

CONTENT OUTLINE

Dementia Capable Care: Online Learning Modules



Program Summary and Philosophy

Dementia Capable Care: Online Learning Modules provides care partners with a common framework about Alzheimer's disease and other dementias, a best-abilities perspective, dementia stages, behavior management, and care techniques to promote the best ability to function. This program combines the Allen Cognitive Levels, person-centered care, and the CPI *Crisis Development Model*SM to empower care partners to prevent and de-escalate distress behaviors. This course is only available to Certified Instructors who wish to enroll learners at their organization in the online only learning.

Program Objectives

- Define and give examples of person-centered care.
- Describe at least one common cause of dementia symptoms for each type of dementia discussed.
- Identify the four Allen Cognitive Disabilities Model levels that correlate to dementia.
- Describe how each of the four Allen Cognitive Disabilities Model levels that correlate to dementia are unique.
- Identify key care approaches for each dementia stage to promote the highest level of function and best quality of life.
- Demonstrate at least one communication strategy to prevent distress behaviors and minimize the behavior and psychological symptoms of dementia.
- Identify at least two educational strategies to support families.
- Apply the framework of person-centered care and the Allen Cognitive Disabilities Model in everyday practice to support a person's functional abilities at each cognitive level.
- Identify at least three Precipitating Factors that can contribute to behavioral and psychological symptoms of dementia.
- Describe one communication strategy for each of the four behavior levels to de-escalate behaviors.
- Name two ways the *Supportive Stance*SM can be used to nonverbally communicate respect for the individual with dementia while maintaining personal safety.
- Describe and demonstrate the Observe, Stop, Evaluate, and Respond Method used to minimize distress behaviors.
- Use a debriefing process to document a distress behavior incident, causes of behaviors, and a new care approach to reduce the risk of future incidents which can be used in treatment and/or care plans.

Facilitation Methods

Dementia Capable Care: Online Learning Modules is available as a self-study program, and concepts are taught online. Interactive case studies, examples, and a written examination ensure that participants gain knowledge and can demonstrate skills introduced in the program.

This online course includes video and activities to support the content.

Program Components - Online Self-Study Delivery

Dementia Capable Care: Online Learning Modules includes the following:

- Dementia Capable Care: Online Learning Modules 3.5 contact hours
- PDF resource with additional course concepts (embedded in the online course for download)
- CEU Credit can be earned by completing the *Dementia Capable Care: Online Learning Modules* and passing the post-test. [Click here](#) to learn more.

Training Content Outline

TRAINING COMPONENT	LEARNING INTENT AND OBJECTIVES	ONLINE SELF-STUDY COURSE
Introduction	<p>Establish the learning expectations and guidelines for the training.</p> <p><i>Participants will:</i></p> <ul style="list-style-type: none"> • Shift thinking from what a person living with dementia can't do to what they can do. 	12 minutes
Module 1: Person-Centered Care	<p>Explore principles of person-centered care to ensure that all people, including those with dementia, remain active participants in life and to maintain their dignity, vitality, and individuality.</p> <p><i>Participants will:</i></p> <ul style="list-style-type: none"> • Understand and explain person-centered care. • Examine the Kitwood and Allen Models as key concepts in person-centered, dementia-capable care. • Apply the CPI Dementia Capable Care Model to person-centered, dementia capable care. 	22 minutes
Module 2: Alzheimer's and Other Dementias	<p>Learn the basics of Alzheimer's disease and other dementias and the resulting changes in a person's cognition, physical and motor abilities, perception, communication, feelings, and personality.</p> <p><i>Participants will:</i></p> <ul style="list-style-type: none"> • Define and describe dementia in general terms. • Define common forms of dementia. • Understand how dementia affects different parts of the brain. 	12 minutes
Module 3: Promoting Best Ability to Function (BATF)	<p>Explore care approaches to compensate for a person's cognitive and functional deficits or challenges to promote their best ability to function.</p> <p><i>Participants will:</i></p> <ul style="list-style-type: none"> • Describe the components of function. • Describe common changes in cognition related to dementia and the impact on function. • Understand the relationship of the Allen Cognitive Levels to a person's best ability to function. • Apply concepts from Allen's model to promote best ability to function. 	21 minutes

