Content Area Requirements for ADRD 2-Hour Training Curriculum:

Home Health, Nurse Registry, and Homemaker/Companion Service Settings

Note to Curriculum Authors:
While the required content areas are the same across multiple settings, **you must submit a separate application for each setting** in which you wish to receive approval.

The curriculum must also be tailored to the specific setting in which it will be used. This includes adapting case studies, scenarios, examples, and instructional approaches to reflect the unique realities and responsibilities of that care environment.

Last revised: November 2025

Understanding Alzheimer's Disease & Related Dementias (ADRD)

- Define dementia

- Define Alzheimer's disease (AD) & ADRD

- Explain how ADRD differs from normal aging with examples

- Identify other conditions that may result in symptoms that mimic ADRD

- Discuss what is currently known about possible causes of ADRD

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Communicating with Persons with ADRD

- How ADRD affects communication skills
- Strategies and guidelines for verbal communication
- Strategies and guidelines for nonverbal communication

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Behavior Management

- Common symptoms and behaviors associated with each stage
- General problem-solving approach to challenging behaviors
  o *For example*, the ABC Model
- Specific strategies and techniques for dealing with challenging behaviors
- Alternatives to physical and chemical restraints

Last revised: August 2025

Assistance with Activities of Daily Living (ADLs) for Persons with ADRD

- Strategies for success in beginning, middle and late stages
- Examples illustrating success for the following:
  - Dressing
  - Grooming
  - Eating
  - Bathing
  - Toileting and incontinence

Developing Skills for Working with Families and Caregivers

- Recognizing issues and concerns of family members of persons with ADRD in early, middle, and late stages

- Discuss the grief process and how it relates to the multiple, ongoing losses associated with ADRD
- Strategies for encouraging family members' involvement with their loved one's care

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Pre- and Post-test

- Evaluation of employee's knowledge prior to receiving the training
- Evaluation of employee's knowledge after receiving the training

Pre- and post-tests should not exceed 5% of the total instruction time.

NOTE: Pre- and post-tests are only required for online and self-study curricula. However, it is always **highly recommended** to measure the transfer of knowledge.

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CURRICULUM MATERIAL REQUIREMENTS

REQUIRED UPLOADS FOR ALL CURRICULA

- **All material that will be used** in the training session. This includes but is not limited to: PowerPoint slides (with notes), handouts/reading material, video links, pre/post-test with answers, etc.

- **Learning objectives and timelines** for how long each section of required content (based on rule/statute for a given care setting) will take. Breaks of any kind <u>cannot</u> be included in this timeline. Testing should be allotted 5% of the total course time.

ONLINE CURRICULA ADDITIONAL REQUIREMENTS

- **Name of the approved trainer** who will be available for questions from the trainees, along with their approval number, hours, and method of contact.

- **Link to view the training** with log-on and password, if needed. For review purposes, functionality should allow for forward and backward screen advances.

- **Full transcription of the course** or screen shots of the material.

- **Post-test is required**. Answers should be provided for all knowledge checks.

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