_\_\_\_  
City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_  
Telephone: \_\_\_\_\_ Fax: \_\_\_\_\_  
Email: \_\_\_\_\_  
Continuing Education Credit Information: \_\_\_\_\_  
Nursing License # \_\_\_\_\_

**Train the Trainer® Champions' Plans**

Bronze  Silver  Gold  Platinum

**Please select the course numbers below and the corresponding date for which you are registering: (Courses do not have to be taken consecutively)**

**Core Courses**

Course 1: (Nuts & Bolts)	<input type="checkbox"/> 3/3	<input type="checkbox"/> 4/5	<input type="checkbox"/> 9/15
Course 2: (Communication)	<input type="checkbox"/> 3/3	<input type="checkbox"/> 4/12	<input type="checkbox"/> 9/15
Course 3: (Behavioral)	<input type="checkbox"/> 3/17	<input type="checkbox"/> Part I 4/19 & Part II 4/26	<input type="checkbox"/> 9/29
Course 4: (End of Life)	<input type="checkbox"/> 3/31	<input type="checkbox"/> Part I 5/3 & Part II 5/10	<input type="checkbox"/> 10/6
Course 5: (Sexuality)	<input type="checkbox"/> 4/7	<input type="checkbox"/> 5/17	<input type="checkbox"/> 10/20
Course 6: (Spirituality)	<input type="checkbox"/> 4/7	<input type="checkbox"/> 5/24	<input type="checkbox"/> 10/20
Course 7: (Activities)	<input type="checkbox"/> 4/21	<input type="checkbox"/> 6/7	<input type="checkbox"/> 10/27

**Elective Courses**

Course 8: (Environments)	<input type="checkbox"/> 4/21	<input type="checkbox"/> 10/27
Course 9: (Music)	<input type="checkbox"/> 5/5	<input type="checkbox"/> 11/3
Course 10: (Art)	<input type="checkbox"/> 5/5	<input type="checkbox"/> 11/3
Course 11: (Families)	<input type="checkbox"/> 5/19	<input type="checkbox"/> 11/10
Course 12: (Wellness)	<input type="checkbox"/> 5/26	<input type="checkbox"/> 11/17

**Payment Options:**

My check (payable to Alzheimer's Association) is enclosed  
 Charge my:  Visa  Mastercard  American Express  Discover  
 Total Amount \$ \_\_\_\_\_  
 Account No. \_\_\_\_\_ Exp. Date \_\_\_\_\_  
 Signature \_\_\_\_\_

Tear-Off Here

Please fill out this registration form in its entirety, then fax or mail completed form with payment to:

**Alzheimer's Association**  
 435 East Henrietta Road  
 Rochester, New York 14620  
 585.760.5400 phone  
 585.760.5401 facsimile  
 www.alz.org/rochesterny

Tear-Off Here

**Prerequisites**

It is recommended that participants take **COURSE ONE** prior to taking the other courses because of its emphasis on cultural perspectives of dementia care. Remaining courses may then be taken in any order.

**Cancellation Policy**

Ten (10) days prior to course date full refund. Five (5) working days prior to course date \$10 processing fee.

**Credentials**

This continuing nursing education activity was approved by the New York State Nurses Association, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation.

The Learning Institute™ is the leader in dementia education. As an affiliate of the national Alzheimer's Association, we are able to contribute to and offer the most up-to-date research and resources available.

The Learning Institute™ is the exclusive trademark of the Alzheimer's Association Rochester, NY, and we're proud to be the only provider of such high caliber services in our area.

**Other Learning Institute™ Products & Services:**

- Professional In-Service Education Packages
- Online Courses
- Campaign for Quality Residential Care (CQRC)
- Business & Community Education Workshops
- Volunteer Training
- In-Service Professional Consultative Services
- Activities-Based Professional Education
- Dementia Education & Developmental Disabilities
- Promotional Packages
  - *Essential Tools for End of Life*
  - *Get Ready for the Department of Health*
  - *The Best Job You'll Ever Have*
  - *Under Construction*

**Other Alzheimer Association Services:**

- 24 Hour Helpline
- Information & Referral
- Support Groups
- MedicAlert® + Safe Return®
- Care Consultation
- Marie C. & Joseph C. Wilson Library
- Dementia Support Services for Persons with Developmental Disabilities
- Project: Care partners Connect
- Just Friends Social Club
- Respite Services
- Ann Lib Kozel Counseling Program
- Memories in the Making
- Speakers' Bureau
- Volunteer Opportunities
- Memory Gardens

Please go to [www.alz.org/rochesterny](http://www.alz.org/rochesterny) for more information on our services, to download applications, or to sign up for our award-winning online courses.

# The Learning Institute™

## Learning Institute™ Education Programs

The Learning Institute™ offers a variety of ongoing educational programs targeted to specific audiences — health care and social services professionals, individuals with the disease and their families, and the general public — as well as customized speaking engagements and consultative services. Learning Institute™ programs are held at different locations throughout the Alzheimer's Association's nine county region. The Learning Institute™ also offers online education. Many of the educational programs offer continuing education (CE) credits. All Learning Institute™ educational programs are evaluated against national benchmarks.

Please call or visit us online for a complete listing of all our offerings.

The Alzheimer's Association Learning Institute™ receives no commercial support for the Train the Trainer® series.



Alzheimer's Association  
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Rochester, NY 14620

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