Continuing Education (CE) Self-Submission Packet
10.0 Hours of CE Credit

Use our continuing education self-submission packet to request 10.0 hours of CE credit for the CARES® Activities of Daily Living™ Online Training Program. Included are the CE materials required by many state licensing boards. If you are not familiar with the requirements for your profession, please contact your state board for more information.

Instructions

1. **Print this self-submission packet. It includes:**

   - Course description, disclosures, and contact information
   - Course learning objectives
   - Course completion requirements
   - Course content experts, developers, and organizations

2. **Print your CARES® Activities of Daily Living™ completion certificate.**

   When you have completed CARES Activities of Daily Living, go to the Main Menu and click on the "Print Certificate" button. Make two copies of the certificate—one for your files, and one for your CE submission.

3. **Print and fill out the submission form from your licensing board.**

   Complete the continuing education form or letter required by your state licensing board, and include the above materials with your submission. If you are not sure where to locate required CE information or forms, please contact your state board.

4. **Submit your CE materials.**

   Submit the materials to your state licensing board according to the instructions provided by them. Depending upon your state and profession, you may be able to submit and make payment online.

Questions?

If you have any questions, please call us at (952) 928-7722, or send an e-mail to support@hcinteractive.com.

Course Description, Disclosures, and Contact Information

CARES Activities of Daily Living is a 10-module, 10-hour online training program that focuses on activities of daily living (ADLs) across all levels of thinking decline, progressing from normal thinking to the first signs of dementia, all the way to late and end stages of the disease process. In each level of decline, specific strategies are presented for a variety of ADLs including bathing, dressing, eating, grooming, mouth care, and using the bathroom. Since a lot of the care you provide is direct and related to ADLs, these thoughtful and effective strategies can be used immediately with anyone for whom you provide care.

This program is ideal for nursing home staff members such as CNAs, nurses, supervisors, social workers, administrators, and activity directors. It can also be used in assisted living facilities, home health organizations, and adult day programs. Like all CARES programs, this training is based on the trademarked CARES® Approach to dementia care: **C**onnect with the person, **A**ssess their behavior, **R**espond appropriately, **E**valuate what works, and **S**hare information with others.

CARES was developed with the Alzheimer's Association, had input from a national team of experts, and is consistent with the latest evidence-based research from the Alzheimer's Association *2018 Dementia Care Practice Recommendations*.

The 10 modules include:

1. Dementia and the CARES® Approach
2. Creating Meaning in Activities of Daily Living
3. Recognizing and Managing Pain
4. Bathing
5. Dressing
6. Eating
7. Grooming
8. Mouth Care
9. Using the Bathroom
10. Mobility, Transferring, and Positioning

Note: HealthCare Interactive and course content experts disclosed no conflicts of interest in the development of this program. CARES programs also contain no product placement or promotional advertising.

Contact Information:

HealthCare Interactive maintains responsibility for this training program. Questions about technical support, course content, purchasing, accommodations, grievances, and other issues may be directed to:

- HealthCare Interactive, 8800 West Highway 7, Suite 331, Minneapolis, MN 55426
- (952) 928-7722
- support@hcinteractive.com

Learning Objectives

Module 1: Dementia and the CARES® Approach

After completing this module, you will be able to:

- List the memory and thinking skills that are affected by dementia.
- Describe the early, middle, and late stages of dementia.
- Explain each letter of the CARES Approach.

Module 2: Creating Meaning in Activities of Daily Living

After completing this module, you will be able to:

- Describe ways that you can learn the life story of a person with dementia.
- Explain how you can make any interaction with a person with dementia into an activity or meaningful moment.
- Use the CARES Approach when performing any activity with a person with dementia.

Module 3: Recognizing and Managing Pain

After completing this module, you will be able to:

- Describe common signs of pain for people with dementia.
- List ways that you can help relieve pain and discomfort that do not involve medications.
- Use the CARES Approach to identify and comfort people who are experiencing pain and discomfort.

Module 4: Bathing

After completing this module, you will be able to:

- Explain why bathing preferences are important to people and how you can learn about them.
- Describe ways to make bathing or showering a more comfortable experience for people with dementia.
- Explain how bathing can be adjusted based on a person's abilities, preferences, or fears.
- Use the CARES Approach while assisting a person with bathing.

