

## Level Two ALF Curriculum Content Areas (4 hour training)

### *Behavior Management*

- Challenging behaviors associated with AD
- Strategies and techniques for dealing with challenging behaviors
- Problem-solving approach to challenging behaviors
- Alternatives to restraints

### *Assistance with Activities of Daily Living (ADLs) for Residents with Alzheimer's Disease*

- Strategies for success
- Examples illustrating strategies for success
  - Dressing
  - Grooming
  - Eating
  - Bathing
  - Toileting and incontinence

### *Activities for Residents with AD*

- Group activities
- Individual activities

### *Stress Management for the Caregiver*

- Causes of stress for the caregiver
- Strategies and techniques for managing stress

### *Medical Information*

- Medications commonly prescribed for residents with AD and their side effects
- Detection and prevention of malnutrition and dehydration