

# Alzheimer's Association® Dementia Care Navigation Training

Alzheimer's Association Dementia Care Navigation Training educates professionals serving in care navigation roles—including dementia care navigators and care coordinators nationwide—on how to apply current evidence-based, person-centered dementia care practices when supporting a person living with dementia and their caregiver.

**This comprehensive training covers:**

## **Training 1: Introduction to Person-Centered Dementia Care**

- Define the key components of person-centered dementia care.
- Recognize how each person's unique needs, preferences, and abilities should influence how care is delivered.
- List approaches to person-centered dementia care to build trusting, supportive relationships.
- Describe how all care team members can apply person-centered dementia care approaches.

## **Training 2: Introduction to Dementia Care Navigation**

- Define dementia care navigation service.
- List the key components of dementia care navigation services.
- Recognize challenges in dementia care.
- Identify the benefits of dementia care navigation.
- Discuss the importance of collaboration among health care providers, community resources, and families in the care navigation process.

## **Training 3: Alzheimer's & Dementia**

- Describe the Alzheimer's disease continuum.
- Study the impact of dementia in managing comorbidities.
- Recognize FDA-approved treatments for Alzheimer's disease.
- Identify risk factors for Alzheimer's and dementia.
- Differentiate between typical aging, mild cognitive impairment, Alzheimer's disease and dementia.

## **Training 4: Activities of Daily Living**

- Define activities of daily living and instrumental activities of daily living.
- Explain how dementia impacts activities of daily living and instrumental activities of daily living.
- Describe how to assess an individual's abilities and determine the appropriate level of support needed.
- Identify person-centered dementia care approaches to maximize independence with activities of daily living and instrumental activities of daily living.

## **Training 5: Communication & Dementia-Related Behaviors**

- Describe how dementia impacts communication and behavior.
- Identify common dementia-related behaviors.
- Discuss approaches to communicate with people living with dementia effectively.
- List non-pharmacological approaches to address dementia-related behaviors.

## **Training 6: Safety, Abuse and Neglect**

- Identify how dementia impacts safety.
- List safety risks for individuals living with dementia.
- Describe strategies to minimize risk, including medication management.
- Explain the steps to take when abuse or neglect is suspected.

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## **Training 7: Legal, Financial and End-Of-Life Planning**

- Explain how dementia impacts a person's capacity to make decisions.
- Identify the benefits of advance care planning.
- List the types of advance directives.
- Describe end-of-life considerations.

## **Training 8: Caregiver Well-Being**

- Explain who is a caregiver and how caregiving responsibilities change over time.
- Identify factors that contribute to caregiver stress.
- Recognize the signs of caregiver stress.
- List strategies and resources to help caregivers reduce stress and improve well-being.

## **Training 9: Assessment & Care Planning**

- Describe the purpose of an assessment, a person-centered care plan and how the assessment informs the care plan.
- List the domains of a comprehensive person-centered assessment.
- Identify when to conduct ongoing assessments and revise the care plan.
- Recognize the components of a person-centered care plan.
- Describe the importance of including the person living with dementia in developing the assessment and care plan.

## **Training 10: Transitions & Coordination of Care**

- Identify common transitions of care.
- Describe transitions of care that can impact the person living with dementia.
- Explain strategies and benefits of supporting care transitions.
- List the types of community-based services and how to access them.
- Discuss strategies that care navigators can use to coordinate medical care and community services.

## **Training 11: Cultural Competency**

- List the five elements of becoming culturally competent.
- Describe diverse cultural perspectives, practices, values and communication styles influencing how communities experience dementia.
- List the ten steps to providing culturally sensitive dementia care.
- Summarize communication strategies that respect and value diverse perspectives.
- Outline strategies to improve cultural competence.