



## Continuing Education (CE) Self-Submission Packet

### 4.0 Hours of CE Credit

Use our continuing education self-submission packet to request 4.0 hours of CE credit for the CARES® Dementia Basics™ 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 Basics™ completion certificate.**

When you have completed CARES Dementia Basics, 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 4-module (4-hour) online training program provides caregivers with the core or “basic” information needed for dementia care. It focuses on person-centered care, the changes that happen to thinking skills as dementia progresses, how those changes impact behavior, and how to understand behavior as communication. It also includes an entire module on the CARES® Approach, an easy-to-remember approach to care for any person in any situation and at any level of dementia thinking decline. The letters in CARES stand for: **C**–Connect with the Person, **A**–Assess Behavior, **R**–Respond Appropriately, **E**–Evaluate What Works, and **S**–Share with Others.

This interactive program includes a variety of exercises and video clips of real people with dementia, CNAs, and other staff members. It has been described as the “best training program I’ve ever used” by hundreds of users. This program is ideal for staff at nursing homes and assisted living facilities (CNAs, nurses, supervisors, social workers, administrators, and activity directors; dietary, laundry, housekeeping, transportation, and security staff; and volunteers), home health organizations, hospice, adult day centers, governmental offices, and social service agencies, as well as for police, fire, and other first responders.

CARES® was developed with the Alzheimer’s Association, with 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 Basics™ and then taking and passing the *essentiALZ* certification exam. *EssentiALZ* certification allows you to be prepared, demonstrate knowledge, and feel confident in the care of people with dementia.

The 4 modules include:

1. Meet Clara Jones
2. Introduction to Dementia
3. Understanding Behavior as Communication
4. The CARES® Approach

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: Meet Clara Jones

After completing this module, you will be able to:

- Describe person-centered care.
- List three examples of how to learn more about a person with dementia.
- State what each letter in CARES® stands for.
- Identify the members of the care team.
- List ways to decrease stress in your life.
- List two strategies that can help you cope with grief.

### Module 2: Introduction to Dementia

After completing this module, you will be able to:

- Be able to discuss some differences between normal aging, dementia, and Alzheimer's disease.
- List four thinking skills affected by dementia.
- Identify key facts about Alzheimer's disease.
- List the stages of Alzheimer's disease and the changes in a person's ability to perform an activity.
- Identify activities that a person can do in each stage of Alzheimer's disease.
- List the FDA-approved medications for treating Alzheimer's disease symptoms.
- Identify who to talk to if you think a person you are caring for is depressed.
- Identify the types and signs of elder abuse, and know who to talk to if you suspect an elder has been abused.

### Module 3: Understanding Behavior as Communication

After completing this module, you will be able to:

- Explain how behavior is a form of communication.
- Name three common things that can cause a change in a person's behavior.
- Describe a person's behavior accurately to others on the care team.
- Explain the person's "sense of reality."
- List three things you can learn from families about the person with dementia that will help you provide person-centered care.
- List three ways you can change your approach or the environment to help a person with dementia have a good day.
- Identify three strategies you can use to respond to dementia-related behavior.

## Module 4: The CARES® Approach

After completing this module, you will be able to:



- State three reasons why it is important to connect with people who have dementia.
- List three effective ways to connect with a person with dementia.
- Describe how using the CARES® Approach can help with daily care routines such as bathing, eating, and dressing.
- List two ways that using the CARES Approach can improve life for a person with dementia.
- State at least three keys to success with CARES.
- List two ways that using the CARES Approach can improve your job or make it easier.
- Describe the Positive Physical Approach.
- Describe how respecting differences in people helps you provide the best possible care.



## Course Completion Requirements

Users must complete all four modules to be able to print their CARES® Dementia Basics™ completion certificate.

If users are not able to print their certificate, it is because they have not completed the minimum time and page requirements for each module (see below). 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 Basics™ Minimum Requirements	
	Time Viewed	Screen Completion
1	40 minutes	12/12
2	40 minutes	11/11
3	40 minutes	13/13
4	40 minutes	16/16



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

CARES® Dementia Basics™ 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.

