

Alzheimer's Care Virtual Academy:

May 11 & 13 * 9:00 to 11:00 a.m. ~ May 12th 1:00 - 3:00 p.m.

"Go to Meeting" 3 (2 hour) Workshops over 3 days!

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

Go to Meeting Dates / Time:

May 10th, 11th & 12th

Time: 9:00 - 11:00 a.m. (10th & 12th)

Time: 1:00 - 3:00 p.m. (11th)

Login details emailed with confirmation

2-3 days prior.

Fees:

LeadingAge WA Community and Alz. Assoc. member:

Team: \$149

Non Member Community attendee:

Team: \$199

Includes: CEs and training materials (emailed to each registrant)

Register [HERE](#)



Module 1 - One Hour Alzheimer's Disease and Related Disorders

- * **Dementia stats reviewed:** dementia symptoms, types of dementia, dementia vs Alzheimer's, MCI and variability in performance based on several factors.
- * **PET Scan brain changes** as related to behavior; Discuss the changes in brain function through the stages, focusing on anxiety and behavior
- * **Participants discuss and engage** in "Early, Moderate or Late stages" of dementia. **Review risk factors;** Non- pharmacological Treatments The benefits of exercise, cognitive and social stimulation and music

Module 2 - One Hour Positive Communication

- * **Review communication techniques**, creative truths. Practice good listening skills. How to manage upsetting topics, make connections, non- verbal communication, environmental factors and the importance of knowing the social history of your resident.
- * **What gives your life purpose?** Discuss how difficult it can be for people with dementia to enjoy the same things that we take for granted.
- * **Review the concept of cultural humility** and the importance of everyone in their facility feeling welcome and being treated respectfully.
- * Attendees **view "Alive Inside"** documentary trailer and discuss the benefits of music with dementia. The day includes a **"Teepa Snow" video** on communication.

Review and share examples of communication techniques.

Module 3 - 2 hours (Day 1 and 2) Successful Strategies for Behaviors

- * **Trainer will review learning objectives**, goals for behavior management & common behaviors with dementia. Review model for understanding behavior and provide examples.
- * **Review How would you react if? model for behavior.** Discussion - sometimes behaviors make perfect sense when we see it from the person living with dementia's perspective. Review delusions and hallucinations
- * **Review common triggers**, another reason why we see behaviors in our residents living with dementia
- * **Review different motivations for wandering** and how to reduce the behavior and keep the person safe
- * **Medications are the last choice.** Review behavior modification techniques. Review the reasons covered for behaviors associated with dementia.



Module 4 - One Hour (Day 2) Helping with Hygiene and Personal Care

- * **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 (Day 2) 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.

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