**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