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## Dementia 5-Step Method™

### 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<sup>®</sup> Dementia 5-Step Method™ 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. **Please Note:** Social workers whose state boards accept ASWB ACE approved provider courses for CE credit do not need to submit an application to their individual board for course approval. See <https://www.aswb.org/ace/ace-jurisdiction-map/> for more information on whether your state accepts ACE.

#### 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<sup>®</sup> Dementia 5-Step Method™ completion certificate.**

When you have completed CARES Dementia 5-Step Method, 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 your Alzheimer’s Association essentiALZ<sup>®</sup> certificate.**

Most boards require an “evaluation” of the knowledge that you learned in a course, and the Alzheimer’s Association essentiALZ<sup>®</sup> certification exam *may* fulfill this requirement. Information on how to access the exam is included with your CARES completion certificate (see #2 above).

**4. 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.

**5. 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](mailto:support@hcinteractive.com).



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## Dementia 5-Step Method<sup>™</sup>

### Course Description, Disclosures, and Contact Information

This 4-module (4-hour) online training program provides caregivers with core information needed for dementia care. It focuses on person-centered care, the changes that happen to thinking skills as dementia progresses, how those changes impact behavior, and how to understand behavior as communication. It also includes an entire module on the CARES<sup>®</sup> Approach, an easy-to-remember approach to care for any person in any situation and at any level of dementia thinking decline. The letters in CARES stand for: **C**—Connect with the Person, **A**—Assess Behavior, **R**—Respond Appropriately, **E**—Evaluate What Works, and **S**—Share with Others.

This interactive program includes a variety of exercises and video clips of real people with dementia, CNAs, and other staff members. It has been described as the “best training program I’ve ever used” by hundreds of users. This program is ideal for staff at nursing homes and assisted living facilities (CNAs, nurses, supervisors, social workers, administrators, and activity directors; dietary, laundry, housekeeping, transportation, and security staff; and volunteers), home health organizations, hospice, adult day centers, governmental offices, and social service agencies, as well as for police, fire, and other first responders.

CARES<sup>®</sup> was developed with the Alzheimer’s Association, with input from a national team of experts, and is consistent with the latest evidence-based research from the *Alzheimer’s Association Campaign for Quality Residential Care Practice Recommendations*. It is an approved curriculum of Alzheimer’s Association essentiALZ<sup>®</sup>.

The 4 modules include:

1. Meet Clara Jones
2. Introduction to Dementia
3. Understanding Behavior as Communication
4. The 5-Step CARES<sup>®</sup> Approach

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, 3300 Edinborough Way, Suite 400, Minneapolis, MN 55435-5960
- (952) 928-7722
- [support@hcinteractive.com](mailto:support@hcinteractive.com)



## Learning Objectives

### Module 1: Meet Clara Jones

After completing this module, you will be able to:

- Describe person-centered care.
- List three examples of how to learn more about a person with dementia.
- State what each letter in CARES® stands for.
- Identify the members of the care team.
- List ways to decrease stress in your life.
- List two strategies that can help you cope with grief.

### Module 2: Introduction to Dementia

After completing this module, you will be able to:

- List some differences between normal aging, dementia, and Alzheimer's disease.
- List four thinking skills affected by dementia.
- Identify key facts about Alzheimer's disease.
- List the stages of Alzheimer's disease and the changes in a person's ability to perform an activity.
- Identify activities that a person can do in each stage of Alzheimer's disease.
- List the FDA-approved medications for treating Alzheimer's disease symptoms.
- Identify who to talk to if you think a person you are caring for is depressed.
- Identify the types and signs of elder abuse, and know who to talk to if you suspect an elder has been abused.

### Module 3: Understanding Behavior as Communication

After completing this module, you will be able to:

- Explain how behavior is a form of communication.
- Name three common things that can cause a change in a person's behavior.
- Describe a person's behavior accurately to others on the care team.
- Explain the person's "sense of reality."
- List three things you can learn from families about the person with dementia that will help you provide person-centered care.
- List three ways you can change your approach or the environment to help a person with dementia have a good day.
- Identify three strategies you can use to respond to dementia-related behavior.

## Module 4: The 5-Step CARES® Approach

After completing this module, you will be able to:

- State three reasons why it is important to connect with people who have dementia.
- List three effective ways to connect with a person with dementia.
- Describe how using the CARES® Approach can help with daily care routines such as bathing, eating, and dressing.
- List two ways that using the CARES Approach can improve life for a person with dementia.
- State at least three keys to success with CARES.
- List two ways that using the CARES Approach can improve your job or make it easier.
- Describe the Positive Physical Approach.
- Describe how respecting differences in people helps you provide the best possible care.



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## Dementia 5-Step Method™

### Course Completion Requirements

Users must complete all four modules to be able to print their CARES<sup>®</sup> Dementia 5-Step Method™ 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 <sup>®</sup> Dementia 5-Step Method™ Minimum Requirements	
	Time Viewed	Screen Completion
1	40 minutes	12/12
2	40 minutes	11/11
3	40 minutes	13/13
4	40 minutes	16/16



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## Dementia 5-Step Method<sup>™</sup>

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

CARES<sup>®</sup> Dementia 5-Step Method<sup>™</sup> was co-developed by HealthCare Interactive, Inc. (HCI) and the Alzheimer's Association, and was funded by two separate grants from the National Institute on Aging.

CARES, which is based on and consistent with the *Alzheimer's Association Campaign for Quality Residential Care Practice Recommendations*, promotes the ideals of the culture change movement and builds a caring culture in your organization.

HealthCare Interactive would like to thank the many families, dementia experts, and organizations that are helping to educate caregivers 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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- Catholic Eldercare on Main, Minneapolis, Minnesota
- MainStreet Lodge, Minneapolis, Minnesota
- Mather Pavilion, Evanston, Illinois
- Presbyterian Homes-Westminster Place Campus, Evanston, Illinois
- Presbyterian Homes of Bloomington, Bloomington, Minnesota
- Saint Therese at Oxbow Lake, Brooklyn Park, Minnesota
- Saint Therese of New Hope, New Hope, Minnesota
- The Holmstad, a Covenant Retirement Community, Batavia, Illinois

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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.