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.

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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

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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

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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