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

“Training Guidelines for the Special Care of Persons with Alzheimer’s Disease and Related Disorders” Curriculum Guidelines (March 1999) as incorporated by reference in Rule 58A-5.0191, FAC, pursuant to 400.4178, FS.