



Content Area Requirements for ADRD 4-Hour Training Curriculum:

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

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

Specialized settings are those that advertise, provide, or are designated to provide specialized care, ***such as memory care***, for individuals with ADRD.

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.

Last revised: August 2025



Understanding Alzheimer's Disease & Related Dementias (ADRD)

- Define dementia
- Define Alzheimer's disease (AD) & ADRD
- Basic overview of how the brain works
- Discuss how ADRD affects the brain
- 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

Characteristics of ADRD

- Stages/continuum of AD and how it progresses
- Common symptoms associated with each stage
- Common challenges at each stage that may be experienced by both family and professional caregivers

Communicating with Persons with ADRD

- How ADRD affects communication skills
- Strategies and guidelines for verbal communication
- Strategies and guidelines for nonverbal communication
- Define validation therapy and provide examples
- Explain the importance of being present in the person's reality
 - Provide two examples
- Describe differences between validation therapy and reality therapies
- Identify situations in which validation therapy may be useful

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)

Medical Information

- Review current FDA-approved medications and their side effects
- Identify the medications that are most commonly prescribed
 - e.g. cholinesterase inhibitors, glutamate regulator, combination medications, anti-amyloids
- Identify the process of reporting behavioral changes that an employee suspects may be medication related
- Identify signs and symptoms of malnutrition and dehydration
- Describe strategies for addressing malnutrition and dehydration within the care setting

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.