

Now in its
5th year!

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

2015 Dementia Care Certificate Program[®]

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

Sponsored by:

alzheimer's  association[®]

LeadingAge[™]
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 in a variety of settings – home and community based, care centers, adult day programs and assisted living/housing-with-services. It consists of twelve different modules – nine webinars and three one-day hands-on workshops. It can be attended in its entirety to earn a certificate of completion or individually for topics of specific interest. Staff that will benefit most include direct care staff responsible for leading or training peers in dementia care, dementia program directors, nurses, social workers, activity directors, chaplains, administrators and managers. Each program description includes the suggested audience(s).

Meet the New 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 goes into effect on January 1, 2016. Beginning in 2016, 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 serving 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 23, 1:30 – 2:30 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 also provide direction for your organization's care, services and programs in addition to preserving compliance.
- Review the common types of dementia – their causes, symptoms and stages so you have a better understanding of the range of care and services you may be expected to provide to the customers you serve.
- 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: MARSHA BERRY, MA, CAEd, Education Manager; and SARA TUCKER, MA, Early Stage Program Manager, Alzheimer's Association Minnesota-North Dakota, Bloomington

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

Tuesday, May 12, 1:30 – 3 p.m.

Suggested audience: All staff in all care settings

Learning objectives:

- Describe Frontotemporal Dementia and Lewy Body Dementia including the causes and stages of each type.
- Become familiar with issues people with FTD and LBD may experience that may impact the services your organization provides to people with dementia.
- Identify key resources – both local and national – that will help you and your staff improve their work with people who have different types of dementia.

Presenter: ANGELA LUNDE, MA, Education Specialist, Mayo Clinic, Rochester

One program to meet all of the new mandatory training requirements

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

Wednesday, May 27, 1:30 – 3 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.

MICHELLE KLEGON, Attorney, Klegon Law Office, Ltd., Minneapolis

Module #4 – The Appropriate Use of Medication

Friday, June 12 – 9:30 – 11 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 Services, Plymouth

Module #5 – Partners in Dementia Care: Supporting Caregivers and Partners

Wednesday, June 24, 1:30 – 3 p.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

WEBINARS (continued)

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

Tuesday, July 14, 1:30 – 2:30 p.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, RSP Architects, Minneapolis; and an occupational therapist with experience in aging services settings

Module #7 –The Legal Aspects of Decision-Making

Wednesday, July 29 – 1:30 – 3 p.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

Tuesday, August 4, 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. – 4:30 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 – Dementia Basics and Practical Approaches to Disease Symptoms – Part 1 • ▲ Tuesday, August 18 (UMCC - St. Paul) or Tuesday, August 25 (Ewald Conference Center)

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.
- 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, Education Manager, 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

Module #10 – Dementia Basics and Practical Approaches to Disease Symptoms – Part 2 • ▲

Wednesday, August 19 (UMCC - St. Paul) or Wednesday, August 26 (Ewald Conference Center)

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.

Presenters: MARSHA BERRY, MA, CAEd, Education Manager, Alzheimer's Association Minnesota-North Dakota, Bloomington; and JOHN BROSE, Ph.D., LP, LMFT, LADC, and Director, Associated Clinic of Psychology, Minneapolis

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

Session #1 - Tuesday, September 1 (Ewald Conference Center) or

Session #2 - Wednesday, September 9 (UMCC - St. Paul)

Learning objectives:

- Effectively examine assessment and care planning for all settings.
- Identify program design options and methods for implementation.
- Adapt activities and the environment to better meet individuals' needs.
- Evaluate new and current programs and identify and implement activities focused on the unique needs of the individual.
- Take home ideas you can use to continue improving your organization's dementia care.

Presenters: MARSHA BERRY, MA, CAEd, Education Manager; SARA TUCKER, MA, Early Stage Program Manager Alzheimer's Association Minnesota-North Dakota, Bloomington; and JULIE REGINEK, MS, ACC, EDU, CDP, MEPAP and Activity Program Instructor, Ridgewater Community College, Hutchinson

WEBINAR

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

Thursday, September 24, 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 other faculty to be announced

New to Webinars?

Similar to phone conferences but with a visual enhancement, webinars allow you to train as many of your team members as you want for one low cost per connection from the convenience of your desktop and phone. No costly travel time or expense, and still receive the interactive education experience you need. Computer requirements to ensure a positive viewing experience:

- Minimum 700Kbps or more for simultaneous screen sharing, video and audio conferencing.
- 2 GB of RAM (Windows computer memory)
1 GB or RAM (MAC computer memory)

Additional instructions on how you can connect to the webinar and test connections prior to the webinar will be provided in your registration confirmation e-mail.



