**Certified Dementia Practitioner Training**

Offered by

Penn State Brandywine / PathWays PA

 **Course Content:**

* **Overview of Dementia**
* **Environment**
* **Staff and Family Relationships**
* **Stress and the Care Give**r
* **End of Life Procedures**
* **Multicultural Considerations**
* **Sex & Intimacy**
* **Hoarding**
* **Wandering**
* **Communication**
* **Repetitive Behaviors**
* **Aggressive Behaviors**
* **Paranoia & Hallucinations**
* **Recognizing Pain**
* **Depression & Alzheimer’s Disease**
* **Personal Care**
* Toileting
* Nutrition
* Sleep Disturbance

 **Program Overview:**

* The 12-16 hour dementia training provides CNAs and other clinical staff with intensive training and certification in dementia care
* The course is recognized by the National Council of Certified Dementia Practitioners and can be offered on site at employer locations
* Employers can offer course as a mandatory or optional employee training.

**Costs:**

* Employer contribution is approximately $50/student for class of 15 students or more.

**For more information contact:**

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**Curriculum**

***Please Note: Curriculum can be modified to include additional modules, including Hand-in-Hand training.***

* **Overview of Dementia**:
	+ Stages & symptoms of Alzheimer’s
	+ Reversible / non-reversible Dementias
	+ Normal aging
	+ Medications used for treating dementia
* **Environment:**
	+ Social environment
	+ Physical environment - walking path, lighting, noise, stimulation, home- like, clutter free, glare, safety, etc
* **Staff and Family Relationships:**
	+ Working together: challenges that families face with long term care placement
* **Stress and the Care Give**r:
	+ Taking care of yourself as the caregiver
	+ Signs of breakdowns with family members-alcohol, drugs, depression etc
	+ Support Groups
* **End of Life:**
	+ Feeding Tubes
	+ Advance Directive: Do Not Resuscitate and Do Not Hospitalize;
	+ Dying Process and Supporting the Family/ Care Givers
* **Multicultural Considerations in Care Giving:**
	+ Cultural and religious sensitivity/diversity
* **Sex & Intimacy**
	+ Misconceptions about the elderly and sex and intimacy
	+ How to handle inappropriate behaviors
* **Hoarding**
	+ Signs and ways to help
* **Wandering**
	+ Types of wandering & triggers
	+ How to redirect & manage wandering
	+ Policy and procedures for elopement
	+ Wandering Tools, Safe Return, Wander Guards, Alarms, etc
* **Communication**
	+ Verbal and Non Verbal Communication
	+ Strategies to successful communication
	+ Avoiding common mistakes
* **Repetitive Behaviors**
	+ Common Behaviors
	+ Interventions for Repetitive Behaviors
	+ Medications
* **Aggressive Behaviors**
	+ Causes of Aggressive Behaviors
	+ Environmental Conditions, Physical & Medical Conditions
	+ Anti Psychotic Medications & Side Effects
	Interventions
	+ Responding to Aggressive Behaviors
* **Paranoia & Hallucinations**
	+ Types of Behaviors & Causes
	+ Management Strategies
	+ Anti-Psychotic Medications & Side Effects
* **Recognizing Pain in the Person with Dementia**
	+ How is Discomfort Expressed?
	+ Yes or No Responses
	+ Assessing the Pain
* **Depression & Alzheimer’s Disease**
	+ Signs & Symptoms of Depression
	+ Interventions and Activities
* **Personal Care**
	+ Dressing & Bathing
	+ Cognitive Changes
	+ How to Encourage Participation
* **Toileting**
	+ Causes of Incontinence
	+ Proper Toileting & Frequent Toileting
* **Nutrition**
	+ Nutrition Goals
	+ What not to put on trays, anything that can be swallowed!
	+ Memory Aides for Dining Room
	+ Reasons for Eliminating Sugar and Caffeine from Diet
	+ Seating Assignment-How to group people together
	+ Dental Care
* **Sleep Disturbances**
	+ Causes &Interventions
	+ Medications and Side Effects