

Murray Alzheimer Research and Education Program

MAREP



MAREP is pleased to introduce the *Dementia Care Education Series*, an interactive education program intended to make learning more accessible and convenient for all those working in dementia care. This CD Rom will:

- enhance the skills and abilities of all involved in dementia care to respond to the needs of persons with Alzheimer Disease and related dementias;
- provide new tools, perspectives, and approaches that will improve the quality of dementia care and support provided to persons with dementia and their families;
- provide opportunities for self-learning at one's own pace or facilitated learning in a group format;
- provide helpful resources and links for further understanding into topics covered in the modules; and
- ultimately, improve the quality of life for persons with dementia and their families.

The CD-ROM offers 10 learning modules which focus on pertinent issues and topics related to dementia care. The education program utilizes video clips, stories, poetry, songs, reflective discussion questions and activities, self assessments, and hand-outs to illustrate the material presented in the modules.

MAREP recognizes the importance of having this information accessible to as many interested adult learners as possible. In order to do this, MAREP is offering this educational resource and accompanying materials at an affordable price on a cost recovery basis.

For more information on ordering the CD-ROM, please visit the MAREP website:

www.marep.uwaterloo.ca

Or contact the MAREP office at: (519) 888 – 4567, ext. 36880



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MAREP Dementia Care Education Series - Summary of Content

The 10 modules included on the CD-ROM are:

1. **Overview of Dementia** provides a better understanding of dementia including how it differs from normal aging and delirium, differences between various types of dementias, potential risk factors associated with dementia, and preventative factors currently under exploration.
2. **Living with an Illness Causing Dementia/Experience of Dementia** focuses on different conceptualizations of dementia (i.e., biomedical versus psychosocial perspective) and the implications of these different perspectives on practice. This module includes powerful examples shared from persons living with dementia that are also used to help describe how dementia is experienced by those living with it.
3. **Care Models and Providing Quality Care** provides different philosophies of care and how they can help to maintain the personhood and dignity of persons with dementia. It also explores specific types of care models and how to apply and implement the key principles associated with the models in order to enhance the quality of care practices.
4. **Communication and Interpersonal Skills** presents a better understanding of issues related to communication in the dementia context and explains effective communication techniques and/or strategies that are best used when interacting with persons with dementia, their families, and other care team members.
5. **Responsive Behaviours in Dementia** provides a comprehensive and practical understanding of responsive behaviours associated with dementia, including a review of the types of behaviours, the triggers associated with different behaviours, and specific strategies used to manage and accommodate behaviours.
6. **Assessment in Gero-Psychiatry** focuses on an exploration of the use of assessments in dementia care. Specifically, it discusses the appropriate use of assessments and how and why different assessments are used to enhance care practices and thereby improve the quality of care for persons living with dementia.
7. **Interventions for Persons with Dementia/Improving Quality of Life** increases the learner's awareness of current research on effective medical and non-medical therapeutic interventions and treatments used in dementia care. The ultimate goal is to assist care providers in ensuring that all persons with dementia have opportunities for meaningful activities throughout the disease process.
8. **Ethics of Dementia Care** examines common ethical issues experienced in dementia care. Specifically, it explores how values and beliefs, as well as health policies and legislation, can impact dementia care and how to manage these ethical issues.
9. **Understanding the Family in the Dementia Context** provides a comprehensive understanding of the experience of care for family providing care to a person living with dementia. Examining issues families may encounter at different phases in the caregiving career, it explores the different roles that families play in care, examines the impacts of care on families, and identifies specific strategies and resources families use to cope in their care roles.
10. **Reducing Care Provider Stress and Burnout** helps formal partners in care identify sources of stress and be able to develop effective strategies for coping with stress in order to prevent staff burnout. To do this, this module highlights the importance of recognizing the signs of both positive and negative stress, examines potential stressors specific to the dementia care context, identifies factors that can affect a person's ability to deal with stress, and outlines specific personal and organizational coping strategies and techniques that can help care providers cope with stress.