

Course 10

CPAC Dementia Care

This course will provide learners with information about dementia in a number of areas: dementia as a disease, the signs and symptoms of dementia, how a caregiver can take care of his or her health, ways to find a home care provider for the first time, and how family caregivers can better communicate with home care providers. This course will also cover some of the behavioral and communication challenges associated with dementia, as well as personal care, health, and physical activities related to dementia. Lastly, home safety will be covered, including ambulation and how to prevent people with dementia from falling.

Lesson 1: What is Dementia?

This lesson will describe what dementia is and how it affects the brain. The lesson will also cover the four most common types of dementia: Alzheimer's disease, vascular dementia, dementia with Lewy bodies, and frontotemporal dementia.

Lesson Objective:

Describe how dementia affects the brain and the four major types of dementia.

Lesson 2: Symptoms of Dementia

This lesson will give an overview of some of the symptoms of dementia, from mild to severe. You will also learn about some symptoms that may lead to dementia.

Lesson Objective:

Identify and describe 2 symptoms each of early, later, and severe dementia.

Lesson 3: Diagnosis and Treatment of Dementia

In this lesson you will learn about the different ways that dementia is diagnosed. And even though dementia doesn't have a cure, you'll learn about how dementia symptoms can be managed and treated.

Lesson Objective:

Identify two ways dementia is diagnosed and two ways it is treated.

Lesson 4: Caregiver Health

In this lesson you will learn how caregiving for someone with dementia can impact a person's health. You will also learn why it's important for a caregiver to be healthy. Learners will also receive information on how to stay healthy.

Lesson Objective:

Name and describe 3 ways a caregiver can maintain physical health, emotional health, and seek social support.

Lesson 5: Reducing Caregiver Stress

In this lesson you will learn about how stress affects a caregiver and ways to reduce that stress. Learners will receive tips on how to set goals, sleep, relax better, and reduce stress.

Lesson Objective:

Identify and describe 4 stress reduction techniques a caregiver can use to reduce stress.

Lesson 6: Caregiver Burnout

In this lesson you will learn what we mean by the term 'burnout' and how to recognize signs for it. You will also learn about ways caregivers can prevent burnout and deal with burnout.

Lesson Objective:

Name 3 signs of caregiver burnout and 3 ways to deal with caregiver burnout.

Lesson 7: Respite Care

In this lesson you will learn about respite care and adult day care, what they are, and how to find and pay for them. Paid home care providers can also benefit from learning about these services.

Lesson Objective:

Describe what respite care and adult day care are and how to find and pay for those services locally.

Lesson 8: Finding a Paid Provider for the First Time

In this lesson you will learn about the three different ways to find a paid home care provider. You will also learn about differences among the three ways.

Lesson Objective:

Identify, describe, and discuss the differences among the three ways to find a paid home care provider.

Lesson 9: Hiring a Paid Provider for the First Time

In this lesson you will learn about the hiring process for a paid home care provider.

Lesson Objective:

Identify the steps and describe the process for hiring a paid home care provider.

Lesson 10: Communication between Family Caregivers and Paid Providers

In this lesson you will learn about issues that might create conflict between family caregivers and paid providers. You will also learn how to communicate effectively.

Lesson Objective:

Explain why communication between family caregivers and paid home care providers can be hard and describe at least 2 things they can do to better communicate with each other.

Lesson 11: Long-term Care Options

In this lesson you will learn about some different kinds of long-term care options that people with dementia may need, what each provides, and how to find more information on them.

Lesson Objective:

Describe the differences among home care, home health care, assisted living, nursing home, and hospice care.

Lesson 12: Dementia and Communication

In this lesson you will learn about changes in communication caused by dementia. You will also learn about different way to communicate with a person with dementia.

Lesson Objective:

Identify and describe at least 3 different ways to communicate with a person with dementia in verbal or non-verbal ways.

Lesson 13: Dementia and Memory Loss

In this lesson you will learn about mild cognitive impairment and memory loss from dementia. You will also learn how you can help a person with dementia who has memory loss.

Lesson Objective:

Describe four ways a caregiver can help a person with dementia who has memory loss.

Lesson 14: Dementia and Depression

In this lesson you will learn about depression, signs of it, causes of it, and how to treat it. You will also learn about how depression affects people with dementia in unique ways.

Lesson Objective:

Discuss how the signs and symptoms of depression and dementia are similar and identify four ways a caregiver can help people with dementia with depression.

