

Now in its  
6th year!

A first-of-its-kind in the nation  
educational partnership between  
LeadingAge Minnesota  
and Alzheimer's Association  
Minnesota-North Dakota.

# 2016 Dementia Care Certificate Program<sup>®</sup>

*One program to meet all of  
the new mandatory training  
requirements*

Sponsored by:

alzheimer's  association<sup>®</sup>

  
Minnesota





## About the Series

As the number of older adults with dementia needing care increases, so does the need for well-trained caregivers who understand the unique aspects of their disease and have the skills and knowledge to respond to their needs. This comprehensive educational program series is designed to improve the quality of the care given to persons with dementia. It consists of 12 different modules – nine webinars and three one-day hands-on workshops. The series is available for participation in individual topics of specific interest. It is also designed for different audiences within the aging services provider continuum in Minnesota's care centers, adult day services and AL/HWS settings.

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## Minnesota's Mandatory Dementia Care Training Requirements

Under Minnesota's home care law, all home care agencies that serve persons with dementia must provide direct caregivers and their supervisors working with those clients with training on dementia. In addition, the 2014 legislature passed mandatory dementia care training for both direct care staff and other staff (such as maintenance, dietary and receptionist) that went into effect on January 1, 2016. Now ALL staff working in assisted living programs and in special memory care programs must have a specified number of hours of dementia training when they first begin working, as well as annual in-service training. Your staff can get ready to meet these training requirements now by participating in specific modules of this dementia care certificate program.

Home care agencies servicing persons with dementia can have their staff meet the training requirements under MN Statute 144A.4796, by attending modules #1, #2, #9 and #10 and indicated by ●

Staff in assisted living and memory care programs can meet their mandatory training requirements by attending modules #1, #2, #9, and #10 and indicated by ▲

These training requirements are only the minimum expected. High quality dementia care and service providers recognize they must train their staff above and beyond that basic level to utilize best practices in all areas of serving persons with dementia. This certificate program does just that.

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# Series Overview

## WEBINARS

### Module #1 – Overview and Early Dementia

• ▲ – Thursday, April 21, 1 – 2 p.m.

**Suggested audience:** All staff in all care settings

#### Learning objectives:

- Briefly review the regulatory requirements for dementia care and how utilizing best practices for dementia care will preserve compliance and provide direction for your organization's care, services and programs.
- Review the common types of dementia—their causes, symptoms and stages so you can understand the range of care and services you may be expected to provide.
- Identify early dementia and how early diagnosis supports quality of life for individuals, helps families prepare for changes and offers your organization an opportunity to develop new services for this growing group of older adults.

*Presenters: LOLA AMENDT, Program Services Specialist; and MARSHA BERRY, MA, CAEd, Adjunct Faculty, Alzheimer's Association Minnesota-North Dakota, Bloomington*

### Module #2 – Related Dementia: What Aging Services Providers Need to Know • ▲

Friday, May 6 - 10 - 11:30 a.m.

**Suggested audience:** All staff in all care settings

#### Learning objectives:

- Describe Dementia with Lewy Bodies and Frontotemporal Dementia including:
  - o Presentations
  - o Features & Symptoms
  - o Key differences compared to Alzheimer's disease
- Recognize the unique ways in which persons with LBD compensate and behave that may not always make sense to us.
- Identify strategies that can assist families in preventing or diffusing certain behaviors.

*Presenters: ANGELA LUNDE, MA, Education Specialist; and ERIN GOLDEN, M.D., Behavioral Neurology Fellow, Mayo Clinic, Rochester*

### Module #3 – Memory Care in Aging Services Settings from a Legal Perspective: Today and in the Future

Tuesday, May 17 - 1:30 - 2:30 p.m.

**Suggested audience:** Dementia program directors, nurses, administrators and managers

#### Learning objectives:

- Review the laws and regulations governing memory care in Minnesota and neighboring states to make sure your setting is compliant.
- Discuss the types of memory care services available in the continuum of care and distinguish how they are different than other types of services.
- Explore what memory care services in the future may look like and how that vision might change.

*Presenters: MICHELLE KLEGON, Attorney, Klegon Law Office, Ltd., Minneapolis*

### Module #4 – The Appropriate Use of Medication

Friday, June 3, 10 – 11:30 a.m.

**Suggested audience:** Nurses in all care settings

#### Learning objectives:

- Identify when medications are most appropriately used in dementia care.
- Refresh your knowledge of medications commonly used to treat people with dementia – including their benefits as well as side effects.
- Become familiar with current medication research and what that is likely to mean for future treatment.
- Know what you should be aware of to monitor side effects and reactions to medications your residents/clients with dementia are taking.

