



## Continuing Education (CE) Self-Submission Packet

### 6.0 Hours of CE Credit

Use our continuing education self-submission packet to request 6.0 hours of CE credit for the CARES® Dementia Advanced Care™ Online Training Program. Included are the CE materials required by many state licensing boards. If you are not familiar with the requirements for your profession, please contact your state board for more information.

#### Instructions

**1. Print this self-submission packet. It includes:**

- Course description, disclosures, and contact information
- Course learning objectives
- Course completion requirements
- Course content experts, developers, and organizations

**2. Print your CARES® Dementia Advanced Care™ completion certificate.**

When you have completed CARES Dementia Advanced Care, go to the Main Menu and click on the “Print Certificate” button. Make two copies of the certificate—one for your files, and one for your CE submission.

**3. Print your Alzheimer’s Association essentiALZ® certificate.**

Most boards require an “evaluation” of the knowledge that you learned in a course, and the Alzheimer’s Association essentiALZ® certification exam **may** fulfill this requirement. Information on how to access the exam is included with your CARES completion certificate (see #2 above). Once you take and pass the exam, print out two copies of your essentiALZ certificate. Keep one for your files, and include the other in your CE submission.

**4. Print and fill out the submission form from your licensing board.**

Complete the continuing education form or letter required by your state licensing board, and include the above materials with your submission. If you are not sure where to locate required CE information or forms, please contact your state board.

**5. Submit your CE materials.**

Submit the materials to your state licensing board according to the instructions provided by them. Depending upon your state and profession, you may be able to submit and make payment online.

#### Questions?

If you have any questions, please call us at (952) 928-7722, or send an e-mail to [support@hcinteractive.com](mailto:support@hcinteractive.com).



## Course Description, Disclosures, and Contact Information

This 6-module, 6-hour online training program includes more in-depth topics and issues such as making a connection, eating and mealtime, pain recognition and management, wandering, falls, and eliminating restraints. Like our “Basics” program, these modules use a variety of videos of real people with dementia, CNAs, and other staff members, plus interactive exercises and case studies to teach person-centered care.

This program is ideal for staff at nursing homes and assisted living facilities (CNAs, nurses, supervisors, social workers, administrators, and activity directors), home health organizations, hospice, adult day centers, governmental offices, and social service agencies, as well as for police, fire, and other first responders who need training beyond what is covered in our 4-hour “Basics” program.

CARES was developed with the Alzheimer's Association, had input from a national team of experts, and is consistent with the latest evidence-based research from the *Alzheimer's Association Campaign for Quality Residential Care Practice Recommendations*. You can also get certified by the Alzheimer's Association in *essentiALZ*® by completing CARES® Dementia Advanced Care™ and then taking and passing the *essentiALZ* Plus certification exam. *EssentiALZ* Plus certification allows you to be prepared, demonstrate specialized knowledge, and feel confident in the advanced care of people with dementia. The pre-requisite for *essentiALZ* Plus certification is current certification in *essentiALZ*.

The 6 modules include:

1. Making a Connection with the Person
2. Eating Well
3. Recognizing Pain
4. Minimizing Falls
5. Rethinking Wandering
6. Minimizing and Eliminating Restraints

Note: HealthCare Interactive and course content experts disclosed no conflicts of interest in the development of this program. CARES programs also contain no product placement or promotional advertising.

### Contact Information:

HealthCare Interactive maintains responsibility for this training program. Questions about technical support, course content, purchasing, accommodations, grievances, and other issues may be directed to:

- HealthCare Interactive, 3300 Edinborough Way, Suite 400, Minneapolis, MN 55435-5960
- (952) 928-7722
- [support@hcinteractive.com](mailto:support@hcinteractive.com)

Questions about **Alzheimer's Association *essentiALZ* certification** should be directed to [essentiALZ@alz.org](mailto:essentiALZ@alz.org).