Lesson 15: Understanding Dementia-Related Behaviors

In this lesson you will learn about some general causes for changes in behavior, especially behaviors that can be challenging for caregivers of people with dementia. You will also learn some ways to understand and manage them.

Lesson Objective:

Identify 4 challenging dementia behaviors and describe how the 'ABCD Method' can be used to manage them.

Lesson 16: Challenging Behaviors: Agitation, Repetition, and Wandering

In this lesson you will learn about agitation, repetition, and wandering. You will also learn how caregivers can help people with dementia who behaves in those ways

Lesson Objective:

Identify two ways a caregiver can help manage each of the challenging behaviors of agitation, repetition, and wandering.

Lesson 17: Challenging Behaviors: Aggression, Hallucinations and Perception Problems, and Paranoia

In this lesson you will learn about what causes aggression, hallucinations and perception problems, and paranoia. You will also learn how a caregiver can help a person with dementia manage these behaviors.

Lesson Objective:

Identify two ways a caregiver can help manage each of the challenging behaviors of aggression, hallucinations and perception problems, and paranoia.

Lesson 18: Sexual Activity and Behavior

In this lesson you will learn about intimacy and the sexual needs of people with dementia. You will learn how to respect the person's privacy and dignity. Caregivers will also learn about challenging sexual behaviors and how they can help a person with dementia with those behaviors.

Lesson Objective:

Identify and describe three challenging sexual behaviors and how a caregiver or home care provider can help manage them.

Lesson 19: Nutrition and Hydration

In this lesson you will learn about various changes in eating and drinking that can affect people with dementia. You will also learn how a caregiver can help a person with dementia with these activities.

Lesson Objective:

Identify three reasons why a person with dementia might have trouble with eating and drinking and describe two ways a caregiver can help with each.

Lesson 20: Bowel and Bladder Care

In this lesson you will learn about the types of bowel and bladder issues common in people with dementia. You will also learn how you can help maintain a healthy bowel and bladder.

Lesson Objective:

Identify and describe two common bowel and bladder problems and four ways a caregiver can help a person with dementia with their bowel and bladder care.

Lesson 21: Sleep Issues and Sundowning

In this lesson you will learn about some of the problems that people with dementia have with sleep. You will learn about 'sundowning' and other sleeping problems. You will also learn how you can help to manage these sleeping problems.

Lesson Objective:

Identify and describe two common sleeping problems in people with dementia and describe four lifestyle or environmental changes that a caregiver or home care provider can make to help a person with these problems.

Lesson 22: Personal Care

In this lesson you will learn about the personal care needs of someone with dementia. You will learn how to help with bathing, toileting, dressing, grooming, and oral care.

Lesson Objective:

Provide at least two examples of how a caregiver can help a person with dementia with each of the following: bathing, toileting, dressing, grooming, and oral care.

Lesson 23: Dementia and Medications

In this lesson you will learn about some of the different medications used to treat dementia, as well as possible side effects from them. You will also learn how you can help prevent adverse reactions by making sure that a person with dementia takes medications safely.

Lesson Objective:

Explain the difference between side effects and adverse reactions from medications and describe three ways to help prevent adverse medication reactions in people with dementia.

Lesson 24: Physical and Social Activity

In this lesson you will learn about the benefits of physical and social activity for people with dementia. You will also learn how caregivers and home care providers can help with these activities.

Lesson Objective:

Identify and describe four examples of physical and social activities that a person with dementia can do and how a caregiver can help with each of them.

Lesson 25: Identifying and Preventing Abuse

In this lesson you will learn why people with dementia are at risk for abuse. You will also learn about signs of abuse and some of the major types of abuse. Lastly, you will learn how caregivers and home care providers can help prevent abuse and report abuse if it happens.

Lesson Objective:

Identify at least one sign of each of the six different kinds of abuse and describe how caregivers or home care providers can help to prevent abuse.

Lesson 26: Home Safety

In this lesson you will learn about safety issues for people with dementia. You will also learn how a caregiver or home care provider can help prevent accidents from happening in the home.

Lesson Objective:

Identify and describe three common safety hazards in the home and discuss how a caregiver or home care provider can improve home safety for the person with dementia.

Lesson 27: Ambulation and Fall Prevention

In this lesson you will learn about some of the problems people with dementia may have with walking and movement. Caregivers and home care provider will also learn how to help with walking and fall prevention around the home.

Lesson Objective:

Identify and describe four ways a caregiver or home care provider can help a person with dementia with walking and preventing falls.