*Presenters: WILLIAM B. ORR, PhD, MD, Founder and Director, Orr and Associates, Emory and Geriatric Behavioral Clinic, Mendota Heights; and JOE LITSEY, Lead Pharmacist Consultant, Thrifty White Pharmacy, Plymouth*

### Module #5 – Partners in Dementia Care: Supporting Caregivers and Partners (or others)

Friday, June 17, 10 – 11:30 a.m.

**Suggested audience:** Dementia program directors, nurses, administrators and managers

#### Learning objectives:

- Appreciate the toll caring for someone with dementia can take on both formal and informal caregivers and what can be done to prevent and/or cope with burnout.
- Describe how as a professional caregiver you can appropriately support and educate family caregivers in their efforts.
- Discuss examples of common ethical decision-making dilemmas that may arise when caregivers are burning out and what you may be able to do about them.

*Presenters: ANITA RAYMOND, LSW, Geriatric Care Management and Consultation, Volunteers of America-Minnesota, Minneapolis; and LORES VLAMINCK, RN, BSN, MA, CHPN, Principal, Lores Consulting, Rochester*

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## Module #6 –The Role of the Environment in Promoting Quality Dementia Care

Thursday, June 30, 10 – 11 a.m.

**Suggested audience:** Dementia program directors, administrators and managers

### Learning objectives:

- Understand the impact the environment has on those with memory loss in both negative and positive ways.
- Describe those elements in an environment which can support dementia capable care.
- Identify ways to change and modify the environment that promotes positive outcomes while enhancing quality of life.

*Presenters: ALANNA CARTER, LEED-AP, Principal, HGA Architects and Engineers, Minneapolis; and TERRIANNE JONES, PhD., OTR/L, Instructor, Occupational Therapy, Center for Allied Health Programs, University of Minnesota,*

## Module #7 –The Legal Aspects of Decision-Making for Persons with Dementia Care

Friday, July 15, 10 – 11:30 a.m.

**Suggested audience:** Dementia program directors, nurses, social workers, administrators and managers

### Learning objectives:

- Learn how capacity and incapacitated person are defined by law.
- Review substitute decision-making for persons with dementia – who can legally make what types of decisions for them.
- Learn about tools and options for recognition of a surrogate decision-maker for an incapacitated person.
- Identify the policies and procedures that will assist your organization in the area of decision-making.
- Understand the Minnesota POLST order form and its importance as a health care decision-making tool for persons with dementia.

*Presenters: BARBARA J. BLUMER, Attorney, Blumer Law, Eagan; and JOYCE M. KONCZYK, LSW, Volunteers of America-Minnesota, Minneapolis*

## Module #8 – End-of-Life Care for Persons with Dementia

Tuesday, July 19, 1:30 – 3 p.m.

**Suggested audience:** Direct care staff, dementia program directors, nurses, chaplains, administrators, managers and social workers

### Learning objectives:

- Recognize the special needs of people with dementia at end-of-life.
- Describe the dying process of an individual with dementia and how their physical changes are unique to their illness.
- Become familiar with best practices in end-of-life dementia care that you and your staff can utilize to continue to improve care and service in this important phase of life.

*Presenters: LORES VLAMINCK, RN, BSN, MA, CHPN, Principal, Lores Consulting, Rochester; and SHERYL CONROY, RN, Hospice Nurse Case Manager, Park Nicollet Methodist Hospital, St. Louis Park*

## LIVE WORKSHOPS

The full day workshops are designed to optimize learning through small class sizes and interactive learning experience. Workshop days will be held 8 a.m. – 3:30 p.m. Those wishing to earn CEUs and the certificate of completion must be present and attend all day each of the workshop days. There are two sessions scheduled – each in a different location. Participants may select any day/location they wish to attend, as long as they attend each of the three modules - #9, #10 and #11. The metro locations allow for faculty to more fully participate in the programming and be available to respond to attendee questions and concerns.

## DEMENTIA BASICS AND PRACTICAL APPROACHES TO DISEASE SYMPTOMS – Modules 9 & 10/Parts 1 and 2 • ▲

*These intensive, two-day back-to-back workshops are specifically designed to equip hands-on caregivers with the necessary problem solving skills for dealing with challenging behaviors, practical information and knowledge they need to care for individuals with dementia.*



## Module #9 – Effective Strategies to Avert Challenging Behaviors – Part 1 • ▲

Thursday, May 19 (UMCC, St. Paul) 8 a.m. - 3:30 p.m., OR Tuesday, August 2 (Ewald Conference Center, St. Paul) 8 a.m. - 3:30 p.m.

