

# Home at Heart Care

**In-Home Personal Care & Homemaking**

Serving North-Western Minnesota

2017

## Home at Heart Care CDS Online Learning Modules/Lessons

### 2017 COLLEGE OF PERSONAL ASSISTANCE & CAREGIVING (CPAC): DEMENTIA CARE MODULE

#### CPAC: DEMENTIA CARE

(Total Contact Hours=6.1)

##### Lesson #1 What is Dementia (.5 HR)

- ❖ Define & describe four types of dementia
- ❖ Describe how dementia affects the brain
- ❖ Identify 4 Main Types of Dementia
  1. Alzheimer's Disease
  2. Vascular Dementia
  3. Dementia with Lewy Bodies
  4. Frontotemporal Dementia

##### Lesson #2 Symptoms of Dementia (.4 HR)

- ❖ Identify & describe dementia symptoms
- ❖ Describe symptoms of early, later & severe dementia

##### Lesson #3 Diagnosis and Treatment of Dementia (.4 HR)

- ❖ How Dementia is diagnosed
- ❖ Managing and treating dementia symptoms

##### Lesson #4 Caregiver Health (.4 HR)

- ❖ Impact on caregivers health
- ❖ Maintaining health; why and how
  1. Physical Health, Emotional Health
  2. Seek Social Support

##### Lesson #5 Reducing Caregiver Stress (.4 HR)

- ❖ Identify 4 different ways to reduce stress
- ❖ Describe, demonstrate different stress reduction techniques

##### Lesson #6 Caregiver Burnout (.4 HR)

- ❖ Recognize signs of caregiver burnout
- ❖ Identify & describe ways to deal with caregiver burnout
- ❖ Preventing caregiver burnout

##### Lesson #7 Respite Care (.4 HR)

- ❖ What is respite & adult day care
- ❖ Importance of respite & adult day care for caregivers

Lesson #12 Dementia and Communication (.4 HR)

- ❖ Verbal & non-verbal ways to communicate with a person with dementia

Lesson #13 Dementia and Memory Loss (.4 HR)

- ❖ Mild cognitive impairment & memory loss from dementia
- ❖ Helping a person with dementia who has memory loss

Lesson #15 Understanding Dementia-Related Behaviors (.4 HR)

- ❖ Managing challenging behaviors & learning the causes
- ❖ Identify & describe four different challenging dementia behaviors
- ❖ Apply 'ABCD' Method

Lesson #16 Challenging Behaviors: Agitation, Repetition, and Wandering (.4 HR)

- ❖ Describe the challenging behaviors, causes & ways to manage them

Lesson #17 Challenging Behaviors: Aggression, Hallucinations & Perception Problems, and Paranoia (.4 HR)

- ❖ What causes challenging behaviors
- ❖ Helping supported person with dementia manage behaviors

Lesson #19 Nutrition and Hydration (.4 HR)

- ❖ Various changes in eating & drinking can affect people with dementia
- ❖ Ways a caregiver can help

Lesson #26 Home Safety (.4 HR)

- ❖ Identify & describe common safety issues in the home of a person with dementia
- ❖ Making the home safer

Lesson #27 Ambulation and Fall Prevention (.4 HR)

- ❖ Learn, identify, and describe ways a caregiver can help a person with dementia walk safely and prevent falls