



Content Area Requirements for ADRD 3-Hour Training Curriculum:

Adult Day Care, Adult Family-Care Home, Assisted Living Facility, Hospice, and Nursing Home Settings

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

Note to Curriculum Authors:

While these required content areas are consistent across multiple settings, the curriculum must be tailored to the specific setting for which it is being developed. This includes adapting case studies, scenarios, examples, and instructional approaches to reflect the realities and responsibilities unique to that care environment.

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Behavior Management

- Common symptoms and 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
- Alternatives to physical and chemical restraints

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

Activities for Persons with ADRD

- Group activities
- Individual activities

Caregiver Stress Management: Physical, Emotional and Financial

- Review types and causes of stress (e.g., physical, emotional, and financial) that may be experienced by caregivers, families, and professionals
- Identify ways stress can be assessed or identified
- Identify strategies to reduce stress (e.g., stress management techniques, validation through review of Caregiver Bill of Rights, self- care, joining support group, education, and professional support)

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

Maintaining a Therapeutic Environment for Persons with ADRD

- Philosophy of care
- Physical environment (indoor and outdoor)
- Security
- Safety
 - Discuss wandering
 - Identify elements of a “safe environment”
 - Identify at least one technology related to safety for individuals with dementia (e.g., GPS, secure environment aids, etc.)
- The importance of schedules and routines
- Staff as part of the environment

Ethical Issues and Persons with AD

- Ethical principles incorporated into approaches to care
 - Autonomy
 - Beneficence
 - Justice
- At least two case studies that illustrate conflict with each ethical principle

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.

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 cannot 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.