

1.) Description of the training program.

1.) Alzheimer's/Dementia Basics

- In order to care for those individuals in the facilities who have Alzheimer's and Dementia, we need to understand what the diseases are and some of the very basics about the diseases. To more we know, the better we are as professionals working with these individuals who exhibit the symptoms. This module will focus on covering the basics of Dementia and Alzheimer's. It will look at the definition of these diseases as well as what happens in the brain when people are affected by this disorder. The goal of this module is to assist staff in understanding not only what is happening to the person with Alzheimer's, but also why it is happening. By understanding the basics, we can then begin to devise strategies to assist those in the facility who are afflicted.

2.) How to Assist Individuals with ADL's who have Alzheimer's/Dementia

- A big part of the day to day world of residents at a nursing home is completing ADL's. For those with dementia and Alzheimer's, this can be a very challenging part of the day and one that their caregivers need to prepare for in order to be successful. This module is intended to assist caregivers with basic information to help them implement effective strategies to assist residents in completing their ADL's without undue stress and frustration.

3.) Communication

- Communication is essential when working with the residents at the nursing home. Good communication is a skill and needs to be worked on. In order to be effective when communicating with the residents, it is essential that all caregivers learn key strategies and techniques in order for it to be a successful exchange. In this presentation, we will discover ways to make the interactions caregivers have daily with the residents easier with good communication.

4.) Escalating Behaviors

- One of the most difficult aspects of working with individuals who have Alzheimer's and/or dementia is the escalation of a behavior when a resident becomes combative. This module will look at why these issues surface in those individuals who have dementia and Alzheimer's as well as ways to prevent escalating behaviors and/or catastrophic reactions. Focus is placed on educating the caregivers about things they must remember during these challenging episodes with residents. One of the most important things needing to be remembered is that it is not the resident's goal to create challenges, but the challenges occur due to progressive brain changes that cause confusion for the resident in their day-to-day life.

2.) Categories of employees trained

All staff who work at the facility need training in this material

3.) Frequency of training

All components of the training will be completed on a yearly basis.

4.) Basic topics covered

- Basics of Alzheimer's and Dementia
- Communication
- How to assist individuals with ADL's who have Alzheimer's disease
- Escalating behaviors