**Suggested audience:** Direct care staff in all settings. Other staff that will benefit from this training are nurses and dementia program directors

### Learning objectives:

Using a framework of best practice models and successful approaches for dementia care, attendees will be able to:

- Recognize how persons with dementia express their sexuality so you know what situations are or are not appropriate for you as a caregiver to address.
- Understand what drives persons with dementia to wander, pace and successfully elope so you know better how to address their need for movement while reducing risk of harm.
- Reflect on rummaging behavior and know what it really means to your resident or client and what, if anything needs to be done about it.
- Analyze why repetitive questioning and storytelling are a part of the diseases' progression and how you can best relate to residents and clients when they communicate in these styles.



## Module #9 Continued

- Identify what's behind resistance to care and services so you know what to do to minimize it to build more positive connections to the person with dementia and reduce risk of harm to yourself and the individual.

*Presenters: MARSHA BERRY, MA, CAEd, Adjunct Faculty, Alzheimer's Association Minnesota-North Dakota, Bloomington; CATHERINE R. JOHNSON, PsyD LP, Licensed Psychologist, Associated Clinic of Psychology, Minneapolis; and SUSAN RYAN, OTR/L, Adult Day Health Occupational Therapist, Amherst H. Wilder Foundation, St. Paul*

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## Module #10 – Effective Strategies to Avert Challenging Behaviors – Part 2 • ▲

**Friday, May 20 (UMCC, St. Paul) 8 a.m. - 3:30 p.m. OR Wednesday, August 3 (Ewald Conference Center, St. Paul) 8 a.m. - 3:30 p.m.**

**Suggested audience:** Direct care staff in all settings. Other staff that will benefit from this training are nurses and dementia program directors

### Learning objectives:

Using a framework of best practice models and successful approaches for dementia care, attendees will be able to:

- Understand what physical changes can occur in persons with dementia that can result in communication barriers so you know what to do to minimize them and promote positive communication.
- Recognize when a resident or client is hallucinating and what you should or should not do to connect with them.
- Discuss displays of paranoia in persons with dementia and the best ways to communicate with the individual in this state of mind.
- Identify the potential for expression of aggressive behaviors in your residents or clients with dementia to avoid having them escalate, while reducing risk of harm.
- Consider agitation an expression of an unmet need so you can help channel it in more positive directions.
- Describe strategies for partnering with the person who has dementia that will enable him or her be successful in accomplishing Activities of Daily Living (ADLs).

*Presenters: JOHN BROSE, Ph.D., LP, LMFT, LADC, and Director, Associated Clinic of Psychology, Minneapolis; and TERRIANNE JONES, Ph.D., OTR/L, Instructor, Occupational Therapy, Center for Allied Health Programs, University of Minnesota, Minneapolis*

## Module #11 - The Art of Engagement: Practical Approaches to Activities for all Stages of Dementia

**Wednesday, August 31, 8 a.m. - 3:30 p.m.**

**(Ewald Conference Center, St. Paul) OR**

**Wednesday, September 7, 8 a.m. - 3:30 p.m. (UMCC, St. Paul)**

### Learning objectives:

- Understand the differences between early stage and early onset dementia – which both have implications for structuring activities for your residents and clients.
- Gain important insights about what it is like to be a person with dementia and their care partner so you can help support them on this journey.
- Refresh your knowledge of applicable federal and state laws and rules that pertain to activities, which in turn will help preserve compliance.
- Explore effective strategies and tools designed to help you learn more about your individual resident or client with dementia that will ultimately shape the kinds of activities he or she might participate in and enjoy.
- Know how to adapt activities based on the level of cognitive impairment and activity-related interventions that can help with certain types of behaviors.
- Take home best practices and ideas for improving your organization's dementia care through your activity program.

*Presenters: LOLA AMENDT, Program Services Specialist; and MARSHA BERRY, MA, CAEd, Adjunct Faculty, Alzheimer's Association Minnesota-North Dakota, Bloomington; and JULIE REGINEK, MS, ACC, EDU, CDP, MEPAP and Activity Program Instructor, Ridgewater Community College, Hutchinson*

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## WEBINAR

### Module #12 – Organizational Philosophy/Putting Everything Together, Telling Our Story

**Wednesday, September 28, 1:30 – 2:30 p.m.**

**Suggested audience:** Dementia program directors, nurses, administrators and managers

### Learning objectives:

- Recognize the critical role an organization's philosophy of caring for persons with dementia has in shaping the services and programs it offers.
- Identify the essential elements of a philosophy of care that is person-centered and strength based and how that influences the quality of life for the older adult and their families.
- Discuss effective strategies for communicating your dementia care philosophy with key stakeholder groups so they understand what you are doing to improve the lives of persons with dementia.

