

Alzheimer's Care Academy: 6-Hour Workshop

I. Description of Course

This course is designed to increase access to dementia-capable care for long term care and community based providers. It includes content from the 2018 Dementia Care Practice Recommendations. Training module topics are as follows:

1. Alzheimer's Disease and Other Dementias
2. Positive Communication
3. Successful Strategies for Dementia Related Behaviors
4. Helping with Hygiene and Personal Care
5. Sexuality, Intimacy and Dementia

II. Curriculum Developers

The Alzheimer's Care Academy 6-hour course was developed by staff members of the Alzheimer's Association, Northern California & Northern Nevada Chapter and expert consultants. This content has been reviewed and recognized by the Alzheimer's Association for reflecting content of five topic areas within the nationally recognized Alzheimer's Association Dementia Care Practice Recommendations, including: Alzheimer's disease and dementia, person-centered care, assessment and care planning, activities of daily living, and dementia-related behaviors and communication.

III. Materials included in the packets for participants

- Slides for the day
- What's Inside
- Compassionate Communication with the Individual Living with Dementia
- Activities: Being Together Between Structured Times
- Personal Care: Activities for Daily Living
- Suggestions for Addressing Sexual Behavior
- Intimacy Guidelines for Persons Living with Dementia Residing in Care Facilities

IV. Cost and Locations

Time: 9:00 a.m. - 4:00 p.m.
January 30th - Rockwood, Spokane
February 3rd - TBD, Lynnwood
February 5th - Wesley, Des Moines
February 11th - Living Care, Yakima

Cost:
LeadingAge member: 1st attendee \$89; addl. attendees \$59
Training attendee: 1st attendee \$129; addl. attendee \$89
Includes: Lunch, CEs and materials

Register **HERE**



Module 4 - One Hour **Helping with Hygiene and Personal Care**

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- * **Review the changing needs** throughout the stages of the disease and general tips for personal care, with examples. Participants will be asked to share challenging situations and how they resolved the issue using a person-centered focus.
- * **Review factors that influence bathing** with examples and videos "before and after" person- centered techniques.
- * Review issues regarding **medication administration and person- centered techniques** that are effective.
- * **Review eating issues** and techniques that help.
- * Review techniques that can **help with transferring a person with dementia** who cannot follow instructions.
- * Review **incontinence care**
- * Review **mouth care without a battle**

Module 5 - One Hour **Sexuality, Intimacy and Dementia**

- * **Intimacy and aging** and dementia review
- * **Appropriate and inappropriate** sexual behaviors
- * **Review the guidelines** for compassionate responses to inappropriate sexual behaviors
- * Discuss provided **capacity guidelines and training materials**
- * Review better **practices and resources**.

V. Trainer:



Maggie Christofferson is an Education Coordinator and Trainer for the Washington State Chapter of the Alzheimer's Association. She splits her time between coordinating presentations and delivering presentations.

Maggie received her Bachelor's degree in social work from the University of Washington in 2009. She taught caregiving classes for the state of Washington from 2011-2018.

Maggie has been a caregiver since 1996 and enjoys raising awareness about Alzheimer's and Dementia. In her spare time Maggie enjoys running, reading, hot yoga, gardening, and walking her dog.

