

ESSENTIALZ — ALZHEIMER'S ASSOCIATION TRAINING AND CERTIFICATION PROGRAM CONTENT

essentiALZ® — Alzheimer's Association Training and Certification educates professional care workers 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 activities and includes access to the essentiALZ Certification Exam (valid for two years).

Find out what professional care providers can expect to learn in this comprehensive training program.

Module 1: Basics of Alzheimer's and Dementia

- » The differences between typical aging, mild cognitive impairment, dementia and Alzheimer's disease.
- » Who is affected by Alzheimer's disease.
- » How Alzheimer's disease causes changes in the brain.
- » The average life expectancy for a person living with Alzheimer's.
- » The three stages of Alzheimer's disease.

Module 2: Person-Centered Care

- » The definition of person-centered dementia care.
- » How the person-centered care approach can help people living with dementia and their care providers.
- » Four ways to provide person-centered care.

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.
- » Three 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/dementiacaretraining.

Claim continuing education credit at no additional cost.

Professionals who complete essentiALZ — Alzheimer's Association Training and Certification can claim three Continuing Nursing Education credits, as well as three continuing education credits for Social Work, Physical Therapy, Psychology, Occupational Therapy and Nutrition/Dietician. For disclosure and accreditation information, visit alz.org/essentiALZ-credit.

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