## Learning Objectives

### Module 1: Making a Connection with the Person

After completing this module, you will be able to:

- List three things to talk to a person with dementia about.
- List three circumstances where it does not require a lot of extra time or effort to make an interaction meaningful with a person with dementia.
- Apply the CARES® Approach in making a connection.

### Module 2: Eating Well

After completing this module, you will be able to:

- Describe eating abilities at the various stages of dementia.
- List three ways to make mealtime more enjoyable for people with dementia.
- State the warning signs of a swallowing problem.
- Apply the CARES Approach in helping people with dementia to eat well.

### Module 3: Recognizing Pain

After completing this module, you will be able to:

- Identify the non-verbal behaviors and signs that suggest a person with dementia is in pain.
- List three ways how pain might affect a person's ability to do some things.
- Apply the CARES Approach to recognize pain in a person with dementia.

### Module 4: Minimizing Falls

After completing this module, you will be able to:

- Define a fall.
- Identify factors that make an individual at risk of falling.
- Identify environmental risk factors for falls.
- Explain the importance of continually looking for falls risk.
- Describe what to look for and what to report when working with residents at risk for falls.

## **Module 5: Rethinking Wandering**

After completing this module, you will be able to:

- Describe what is meant by wandering.
- Describe why wandering occurs.
- Identify situations that may lead to wandering.
- Explain the difference between safe and unsafe wandering.
- Identify a resident at risk for unsafe wandering.
- Apply strategies that promote safe wandering.
- Explain how to respond to a wandering incident.

## **Module 6: Minimizing and Eliminating Restraints**



After completing this module, you will be able to:

- Describe what a physical restraint is.
- List five consequences of physical restraints.
- List three creative approaches you can use that might avoid the use of restraints with a resident.

## Course Completion Requirements

Users must complete all six modules to be able to print their CARES Dementia Advanced Care completion certificate.

If users are not able to print a certificate, it is because they have not completed the minimum time and page requirements for each module. Users can check their training progress at any time by going to the Main Menu and clicking on the View Course Progress button.

-  A green check mark means the module is complete.
-  A red X means the module is not complete. Users must view each screen in the module and meet the minimum time requirements for each module, both of which appear in their progress report (see chart below).
- Once there are green check marks for all modules listed, users will be able to print a certificate of completion for the training program.

Module #	CARES® Dementia Advanced Care™ Minimum Requirements	
	Time Viewed	Screen Completion
1	40 minutes	18/18
2	40 minutes	15/15
3	40 minutes	15/15
4	40 minutes	19/19
5	40 minutes	14/14
6	40 minutes	19/19



## **Content Experts, Developers, Research/Evaluation Team, and Organizations**

CARES<sup>®</sup> Dementia Advanced Care<sup>™</sup> was co-developed by HealthCare Interactive, Inc. (HCI) and the Alzheimer's Association, and was funded by two separate grants from the National Institute on Aging.

CARES, which is based on and consistent with the *Alzheimer's Association Campaign for Quality Residential Care Practice Recommendations*, promotes the ideals of the culture change movement and builds a caring culture in your organization.

HealthCare Interactive would like to thank the many families, dementia experts, and organizations that are helping to educate caregivers by having agreed to participate in and be videotaped for this program. We respect the sensitive nature of this material and appreciate the support of everyone involved.

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- Catholic Eldercare on Main, Minneapolis, Minnesota
- MainStreet Lodge, Minneapolis, Minnesota
- Mather Pavilion, Evanston, Illinois
- Presbyterian Homes-Westminster Place Campus, Evanston, Illinois
- Presbyterian Homes of Bloomington, Bloomington, Minnesota
- Saint Therese at Oxbow Lake, Brooklyn Park, Minnesota
- Saint Therese of New Hope, New Hope, Minnesota
- The Holmstad, a Covenant Retirement Community, Batavia, Illinois

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\*The titles listed for individuals above reflect their positions at the time the program was developed and, as such, may not indicate current titles or affiliations.