*Presenters: NANCY STRATMAN, Senior Services Administrator, Cuyuna Regional Medical Center, Crosby; and JODI BOYNE, Vice President of Public Relations, LeadingAge Minnesota, St. Paul*





## How to Earn a Certificate of Completion - Two ways!

1. **Mini-Certificate** (*new in 2016*) - Participate and earn CEUs for all of the following four modules to meet the mandated dementia care training requirements as indicated by ● and ▲
  - #1 - Overview and Early Dementia (webinar)
  - #2 - Related Dementia (webinar)
  - #9 - Effective Strategies to Avert Challenging Behaviors - Part 1 (one day workshop)
  - #10 - Effective Strategies to Avert Challenging Behaviors - Part 2 (one day workshop)
2. **Full Certificate of Completion** - participate and earn CEUs for all twelve modules

Participants who successfully pass all the post tests for either the mini-certificate or full certificate will earn a *certificate of completion* – a voluntary credential demonstrating in-depth professional study of a particular topic area. It does not denote certification or that someone is certified in dementia care. Questions on this may be directed to Heidi Simpson, Vice President of Education, LeadingAge Minnesota [hsimpson@leadingagemn.org](mailto:hsimpson@leadingagemn.org).

## CEUs

This educational program has been designed to meet the continuing education criteria of the Minnesota Board of Nursing. Application is being made to the Minnesota Board of Examiners for Nursing Home Administrators for clock hour credits. LeadingAge Minnesota is an approved continuing education provider by the Minnesota Board of Social Work. Application will be made to the National Certification Council for Activity Professionals for clock hours for the live workshops. General certificates of attendance will be issued, provided the CEU requirements are met and can be used by individuals to submit their own request for approval.

## How CEUs are Earned

CEUs are earned by completing a post test and earning a score of 70% or more.



### For Further Information:

#### Registration questions:

Brenda Keo, [bkeo@leadingagemn.org](mailto:bkeo@leadingagemn.org)

Local calls: 651.645.4545 or

Toll free: 800.462.5368





# REGISTRATION

## Dementia Care Certificate Program



### How to Register

Register online at:

<https://store.leadingagemn.org/calendarschedule.aspx>

### How to Know if You Are Registered

Confirmation of program registration is sent via e-mail within three (3) working days upon receipt of a registration, and will include a paid statement or an invoice for unpaid registration. A second e-mail will be sent with detailed information about the program. Please contact [bkeo@leadingagemn.org](mailto:bkeo@leadingagemn.org) if your registration has not been confirmed within three (3) working days of the program.

### Registration Cut-Off Date and Cancellation Notice:

Three (3) working days before the start of each module/program. LeadingAge Minnesota and Alzheimer's Association Minnesota-North Dakota reserve the right to cancel any module in this series.

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### Webinars

- **Module #1** – Overview and Early Dementia – Thursday, April 21
- **Module #2** – Related Dementia: What Aging Services Providers Need to Know – Friday, May 6
- **Module #3** – Memory Care in Aging Services Settings from a Legal Perspective: Today and in the Future – Tuesday, May 17
- **Module #4** – The Appropriate Use of Medication in Dementia Care – Friday, June 3
- **Module #5** – Partners in Dementia Care: Supporting Caregivers and Partners - Friday, June 17
- **Module #6** – The Role of the Environment in Promoting Quality Dementia Care – Thursday, June 30
- **Module #7** – The Legal Aspects of Decision-Making for Persons with Dementia – Friday, July 15
- **Module #8** – End-of-Life Care for Persons with Dementia – Tuesday, July 19
- **Module #12** – Organizational Philosophy of Caring: Putting it all Together; Telling Our Story – Wednesday, September 28

LeadingAge Minnesota **Members** - \$115 per connection

**Prospective Members** - \$155 per connection

### Workshops

- May 19, May 20, September 7 – U of M Conference Center; 1890 Buford Avenue, St. Paul
- August 2, August 3, August 31 – Ewald Conference Center; 1000 Westgate Drive, St. Paul

**Module #9** – Effective Strategies to Avert Challenging Behaviors – Part I  
Thursday, May 19      OR      Tuesday, August 2

**Module #10** – Effective Strategies to Avert Challenging Behaviors – Part 2  
Friday, May 20      OR      Wednesday, August 3

**Module #11** – The Art of Engagement: Practical Approaches to Activities for All Stages of Dementia  
Wednesday, August 31      OR      Wednesday, September 7

LeadingAge Minnesota **Members** - \$155 per person

**Prospective members** - \$195 per person





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