Module 5: Dressing

After completing this module, you will be able to:

- Describe ways to make a person with dementia feel more comfortable getting dressed.
- Respond to common family member concerns with dressing.
- Use the CARES Approach while assisting a person with dressing.

Module 6: Eating

After completing this module, you will be able to:

- Understand how eating abilities change at the different stages of dementia.
- Adjust your care to match the changes in a person's eating preferences.
- Recognize things you can do to encourage eating and make it a more pleasant experience for people with dementia.
- Consider the impact of dementia when caring for other chronic illnesses.
- Use the CARES Approach while assisting a person with eating.

Module 7: Grooming

After completing this module, you will be able to:

- Describe techniques to help prevent people with dementia from getting anxious during grooming care.
- Describe how and why it's important to communicate with people with dementia and their families about grooming and personal care.
- Use the CARES Approach while assisting a person with grooming.

Module 8: Mouth Care

After completing this module, you will be able to:

- List two reasons why good oral hygiene is important for people with dementia.
- Describe three ways to encourage or prompt people with dementia to brush their teeth.
- Describe three signs of mouth pain.
- Apply the CARES Approach to assisting a person with mouth care.

Module 9: Using the Bathroom

After completing this module, you will be able to:

- List two reasons why it's important to help a person with dementia continue to use the toilet as independently as possible.
- Describe three behaviors or signs that often mean that a person has to use the toilet.
- List two things you can do to learn a person's bathroom patterns.
- Apply the CARES Approach to assisting a person with going to the bathroom.

Module 10: Mobility, Transferring, and Positioning

After completing this module, you will be able to:

- Describe how proper transferring and positioning are important to the health and well-being of people.
- Describe safe practices for transferring and positioning people.
- Explain the importance of connecting with people before moving them.
- Use the CARES Approach while assisting a person with transferring and positioning.

Course Completion Requirements

Users must complete all 10 modules to be able to print their CARES Activities of Daily Living completion certificate.

If users are not able to print a certificate, it is because they have not completed the minimum time and page requirements for each module. Users can check their training progress at any time by going to the Main Menu and clicking on the View Course Progress button.

- A green check mark means the module is complete.

- A red X means the module is not complete. Users must view each screen in the module and meet the minimum time requirements for each module, both of which appear in their progress report (see chart below).

- Once there are green check marks for all modules listed, users will be able to print a certificate of completion for the training program.

Module #	CARES® Activities of Daily Living™ Minimum Requirements	
	Time Viewed	Screen Completion
1	40 minutes	11/11
2	40 minutes	11/11
3	40 minutes	12/12
4	40 minutes	12/12
5	40 minutes	12/12
6	40 minutes	12/12
7	40 minutes	12/12
8	40 minutes	11/11
9	40 minutes	11/11
10	40 minutes	12/12

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Content Experts, Research/Evaluation Team, Developers, and Organizations

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HealthCare Interactive would like to thank the many families, dementia experts, and organizations that are helping to educate caregivers and others by having agreed to participate in and be videotaped for this program. We respect the sensitive nature of this material and appreciate the support of everyone involved.

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- Alzheimer's Association, Desert Southwest Chapter, Phoenix, AZ
- Alzheimer's Association, Eastern North Carolina Chapter, Raleigh, NC
- Alzheimer's Association, Minnesota-North Dakota Chapter, Minneapolis, MN
- Beatitudes Campus of Hospice of the Valley, Phoenix, AZ
- BlueEarth Innovation, Roseville, MN
- Carolina Meadows, A Continuing Care Retirement Community, Chapel Hill, NC
- Catholic Eldercare on Main, Minneapolis, MN
- Centers for Medicare & Medicaid Services (CMS), Baltimore, MD
- Ebenezer-Deer Crest, Red Wing, MN
- Friendly Home, Rochester, NY
- Healthy Web, Bedford, MA
- Hospice of the Valley, Phoenix, AZ
- Laguna Honda Hospital and Rehabilitation Center, San Francisco, CA
- Lenbrook Square HealthCare Center, Atlanta, GA
- Meth-Wick Community, Cedar Rapids, IA
- Mojo Solo, Inc, Saint Paul, MN
- Presbyterian Homes, Bloomington, MN
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*The titles listed for individuals above reflect their positions at the time the program was developed and, as such, may not indicate current titles or affiliations.