

## Understanding Wandering

Wandering may be a behavioral expression of a basic human need such as the need for social contact, or a response to environmental irritants, physical discomforts or psychological distress. Exit seeking is a form of wandering in which a resident attempts to leave the premises. Understanding Wandering teaches staff skills to assess the reasons for wandering and tools to prevent unsafe wandering and exit seeking. The module includes two one-hour sessions:

- Understanding Wandering/Awareness
- Understanding Wandering/Practice

## Reducing Risk of Falls

People with dementia are at risk of falls because of their neurological impairments. The environment may also contribute to risk conditions. Reducing Risk of Falls focuses on promoting resident safety and mobility by reducing the risk of falls and fall-related injuries. Staff will learn strategies to reduce fall risk, preserve mobility and minimize the use of physical restraints. The module includes two one-hour sessions:

- Reducing Risk of Falls/Awareness
- Reducing Risk of Falls/Practice

## Promoting Restraint-Free Care

While the overall goal of this module is to support nursing homes and assisted living residences as they provide a restraint-free community, Promoting Restraint-Free Care recognizes that restraints may be temporarily necessary for safe resident management in a medical emergency. Physical restraints may be used in the mistaken belief that they may help ensure safety, but they generally harm residents. This module provides staff with techniques they can use to prevent, reduce and eliminate the use of restraints. The module includes two one-hour sessions:

- Promoting Restraint-Free Care/Awareness
- Promoting Restraint-Free Care/Practice

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# foundations of dementia care



*A unique  
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Professional Education Opportunities  
*improving the quality of care for people with dementia*

## Alzheimer's Association *Foundations of Dementia Care*

The Alzheimer's Association is pleased to bring to your facility a new comprehensive education program designed to help your staff improve the quality of care for people with dementia in assisted living residences and nursing homes.

Specifically geared to professional care partners, Foundations of Dementia Care is based on the Association's Dementia Care Practice Recommendations for Assisted Living Residences and Nursing Homes. These recommendations were developed from the best and latest evidence in dementia care research and the experience of direct care experts. Each has been thoroughly tested in residential care settings and are backed by 24 leading health and senior care organizations.

We offer four direct care modules along with a module designed specifically for supervisory personnel. For your convenience, you are welcome to choose specific modules based on your needs or the entire course as a cost-saving measure.

### Classroom Training Modules

#### **Learning to Lead**

Foundations of Dementia Care is based on the premise that learning imparted in the classroom must be carefully nurtured when the learner returns to the care setting. Learning to Lead provides tools for creating an environment of learning that will reinforce lessons learned in the classroom. The goal is to enhance the supervisory skills of supervisors, charge nurses and other managers while building the dementia care team and addressing issues of quality dementia care. The module includes three one-hour sessions:

- Learning the team
- From classroom to practice
- Building a vision

#### **About Dementia**

One of the key elements in providing quality dementia care is to understand Alzheimer's disease and dementia, and how changes in the brain contribute to different behaviors and communication limitations.

About Dementia provides participants with a definition of dementia and its impact on a person's ability to function. Special attention is paid to the importance of care practices that consider individual preferences, needs and abilities in understanding and responding to communication challenges and behaviors. The module includes three one-hour sessions:

- Dementia Basics
- Improving Communication
- Understanding Behavior

#### **Enhancing Mealtime**

To ensure that each resident has a pleasant dining experience and gets enough to eat and drink requires the participation of all care staff. Enhancing Mealtime teaches staff the importance of proper nutrition, how to identify resident difficulties, causes of and approaches for challenging mealtime situations, and encouraging independence. The module includes two one-hour sessions:

- Mealtime/Awareness
- Mealtime/Practice

#### **Reducing Pain**

Those who work with residents every day are the first line of defense against pain. Pain is complex, multifaceted and unique to the person experiencing it. Reducing Pain discusses the different types and causes of pain and uses videotaped real-life scenarios to teach participants how to recognize, prevent and reduce pain in persons with dementia. The module includes two one-hour sessions:

- Pain/Awareness
- Pain/Practice

#### **Making Connections**

Simple things can make all the difference in the world, turning bad days into good ones. These simple things are the most valuable tools that we have to soothe, comfort, and bring joy to persons with dementia. Making Connections describes the social needs of residents and provides tools and techniques for ways to get to know and have meaningful interactions with residents at all stages of dementia. The module includes two one-hour sessions:

- Connect/Awareness
- Connect/Practice

Foundations of Dementia Care is available throughout Minnesota and North Dakota. Contact Marsha Berry, Professional Education Manager at 952.857.0541 or by e-mail at [marsha.berry@alz.org](mailto:marsha.berry@alz.org) for answers to your questions and/or to arrange a time for training.