Content Requirements for ADRD 2-Hour Training Curriculum:
Home Health, Nurse Registries, and Homemaker/Companion Services

The following ADRD training content is designed to provide direct care staff with the skills, techniques, and strategies that will enable them to care for individuals with ADRD.

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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 behaviors associated with each stage
- General problem-solving approach to challenging behaviors
  - *For example*, the ABC Model
- Specific strategies and techniques for dealing with challenging behaviors

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.

Please 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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