

Level One ALF Curriculum Content Areas (4 hour training)

Understanding Alzheimer's disease and other related disorders

- Definition of AD
- How the brain works and how AD affects the brain
- How memory loss from AD and other related disorders differs from normal aging
- Other neurological diseases or conditions that can cause irreversible dementia
- Conditions or disorders that may result in symptoms that mimic AD
- How AD is diagnosed
- Causes, cures, and research overview

Characteristics of Alzheimer's Disease

- Stages of AD
- Symptoms and behaviors associated with each stage
- Challenges of caregivers at each stage

Communicating with Residents with Alzheimer's Disease

- How AD affects communication skills
- Strategies and guidelines for verbal communication
- Strategies and guidelines for nonverbal communication
- Validation therapy and its usefulness in communicating with residents with AD
- Strategies for communicating with residents who are non-communicative or non-responsive

Family Issues

- Issues and concerns of family members of residents with AD
- The grief process: how it relates to the multiple, ongoing losses associated with AD
- Strategies for assisting family members to be involved with residents and the ALF special care program

Maintaining an Appropriate Environment for Residents with Alzheimer's Disease

- Physical environment (indoor and outdoor)
- Security
- Safety
- Schedules and routines
- Staff as part of the environment

Ethical Issues and Residents with Alzheimer's Disease

- Ethical principles:
 - Autonomy
 - Beneficence
 - Justice
- Case studies that illustrate ethical conflicts