



Continuing Education (CE) Self-Submission Packet 4.0 Hours of CE Credit

Use our continuing education self-submission packet to request 4.0 hours of CE credit for the CARES[®] Dementia Care for Families[™] 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[®] Dementia Care for Families[™] completion certificate and certification certificate.

When you have completed CARES Dementia Care for Families and passed the certification exam, go to the Main Menu, and click on the "Print Certificate" button. Make two copies of each 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 contact us at (952) 928-7722 or support@hcinteractive.com.



Course Description, Disclosures, and Contact Information

The CARES® Dementia Care for Families™ Online Training Program was developed specifically for those caring for a loved one living at home. This award-winning training program is rich with activities and video interviews with family caregivers, people with dementia, and dementia experts. It offers practical and invaluable strategies to common caregiving situations, while centering around our 5-step 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.

This program has 4 modules (4 hours). The modules include:

1. Understanding Memory Loss
2. Living with Dementia
3. Using the CARES® Approach
4. Keys to Success with CARES®

Conflict of Interest

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: Understanding Memory Loss

After completing this module, you will be able to:

- Describe differences between the normal aging process and growing older with Alzheimer's disease or other forms of dementia.
- State why it's important to get an early diagnosis when a loved one experiences memory loss that impacts their ability to perform activities of daily living.
- Better understand how dementia affects thinking skills.
- Understand the impact of environment and routine on the person with dementia.

Module 2: Living with Dementia

After completing this module, you will be able to:

- Describe the stages of Alzheimer's disease: early, middle, and late.
- Better understand the world from your family member's perspective.
- Recognize insights shared by people with dementia and their families in your own situation.

Module 3: Using the CARES® Approach

After completing this module, you will be able to:

- List the five steps of the CARES Approach®.
- Understand how "walking in someone's shoes" can help you better care for a family member with dementia.
- Understand why you should always "consider the situation."
- Evaluate if your approach to caregiving is working.
- State why it is important to share caregiving insights and experiences with others.

Module 4: Keys to Success with CARES®

After completing this module, you will be able to:



- List three "Keys to Success" with CARES®.
- Give examples of how you can use these "keys" in caring for your loved one with dementia.



Course Completion Requirements

Users must complete all four modules to be able to print their CARES® Dementia Care for Families™ completion certificate.

If users are not able to print their certificate, it is because they have not completed the minimum time and page requirements for each module (see below). 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® Dementia Care for Families™ Minimum Requirements	
	Time Viewed	Screen Completion
1	40 minutes	15/15
2	40 minutes	16/16
3	40 minutes	14/14
4	40 minutes	14/14



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

CARES® Dementia Care for Families was funded in part by a grant from the National Institute on Aging and was developed in conjunction with the national office of the Alzheimer's Association and a national team of experts.

HealthCare Interactive would like to thank the many families and dementia experts for helping to educate family and professional caregivers by agreeing to participate and be videotaped in this program. We respect the sensitive nature of this material and appreciate the generosity and support of everyone involved.

Advisory Board/Content Experts*

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- Alzheimer's Association, Chicago, IL
- Blue Earth Innovation, St. Paul, MN
- Carolina Meadows, A Continuing Care Retirement Community, Chapel Hill, NC (Special thanks to Kim Broucksou)
- MainStreet Lodge, Minneapolis, MN
- Presbyterian Homes, Bloomington, MN
- Saint Therese at Oxbow Lake, Brooklyn Park, MN
- Saint Therese of New Hope, New Hope, MN
- The Holmstad, a Covenant Retirement Community, Batavia, IL
- Tri-Audio Productions, Brooklyn Center, MN

*The titles and/or employers listed may not reflect current credentials or affiliations.