



Learning Objectives

Module 1: Understanding Memory Loss and Memory Disorders

After completing this module, you will be able to:

- Describe differences between the normal aging process and growing older with Alzheimer's disease or dementia.
- State why it's important to get an early diagnosis when a loved one experiences memory loss that impacts their ability to perform activities of daily living.
- Better understand how dementia affects thinking skills.
- Understand the impact of environment and routine on the person with dementia.

Module 2: Living with Dementia and Increasing Memory Loss

After completing this module, you will be able to:

- Describe the stages of Alzheimer's disease or dementia: early, middle, and late.
- Better understand the world from your family member's perspective.
- Recognize insights shared by people with dementia and their families in your own situation.

Module 3: Using the CARES[®] Approach

After completing this module, you will be able to:

- List the five steps of the CARES Approach[®].
- Understand how "walking in someone's shoes" can help you better care for a family member with dementia.
- Understand why you should always "consider the situation."
- Evaluate if your approach to caregiving is working.
- State why it is important to share caregiving insights and experiences with others.