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

Anyone wishing to earn CEUs for each program module in the series (webinars and workshops) must complete a post test for the program and earn a score of 70% or more. The post test will be sent following the webinar. Once the post test is completed, information on how to access the certificate of attendance will be sent to the individual requesting it.

About the Dementia Care Certificate

Participants who successfully pass all the post tests from the twelve modules of the training, and attend all day every day each of the workshop days, will earn a certificate of completion – which demonstrates in-depth professional study of a particular topic area on a voluntary and individual basis. 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. Detailed information about the program's CEU requirements may be found on LeadingAge Minnesota's website on the Events page.

Registration Fees

- **Individual Webinars:** LeadingAge Minnesota Members - **\$115** per web connection.
Prospective members - **\$155** per web connection
- **Individual Workshops:** LeadingAge Minnesota Members - **\$155** per person.
Prospective members - **\$195** per person

How to Register

E-Mail: Send a PDF of the completed registration form as an attachment to Paula Bell, pbell@leadingagemn.org

Online: Register online at
<https://store.leadingagemn.org/calendarschedule.aspx>

Mail: LeadingAge Minnesota
2550 University Avenue West, Suite 350 South
St. Paul, MN 55114
Attn. Accounting #6115

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. This e-mail will also include a paid statement or an invoice for unpaid registration and approximately when a second confirmation e-mail will be sent with detailed information about the program. For webinars it would include how to connect and for live workshops information about the meeting site. Please contact pbell@leadingagemn.org if your registration has not been confirmed within three (3) working days of the program to ensure registration has been recorded and finalized.

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 program in this series.

For Further Information:

Registration questions:

Paula Bell, pbell@leadingagemn.org

Local calls: 651.645.4545 or

Toll free: 800.462.5368





REGISTRATION FORM

Dementia Care Certificate Program



You may use this form to register for each part or the entire series. Each individual program will also have its own registration brochure if that is a better option. There is no overall series registration fee.

WEBINARS

- Module #1 – Overview and Early Dementia • ▲ – Thursday, April 23 (#6125)
- Module #2 – Related Dementia: What Aging Services Providers Need to Know • ▲ – Tuesday, May 12 (#6135)
- Module #3 – Memory Care in Aging Services Settings from a Legal Perspective: Today and in the Future – Wednesday, May 27 (#6145)
- Module #4 – The Appropriate Use of Medication – Friday, June 12 (#6165)
- Module #5 – Partners in Dementia Care: Supporting Caregivers and Partners – Wednesday, June 24 (#6175)
- Module #6 – The Role of the Environment in Promoting Quality Dementia Care – Tuesday, July 14 (#6185)
- Module #7 – The Legal Aspects of Decision-Making – Wednesday, July 29 (#6195)
- Module #8 – End-of-Life Care – Tuesday, August 4 (#6225)
- Module #12 – Organizational Philosophy of Caring/Putting Everything Together, Telling Our Story – Thursday, September 24 (#6155)

Contact Name _____ Title _____

E-Mail Address (required) _____

LeadingAge Minnesota Members - **\$115** per connection • Prospective Members - **\$155** per connection

WORKSHOPS

August 18, August 19, September 9 – U of M Conference Center, 1890 Buford Avenue, St. Paul
August 25, August 26, September 1 – Ewald Conference Center, 1000 Westgate Drive, St. Paul

Module #9 – Dementia Basics and Practical Approaches to Disease Symptoms – Part 1 • ▲
 Tuesday, August 18 (#6625) **OR** Tuesday, August 25 (#6645)

Module #10 – Dementia Basics and Practical Approaches to Disease Symptoms – Part 2 • ▲
 Wednesday, August 19 (#6635) **OR** Wednesday, August 26 (#6655)

Module #11 - The Art of Engagement: Practical Approaches to Activities for all Stages of Dementia
 Tuesday, September 1 (#6665) **OR** Wednesday, September 9 (#6675)

LeadingAge Minnesota Members - **\$155** per person • Prospective members - **\$195** per person

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Send registration form to: LeadingAge Minnesota
 2550 University Avenue West, Suite 350 South, St. Paul, MN 55114



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Suite 350 South
St. Paul, MN 55114-1900

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