

Learning Objectives

Module 1: Introduction to Dementia

After completing this module, you will be able to:

- Define the term "dementia" and its stages, including symptoms, behaviors, and challenges for caregivers.
- Distinguish between changes in normal aging and memory loss from Alzheimer's disease and related dementias (ADRD).
- Identify how ADRD affects the brain and thinking skills.
- List two examples of how to learn more about a resident.

Module 2: Communication and the CARES® Approach

After completing this module, you will be able to:

- List three reasons why it is important to connect with residents.
- State what the letters in CARES® stand for.
- List two ways that using the CARES® Approach can improve life for a resident.
- List two ways that using the CARES Approach can improve your job or make it easier.
- Describe the positive physical approach.
- Explain how ADRD affects communication skills.
- Identify some strategies for communicating with people who have dementia.