### **Content Experts and Project Advisory Team\***

- Michelle Barclay, Vice President of Programs, Alzheimer's Association-Minnesota/North Dakota Chapter Headquarters, Minneapolis, Minnesota
- Terry R. Barclay, Ph.D., Clinical Director, HealthPartners Neuropsychology, Minneapolis, Minnesota
- Marsha Berry, Professional Education Manager, Alzheimer's Association-Minnesota/North Dakota Chapter Headquarters, Minneapolis, Minnesota
- Ashley Brooks-Danso, Alzheimer's Association-Minnesota/North Dakota Chapter Headquarters, Minneapolis, Minnesota
- Lou Burgio, Ph.D., Harold R. Johnson Professor of Social Work and Research Professor, Institute of Gerontology, University of Michigan, Ann Arbor, Michigan
- Kristy Klein Davis, Associate Director, Safety Services, Alzheimer's Association, Chicago, Illinois
- Elizabeth Gould, M.S.W., L.C.S.W., Director, Quality Care Programs, Alzheimer's Association, Chicago, Illinois
- Lisa Gwyther, M.S.W., L.C.S.W., Director, Duke Alzheimer's Family Support Program, Duke University Medical Center, Durham, North Carolina
- Heidi Haley-Franklin, Associate Director of Clinical Services, Alzheimer's Association-Minnesota/North Dakota Chapter Headquarters, Minneapolis, Minnesota
- Jeanne Heid-Grubman, M.A., Director, Education & Outreach, Alzheimer's Association, Chicago, Illinois
- Merrie Kaas, D.N.Sc., R.N., PMHCNS-BC, Associate Professor, School of Nursing, University of Minnesota, Minneapolis, Minnesota
- Liz Larsen, M.S., O.T.R./L., Occupational Therapist, University of Minnesota Medical Center-Fairview, Minneapolis, Minnesota
- Katie Maslow, M.S.W., Associate Director, Quality Care Advocacy, Alzheimer's Association, Washington, District of Columbia
- Lynne Morishita, G.N.P., M.S.N., Geriatric Nurse Consultant, Consultants in Geriatric Health Care, LLC, Minneapolis, Minnesota
- Suzanne Narayan, Ph.D., R.N., Professor, College of Nursing & Health Sciences, Metropolitan State University, St. Paul, Minnesota

- Kathleen O'Brien, Senior Vice President, Program & Community Services, Alzheimer's Association, Chicago, Illinois
- Sheila Quirke, M.S.W., Director, Healthcare Professional Services, Alzheimer's Association, Chicago, Illinois
- Peter Reed, Ph.D., M.P.H., Senior Director, Programs, Alzheimer's Association, Chicago, Illinois
- Debbie Richman, B.S., A.D.C., Alzheimer's Association-Minnesota/North Dakota Chapter Headquarters, Minneapolis, Minnesota
- Stanley Smith, M.D., M.S., University of Minnesota Family Practice Physicians, Minneapolis, Minnesota
- Jennifer Westlund, M.S.W., Associate Director, Quality Care Initiatives, Alzheimer's Association, Chicago, Illinois

#### **Conceptual Development Team\***

- John Hobday, M.A., CEO and Founder, HealthCare Interactive, Minneapolis, Minnesota
- Beth Hoepfner, Director of Interactive Media, HealthCare Interactive, Minneapolis, Minnesota
- Lynne Morishita, G.N.P., M.S.N., Geriatric Nurse Consultant, Minneapolis, Minnesota
- Stanley Smith, M.D., M.S., University of Minnesota Family Practice Physicians, Minneapolis, Minnesota

#### **Research and Evaluation Team\***

- Joseph Gaugler, Ph.D., Associate Professor and McKnight Presidential Fellow, School of Nursing and Center on Aging, University of Minnesota, Minneapolis, Minnesota
- Ken Hepburn, Ph.D., Professor and Associate Dean for Research, Nell Hodgson Woodruff School of Nursing, Emory University, Atlanta, Georgia (previously at the University of Minnesota School of Nursing, Minneapolis, Minnesota)
- John Hobday, M.A., CEO and Founder, HealthCare Interactive, Minneapolis, Minnesota
- Kay Savik, M.S., Senior Research Fellow and Statistician, University of Minnesota School of Nursing, Minneapolis, Minnesota

#### **Program Development Team\***

- Kathy Confer, Editor, HealthCare Interactive, Minneapolis, Minnesota
- Amy Ericksen, Contributing Writer, Minneapolis, Minnesota
- Elizabeth Gould, M.S.W., L.C.S.W., Director, Quality Care Programs, Alzheimer's Association, Chicago, Illinois
- Jeanne Heid-Grubman, M.A., Director, Education & Outreach, Alzheimer's Association, Chicago, Illinois
- John Hobday, M.A., CEO and Founder, HealthCare Interactive, Minneapolis, Minnesota
- Beth Hoepfner, Director of Interactive Media, HealthCare Interactive, Minneapolis, Minnesota
- Lynne Morishita, G.N.P., M.S.N., Geriatric Nurse Consultant, Minneapolis, Minnesota
- Peter Reed, Ph.D., M.P.H., Senior Director, Programs, Alzheimer's Association, Chicago, Illinois
- John Sarracco, Programmer and Video Producer, HealthCare Interactive, Minneapolis, Minnesota
- Tia Vasquez, Software Developer, HealthCare Interactive, Minneapolis, Minnesota
- Theresa Williams, Office Manager, HealthCare Interactive, Minneapolis, Minnesota
- Rita Youngs, Project Manager, HealthCare Interactive, Minneapolis, Minnesota

#### **Organizations**

- Alzheimer's Association, Chicago, Illinois
- Blue Earth Interactive, St. Paul, Minnesota
- 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

\*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.