ALZHEIMER'S ASSOCIATION®

essentiALZ® — ALZHEIMER'S ASSOCIATION TRAINING AND CERTIFICATION PROGRAM CONTENT

essentiALZ® — Alzheimer's Association Training and Certification educates professional care providers on how to apply current evidence-based, person-centered care practices when caring for individuals living with dementia. The self-paced online curriculum features videos and interactive modules and includes access to the essentiALZ Certification Exam.

Through this comprehensive training program, professional care providers can expect to apply the following learnings in their daily care:

Module 1: Basics of Alzheimer's and Dementia

- The differences between typical aging, mild cognitive impairment, dementia and Alzheimer's disease.
- How Alzheimer's disease causes changes in the brain.
- Who is at risk for Alzheimer's disease or another disease that causes dementia.
- The average life expectancy for a person living with Alzheimer's.
- The stages of Alzheimer's dementia.

Module 2: Person-Centered Care

- The definition of person-centered dementia care.
- The five areas of person-centered care.
- How a person-centered care approach can help people living with dementia and their care providers.

Module 3: Assessment and Care Planning

- Seven areas that comprise a complete assessment.
- Who is involved in the assessment.
- When to conduct an assessment.
- Information that professional care providers can add to the assessment and care plan.

Module 4: Activities of Daily Living

- Activities of daily living affected by Alzheimer's and other dementias.
- Four strategies to consider when giving person-centered support for activities of daily living.
- How to give person-centered care when using the bathroom, bathing, eating and dressing.

Module 5: Communication Changes and Dementia-Related Behavior

- How Alzheimer's disease may cause changes in a person's communication over time.
- Ways to clearly communicate with people living with dementia.
- How some behaviors can be a form of communication for people living with dementia.
- Factors that can cause dementia-related behaviors.
- Four steps to understand and respond to dementia-related behaviors.

Module 6: Program Overview

Start today at alz.org/essentiALZ.

Claim continuing education credit at no additional cost.
Professionals who complete essentiALZ — Alzheimer's Association Training and Certification are eligible to claim continuing education credit at no additional charge. For disclosure and accreditation information, visit **alz.org/essentiALZ-credit.**

essentiALZ — Alzheimer's Association Training and Certification is for individual professional care providers in long-term and community-based care settings and is not intended for group learning.

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