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Module 4: Observing, Reporting, and Assessment	<p>Recognize that skilled observation by all team members is an essential component of determining a person's Allen Cognitive Level.</p> <p><i>Participants will:</i></p> <ul style="list-style-type: none"> • Understand the relationship between a person's Allen Cognitive Level and level of function potential. • Identify the basics of Cognitive Screens and Assessment Tools. • Learn to observe and identify indicators of a person's cognitive level and the corresponding best ability to function. 	<p>8 minutes</p>
Module 5: Early- and Middle-Stage Cognitive Levels	<p>Explore the cognitive levels of individuals who are functioning at early- or middle-stage dementia and the recommended care approaches that reinforce person-centered care.</p> <p><i>Participants will:</i></p> <ul style="list-style-type: none"> • Using person-centered care, understand the use of compensatory care approaches. • Recognize mild cognitive impairment related to the Allen Model and CPI Dementia Capable Care Model. • Recognize early- and mid- stage dementia related to Allen Model and CPI Dementia Capable Care Model. • Examine the use of specific compensatory care approaches for different cognitive levels. 	<p>25 minutes</p>
Module 6: Late- and End-Stage Cognitive Levels	<p>Explore the specific cognitive levels of individuals who are functioning at late- or end-stage dementia and the recommended care approaches that reinforce person-centered care.</p> <p><i>Participants will:</i></p> <ul style="list-style-type: none"> • Describe late- and end-stage dementia related to the Allen Model and CPI Dementia Capable Care Model. • Examine the use of specific compensatory care approaches for different cognitive levels. 	<p>11 minutes</p>
Module 7: Distress Behavior as Communication	<p>Identify that as dementia progresses, the person becomes more reliant on nonverbal communication that includes expressing their needs through behavior.</p> <p><i>Participants will:</i></p> <ul style="list-style-type: none"> • Describe and understand how distress behavior is a form of communication. • Use the CPI Dementia Capable Care Model to reduce distress behaviors. 	<p>13 minutes</p>
Module 8: Supporting the Journey of Loved Ones	<p>Recognize the significance of effective communication between care partners and families to create better experiences and outcomes. Consider every interaction with families and loved ones as an opportunity to learn about the person in your care and to educate and support family members.</p> <p><i>Participants will:</i></p> <ul style="list-style-type: none"> • Apply person-centered care, the cognitive levels, and the CPI Dementia Capable Care Model to support and educate family members and loved ones. 	<p>11 minutes</p>

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Module 9: Introduction to Behavior Intervention	<p>Examine the underlying causes for distress behaviors and use knowledge of the person and their cognitive level to determine an appropriate intervention strategy.</p> <p><i>Participants will:</i></p> <ul style="list-style-type: none"> • Define crisis and distress behaviors. • Discuss how intervention in the moment can empower care partners to achieve better outcomes. 	<p>12 minutes</p>
Module 10: Precipitating Factors and Effective Communication	<p>Explore underlying causes of behavior. Practice communication strategies and observe how different approaches positively and/or negatively impact an individual's behavior.</p> <p><i>Participants will:</i></p> <ul style="list-style-type: none"> • Explore the concept of Precipitating Factors, recognizing the internal and external factors that can contribute to distress behavior. • Examine appropriate communication strategies for de-escalating behaviors. • Learn how the <i>Supportive Stance</i>SM can be used to nonverbally communicate respect for the individual with dementia and maintain safety for you. 	<p>18 minutes</p>
Module 11: The CPI Crisis Development ModeSM	<p>Identify behavior using the CPI <i>Crisis Development Mode</i>SM and apply staff approaches most effective in responding at each behavior level to prevent further escalation.</p> <p><i>Participants will:</i></p> <ul style="list-style-type: none"> • Use the CPI <i>Crisis Development Mode</i>SM to identify behaviors that indicate an escalation of behavior. • Learn appropriate and effective staff approaches to crisis behavior. • Identify relevant examples of behavior and approaches aligned to the Allen Cognitive Levels and corresponding stages of dementia. 	<p>12 minutes</p>
Module 12: Responding to Crisis Behavior	<p>Learn the Observe, Stop, Evaluate, and Respond Method used to minimize distress behaviors.</p> <p><i>Participants will:</i></p> <ul style="list-style-type: none"> • Apply knowledge of the CPI <i>Crisis Development Mode</i>SM and Allen Cognitive Levels to more deeply understand why a behavior is being communicated and how to respond to calm and de-escalate. 	<p>14 minutes</p>

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Module 13: Debriefing	<p>Explore a debriefing process to document important information about what happened to help identify causes of behavior with the goal of reducing or eliminating feelings of distress.</p> <p><i>Participants will:</i></p> <ul style="list-style-type: none"> • Explore Tension Reduction, the final behavior level in the <i>Crisis Development ModelSM</i> and the appropriate staff response, Therapeutic Rapport. • Practice debriefing and determining steps to prevent future incidents of distress behavior based on a team approach through group discussion. 	13 minutes
Conclusion and Assessment	<p>Reflect on new learning and complete an action plan.</p> <p><i>Participants will:</i></p> <ul style="list-style-type: none"> • Apply the skills they learn by completing the self-reflection questions provided in the PDF handout. • Complete the quiz at the end of the online modules. • Complete a training evaluation. 	11 minutes
Total Time:		3.5 hours

Training Materials

Participant Guide: Each participant has access to the *Dementia Capable Care: Online Learning Modules* PDF resource for download. The PDF resource will help enhance learning, organize your thoughts regarding concepts taught in the program, and serve as a valuable reference tool following the program.