



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- Related Behavior™ 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-Related Behavior™ completion certificate.

When you have completed CARES Dementia-Related Behavior, 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® Plus certificate.

Most boards require an “evaluation” of the knowledge that you learned in a course, and the Alzheimer’s Association essentiALZ® Plus 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 Plus 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.



Course Description, Disclosures, and Contact Information

CARES® Dementia-Related Behavior™ is a 4-module, 4-hour online training program that focuses on the behavior of people with dementia that is hard to understand and difficult to respond to. Sometimes referred to as "challenging behavior" or "inappropriate behavior," we use the term "dementia-related behavior" as a person-centered, respectful term that does not put blame on the person with dementia.

The program contains thoughtful and effective ways to care for people with dementia when they are confused, frustrated, scared, or angry—and how to respond when the person yells, curses, hits, kicks, bites, or exhibits sexual behavior. Knowing these new ways of caring can make the behavior less severe, which can make caregiving less stressful and make life better for the person with dementia. The strategies used center around the CARES® Approach, HealthCare Interactive's trademarked step-by-step approach to any situation with any person at any level of thinking decline. The modules use 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 all employees at nursing homes: CNAs, nurses, supervisors, social workers, administrators, and activity directors, as well as dietary, laundry, housekeeping, security, and transportation staff. It can also be used in assisted living facilities, home health organizations, adult day programs, governmental and social service agencies, and by police, emergency medical personnel, and other first responders who need training beyond what is covered in the 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*. After completing the program, you can get certified in essentiALZ® Plus by the Alzheimer's Association by passing a certification exam. Certification allows caregivers and others to be prepared, demonstrate specialized knowledge, and feel confident in the advanced care of people with dementia.

The 4 modules include:

1. Introduction to Dementia-Related Behavior
2. Using the CARES® Approach with Dementia-Related Behavior
3. Breaking Down the CARES® Approach for Dementia-Related Behavior
4. Key Responses to Dementia-Related Behavior

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

Questions about **Alzheimer's Association essentiALZ certification** should be directed to essentiALZ@alz.org.



Learning Objectives

Module 1: Introduction to Dementia-Related Behavior

After completing this module, you will be able to:

- Describe and give examples of dementia-related behavior.
- Understand how dementia can affect a person's behavior.
- Explain why it is important to pay attention to the behavior of a person with dementia.
- List some common causes of dementia-related behavior.

Module 2: Using the CARES[®] Approach with Dementia-Related Behavior

After completing this module, you will be able to:

- List two reasons why connecting with people with dementia can help to minimize dementia-related behavior.
- Describe the positive physical approach.
- List two ways that using the CARES[®] Approach can improve the life of someone with dementia.
- List two ways that using the CARES Approach can improve your job and make it easier.

Module 3: Breaking Down the CARES[®] Approach for Dementia-Related Behavior

After completing this module, you will be able to:

- Discuss why it's important to connect with people who exhibit dementia-related behavior.
- Use the CARES Approach to build connected relationships with people with dementia.
- Use the CARES Approach to assess dementia-related behavior, so that you can respond to the person in a caring, effective way.
- Explain why it's important to evaluate your approach and how you can share what is and isn't working with others.

Module 4: Key Responses to Dementia-Related Behavior



After completing this module, you will be able to:

- List common types of dementia-related behavior.
- Describe practical strategies or "keys" for preventing and responding to different types of dementia-related behavior.

Course Completion Requirements

Users must complete all four modules to be able to print their CARES Dementia-Related Behavior 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-Related Behavior™ Minimum Requirements	
	Time Viewed	Screen Completion
1	40 minutes	10/10
2	40 minutes	11/11
3	40 minutes	11/11
4	40 minutes	3/3



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

CARES[®] Dementia-Related Behavior[™] was funded in part by a grant from the National Institute on Aging and completed in conjunction with researchers from the University of Minnesota, the University of Iowa, Duke University, and New York University.

HealthCare Interactive would like to thank the many families, dementia experts, and organizations that are helping to educate caregivers and others 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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- MainStreet Lodge, Minneapolis, Minnesota
- Meth-Wick Community, Cedar Rapids, Iowa
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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.