# Content Area Requirements for ADRD 4-Hour Training Curriculum:

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

*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 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

- 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

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# 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

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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

- 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)

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# 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

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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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