



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

2011 Dementia Care Certificate Program

Sponsored by:

alzheimer's  association®





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 11 different modules – eight 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. 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, which include, but is not limited to:

- Direct care staff responsible for leading or training peers in dementia care
- Nurses
- Dementia program directors
- Other staff interested in specific topics – social workers, activity directors, chaplains, administrators, managers

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Series Overview

WEBINARS

Module #1 – An Overview of Alzheimer's Disease and Related Dementias

Thursday, April 7, 2 – 3:30 p.m.

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 key resources – both local and national – that will help you and your staff improve their work with people who have different types of dementia.

Presenters: MARSHA BERRY, MA, CAEd, Education Manager, Alzheimer's Association Minnesota-North Dakota, Bloomington; JEANNE GIBBS, a care partner for her husband with Lewy Body Dementia, Minneapolis; and MONA FRAKI, MA, PhD Candidate, Psychoeducational Services Manager, Wayne Caron Family Caregiving Center, University of Minnesota, Minneapolis

Module #2 – Exploring the Correlation Between Depression and Dementia

Thursday, April 21, 2 – 3:30 p.m.

Learning objectives:

- Describe how symptoms of depression are uniquely presented in persons with dementia so you can better recognize and address these issues when providing care.
- Know how the sleep cycle becomes disordered with depression and how it complicates the symptoms of dementia.
- Become familiar with important emerging information and research findings on the correlation between sleep and dementia and what you as a provider might do to facilitate better sleep in your clients and residents.

Presenters: TERRY R. BARCLAY, PhD, L.P., Clinical Neuropsychologist, Health Partners Neurology, Minneapolis and Alzheimer's Research Center,

Regions Hospital, St. Paul; and MARSHA BERRY, MA, CAEd, Education Manager, Alzheimer's Association Minnesota-North Dakota, Bloomington

Module #3 - Organizational Philosophy of Caring and Its Impact on Dementia Care

Tuesday, May 10, 2 – 3:30 p.m.

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 the importance of using respectful language when communicating with those who have dementia and how that influences their response to what is shared.

Presenters: MICHAEL J. DEMMER, President and CEO, Prairie Senior Cottages, Minnetonka; and ANGIE SWETLAND, Director of Customer Relations, Presbyterian Homes and Services, Roseville

Module #4 – The Appropriate Use of Medication in Dementia Care

Tuesday, May 24, 2 – 3:30 p.m.

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, Alexandria



WEBINARS (continued)

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

Thursday, June 9, 2 – 3:30 p.m.

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 you as a professional caregiver 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, LISW, Geriatric Care Management and Consultation, Volunteers of America-Minnesota, Minneapolis; and LORES VLAMINCK, Principal, Lores Consulting, Rochester

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

Tuesday, June 28, 2 – 3:30 p.m.

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.

Presenter: BETSY BRAWLEY, Principal, Design Concepts Unlimited, Sausalito, Calif.

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

Tuesday, July 12 – 2 – 3:30 p.m.

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.

Presenter: BARBARA J. BLUMER, Attorney, Blumer Law, Eagan

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

Thursday, July 28, 2 – 3:30 p.m.

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: MARSHA BERRY, MA, CAEd, Education Manager, Alzheimer's Association Minnesota-North Dakota, Bloomington; and MARTY JONES, Chaplain, Walker Methodist, Minneapolis



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 from 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:

- High speed DSL/cable Internet connection – minimum 56Kbps bandwidth needed to participate.
- 128 MB of RAM (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.



LIVE WORKSHOPS

Each Live Workshop is offered twice to accommodate small class sizes, an interactive learning experience, and work/vacation schedules. Workshops are 8 a.m. - 4:30 p.m.

Module #9 – Dementia Basics and Practical Approaches to Disease Symptoms – Part I August 9 or 17 (Twin Cities location to be announced)

Learning objectives:

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

- Understand what drives persons with dementia to wander, pace and successfully exit your building 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 and what, if anything needs to be done about it.
- 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.
- Analyze why repetitive questioning and storytelling are a part of the disease progression and how you can best relate to residents 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 an adult day service provider (to be announced)

Module #10 – Dementia Basics and Practical Approaches to Disease Symptoms – Part II

August 10 or 18 (Twin Cities location to be announced)

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; JOHN BROSE, Ph.D., LP, LMFT, LADC, and Director, Associated Clinic of Psychology, Minneapolis; MICHAEL J. DEMMER, President and CEO, Prairie Senior Cottages, Minnetonka; and ANGIE SWETLAND, Director of Customer Relations, Presbyterian Homes and Services, Roseville

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

September 6 or 15 (Twin Cities location to be announced)

Learning objectives:

- Describe the fundamental components of Activity Based Alzheimer Care (ABAC).
- Effectively examine assessment and care planning.
- 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 the various aspects of the ABAC model.

