Alzheimer's and Dementia Care Syllabus

Chapter 1 **Overview of Alzheimer's Disease & Dementia: Introduction, Diagnosis, Treatment**

- This chapter is designed to introduce the caregiver to the definition of dementia and an overview of some of the prevalent disease that cause dementia.
- There is a discussion of diagnosis , treatment, and prognosis.
- Discuss also includes risk factors, genetic probability, and the need for more research and public awareness.

Chapter 2 **Communications & Feelings**

- Focus the importance of effective communication when interacting with a client that suffers from the symptoms of dementia.
- Explores the importance of both verbal and non-verbal communications
- Discuss importance of empathy, sensitivity, and awareness of the client especially during the stages where they have lost their verbal communication skills.

Chapter 3 **Depression and Repetitive Expresssions**

- This chapter explores the prevalence of depression in the dementia population.
- Discussion also includes treatment approaches/intervention in lieu of medications.
- This presentation explains the importance of detailed assessment to rule out other contributions to one's cognition such as substance abuse/misuse and reversible cognitive conditions.
- Discuss repetitive behaviors

Chapter 4 **Delusions, Hallucinations, Hoarding & Wandering**

- This chapter discusses aggressive behaviors and catastrophic reactions, possible causes for them and appropriate interventions
- This chapter encourages facilities to provide non-violent self protection training for staff to ensure safety and to reduce the risk of injuries to all involved.
- This chapter focuses on intimacy and sexuality in the elder population, offering insights to encourage sensitivity, respect, and appropriate interventions when faced with caregiving scenarios of intimate nature.

Chapter 6 -**Personal Care: Pain, Nutrition, Bathing, Dressing, Toileting, Falls, & Sleep Disturbances**

- This chapter discusses the role of one's involvement in assessing pain the cognitively impaired client.
- Interventions and considerations for enhancing nutrition and the overall dining experience are addressed.
- Effective care techniques are covered with regard to bathing, dressing, toileting, and fall prevention.

Chapter 7 **Activities**

- This chapter considers parallel programming ensure that varied activities are facilitated to meet all levels of cognition in the facility.
- Explains the importance of offering activities that reflect one's personal interests, hobbies, and work history.
- This chapter reinforces that programs should be stress oriented, failure free, purposeful and meaningful.

Chapter 8 **Environment**

- This chapter explains the importance of environmental modification to promote the optimal therapeutic environment for those who suffer with dementia and related disorders.
- In addition, environmental modifications as well as outdoor strategies, interventions while considering fire and safety regulations.

Chapter 9 **Staff and Family Support & Abuse and Neglect Prevention**

- This chapter examines the needs of the family and our professional role as a support resource with sensitivity to the needs of the resident and concerns of the family.

Chapter 10 **Cultural Diversity and Cultural Competence**

- Cultural Competence