

Learning Objectives

Module 1: Introduction to Dementia

After completing this module, you will be able to:

- Identify other conditions that may result in symptoms that mimic dementia.
- State what is currently known about the causes of dementia and how it is diagnosed.
- List four thinking skills that are affected by dementia.
- List the various stages of dementia and the changes in a person's ability to perform an activity at each stage.

Module 2: Communication, Behavior, and the CARES[®] Approach

After completing this module, you will be able to:

- List two reasons why it is important to connect with people who have dementia.
- Describe the positive physical approach.
- State what each letter in CARES[®] stands 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.
- Identify at least three things in the environment that can have a negative effect on a person's behavior or sense of security.
- Describe what a restraint is.
- List three creative approaches you can use that might avoid the use of restraints with a resident.

Module 3: General Dementia Topics

After completing this module, you will be able to:

- Define the ethical principles of autonomy, beneficence, and justice.
- Describe the eating abilities at various stages of dementia.
- List three ways to make mealtime more enjoyable for people with dementia.
- State the warning signs of a swallowing problem.
- Apply the CARES[®] Approach in helping residents to eat well and to perform other activities of daily living.
- Name four possible signs of stress and some strategies that might help to decrease your stress.