



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 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.

4. 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.



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 2018 Dementia Care Practice Recommendations*.

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, 8800 West Highway 7, Suite 331, Minneapolis, MN 55426
- (952) 928-7722
- support@hcinteractive.com

Learning Objectives

Module 1: Making a Connection with the Person

After completing this module, you will be able to:

- Describe what it means to “make a connection” with a person who has dementia.
- 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.
- Understand how to help a person with dementia be successful regardless of their stage
- 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 some of the underlying causes of 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.
- Understand the importance of regular exercise and movement in preventing 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.
- Describe unintended uses of medications. And why this is considered a restraint.
- Understand what it may feel like to be restrained.
- 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 Dementia Advanced Care 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.

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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- Alzheimer's Association, Eastern North Carolina Chapter, Raleigh, NC
- Alzheimer's Association, Greater Illinois Chapter, Chicago, IL
- Alzheimer's Association-Minnesota/North Dakota Chapter, Minneapolis, MN
- Arden Courts, Northbrook, IL (Special thanks to Pam Sebern)
- Blue Earth Interactive, Saint Paul, MN
- Carolina Meadows, A Continuing Care Retirement Community, Chapel Hill, NC
- Laguna Honda Hospital and Rehabilitation Center, San Francisco, CA
- Lutheran Home, Arlington Heights, IL
- Mather Pavilion, Evanston, IL
- Northbrook Inn Memory Care Community, Northbrook, IL
- Presbyterian Homes, Arlington Heights, IL
- Presbyterian Homes-Westminster Place Campus, Evanston, IL
- Saint Therese of New Hope, New Hope, MN
- Silverado Lake Zurich Memory Care Community, Lake Zurich, IL

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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.