Presenters: MARSHA BERRY, MA, CAEd, Education Manager, Alzheimer's Association Minnesota-North Dakota, Bloomington; GERISE THOMPSON, Director, Southern MN Regional Center, Alzheimer's Association Minnesota-North Dakota, Rochester; and aging services providers (to be announced)



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. Aging Services of Minnesota is an approved continuing education provider by the Minnesota Board of Social Work. 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 BOTH a pre AND a post test for the program and earn a score of 70% or more. The pre-test will be sent to the organization's contact person electronically approximately one week before the program and must be completed online by each individual wishing to earn CEUs before the program. 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 pre and post tests from the 11 modules of the training 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, Director of Education, Aging Services of Minnesota. hsimpson@aging-servicesmn.org. Detailed information about the program's CEU requirements may be found on Aging Services' web site under the program's information on the Events page.

Registration Fees

- Individual Webinars: Aging Services Members - **\$115** per web connection.
Prospective members - **\$155** per web connection
- Individual Workshops: Aging Services Members - **\$150** per person.
Prospective members - **\$190** per person

Register online at agingservicesmn.org (click on Events) or Fax this registration form to 651.645.0002. Include a P.O. number or follow up with payment to be received by Aging Services of Minnesota prior to the program. You will receive an e-mail confirmation for this program. Cut-off date and cancellation notice is three (3) working days before the start of the program. All cancellations must be made in writing by the date specified and are subject to a \$25 processing fee. No refunds if cancelled after the cut-off date or for no call/no-shows. Aging Services of Minnesota and Alzheimer's Association Minnesota-North Dakota reserve the right to cancel any program in this series.

For Further Information:

Registration questions:

Kellie Carlson, kcarlson@agingservicesmn.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 also has its own registration brochure. There is no overall series registration fee.

WEBINARS (2 – 3:30 p.m.)

- ☐ Module #1 – An Overview of Alzheimer's Disease and Related Dementias – April 7 (#6121)
- ☐ Module #2 – Exploring the Correlation Between Depression and Dementia – April 21 (#6131)
- ☐ Module #3 – Organizational Philosophy of Caring and Its Impact on Dementia Care – May 10 (#6141)
- ☐ Module #4 – The Appropriate Use of Medication in Dementia Care – May 24 (#6151)
- ☐ Module #5 – Partners in Dementia Care: Supporting Caregivers and Partners (or Others) – June 9 (#6161)
- ☐ Module #6 – The Role of the Environment in Promoting Quality Dementia Care – June 28 (#6171)
- ☐ Module #7 – The Legal Aspects of Decision-Making for Persons with Dementia – July 12 (#6181)
- ☐ Module #8 – End-of-Life Care for Persons with Dementia – July 28 (#6191)

Contact Name _____ Title _____

E-Mail Address (required) _____

Aging Services of Minnesota Members - **\$115** per connection • Prospective Members - **\$155** per connection

WORKSHOPS (Twin Cities Locations to be announced)

Name _____ Title _____

E-Mail Address (required) _____

Module #9 – Dementia Basics and Practical Approaches to Disease Symptoms – Part I

☐ Tuesday, August 9 (#6621) **OR** ☐ Wednesday, August 17 (#6631)

Module #10 – Dementia Basics and Practical Approaches to Disease Symptoms – Part II

☐ Wednesday, August 10 (#6641) **OR** ☐ Thursday, August 18 (#6651)

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

☐ Tuesday, September 6 (#6661) **OR** ☐ Thursday, September 15 (#6671)

Aging Services Members - **\$150** per person • Prospective members - **\$190** per person

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☐ Or check here to be invoiced (Aging Services of Minnesota members only)

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

Fax to: 651.645.0002



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