

Continuing Education (CE) Self-Submission Packet

5.0 Hours of CE Credit

Use our continuing education self-submission packet to request 5.0 hours of CE credit for the CARES® End-of-Life Dementia 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® End-of-Life Dementia Care™ completion certificate.

When you have completed CARES End-of-Life Dementia 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® 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

The CARES End-of-Life Dementia Care 5-module (5-hour) training program helps the care team—including the family—understand what is happening to a person with dementia at the end of life. The CARES[®] Approach equips caregivers with tools and strategies to approach end-of-life care with confidence. The training covers topics such as how to provide comfort care and support to the person with dementia, as well as to family members and other individuals close to him or her. Topics and concepts are presented through video, audio, and interactive exercises featuring real families, real caregivers, and real dementia-care experts.

This program is ideal for hospice and nursing home staff members such as CNAs, nurses, supervisors, social workers, administrators, and activity professionals. It can also be used in assisted living facilities and home health organizations. Like all CARES programs, this training is based on the trademarked CARES[®] Approach to dementia care: **C**onnect with the person, **A**ssess their behavior, **R**espond appropriately, **E**valuate what works, and **S**hare information with others.

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 Alzheimer's Association essentiALZ[®] Plus by passing a certification exam. Certification allows caregivers and others to be prepared, demonstrate specialized knowledge, and feel confident in end-of-life care for people with dementia.

The 5 modules include:

1. Introduction to End-of-Life Dementia Care
2. The CARES[®] Approach
3. Decision Making at the End of Life
4. Comfort Care
5. Emotional and Spiritual Support

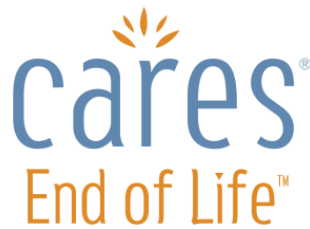
Note: HealthCare Interactive and course content experts disclosed no conflicts of interest in the development of this program. CARES programs also contain no product placement or promotional advertising.

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 End-of-Life Dementia Care

After completing this module, you will be able to:

- Describe the goals of end-of-life care.
- Describe the changes in the person with dementia that indicate he or she is approaching the end of life.
- Understand and be able to respond to common caregiver concerns.

Module 2: The CARES® Approach

After completing this module, you will be able to:

- Explain why it is important to connect with people with dementia who are at the end of life.
- Describe how using the CARES® Approach can make a person's remaining time peaceful and comfortable.
- Explain how using the CARES Approach can help you to be more effective with people who are at the end of life and to remain focused on their needs and comfort.

Module 3: Decision Making at the End of Life

After completing this module, you will be able to:

- List key decisions that must be made regarding end-of-life care.
- Explain common advanced care planning terms (for example, Do Not Resuscitate, Do Not Tube Feed, Do Not Hospitalize, and Do Not Use Antibiotics), and describe the rationale for each.
- Explain how the care team can support, guide, and honor families regarding end-of-life decisions.
- Explain the importance of communication between care team members—including the family—regarding end-of-life decisions.

Module 4: Comfort Care

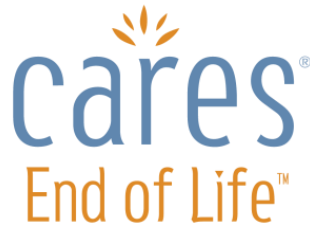
After completing this module, you will be able to:

- Describe what is meant by comfort care, palliative care, and hospice care.
- Explain the physical changes that occur at the end of life, including signs of active dying.
- Describe changes in behavior that can occur at the end of life and ways you can respond.
- Explain things that you can do to ensure there is good communication between members of the care team, including the family.
- Describe steps you can take to provide person-centered, effective care for people with dementia who are at the end of life.

Module 5: Emotional and Spiritual Support

After completing this module, you will be able to:



- List ways to make interactions more meaningful and enhance emotional quality of life for people with dementia at the end of life.
- Describe ways that spiritual needs can be met to improve a person's well-being at the end of life.
- Discuss support strategies for team members—including the family—when death is near.



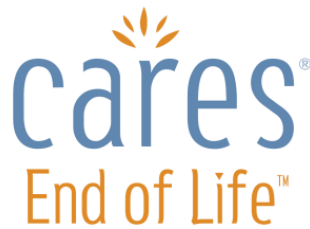
Course Completion Requirements

Users must complete all five modules to be able to print their CARES End-of-Life Dementia 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 [®] End-of-Life Dementia Care [™] Minimum Requirements	
	Time Viewed	Screen Completion
1	40 minutes	12/12
2	40 minutes	14/14
3	40 minutes	17/17
4	40 minutes	12/12
5	40 minutes	10/10



Content Experts, Other Contributors, Developers, and Organizations

The CARES® End-of-Life Dementia Care™ Online Training Program was co-developed by HealthCare Interactive, Inc. (HCI) and the Alzheimer's Association. It was funded, in part, by a grant 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 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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