

# Dementia Education Resources for Professional Caregivers

## Updated January 2012

### Alzheimer Knowledge Exchange (AKE)

<http://www.akeresourcecentre.org/>

An online source with links to people, information and innovations related to the care of persons with Alzheimer's disease and related dementia (ADRD). Browse resources, participate in communities of practice, participate in convenient online webinars and stay connected by subscribing to the AKE news alerts. The AKE promotes and supports provincial sharing amongst researchers, educators, care partners (paid and non-paid), policy makers and stakeholder organizations working in the field of ADRD in Ontario. Recent projects include Behavioural Supports in Ontario, Design and Dementia and Driving and Dementia e-module.

### Canadian Dementia Resource and Knowledge Exchange <http://www.dementiaknowledgebroker.ca/>

**CDRAKE** is a network of people dedicated to improving the quality of life for persons with dementia and their family. Focusing on the national sharing of dementia resources and knowledge through in-person and virtual exchange to support relationships among *industry, researchers, clinicians, policy makers, persons with dementia, and care partners*, CDRAKE brings together the best and brightest in dementia care to:

- Support the learning needs of people seeking practice change
- Facilitate quick and easy access to the best knowledge for continuous quality improvement
- Stimulate, support and share innovations
- Build and strengthen collaborative partnerships between stakeholders
- Foster direct links between knowledge users and producers

### Delirium, Dementia and Depression e-Learning course

<http://elearning.rnao.ca>

- 8-module e-learning program based on and a complement to the RNAO Nursing Best Practice Guidelines *Caregiving Strategies for Older Adults with Delirium, Dementia and Depression* and *Screening for Delirium, Dementia, and Depression in Older Adults*

### Dementia Education Needs Assessment (DENA)

<http://www.akeresourcecentre.org/DENA>

- An **interactive tool** to assist professionals to make decisions about continuing education programs related to dementia
- Project partners include reps from Ontario Assoc. of Nonprofit Homes and Services for Seniors (OANHSS), OLTC, U-First & PIECES, Gentle Persuasive Approaches, Workplace Violence Prevention, CAMH Substance Abuse Initiative, RNAO Best Practice Guidelines, LTC Best Practice Guidelines, SHRTN, MAREP, McMaster Centre for Gerontological Studies

### Gentle Persuasive Approaches in Dementia Care (GPA)

<http://www.ageinc.ca/gpa.php>

- A comprehensive curriculum designed to assist staff of care organizations to learn compassionate and effective ways to help people with dementia when they are upset or frustrated
- a **7.5 hour day-long workshop** delivered by 2 trained local GPA coaches
- most effective when coordinated within an organization with the goal of training all staff
- there is no charge for the training except a \$12 fee for the workbook
- **NEW for 2011** GPA-Recharged. An annual refresher for staff who already have their GPA certificate. Consists of a two hour interactive small group workshop.

### Me & U-First! Online training

<http://u-first.ca/u-first-training-programs/me-u-first-modules-english/>

- **E-Learning Modules** (web based): 8 module series for frontline care providers; learners can access modules on their own schedule; builds on P.I.E.C.E.S.™ and U-First! language and framework; utilizes animated characters Joe and Mimi who have dementia; 8<sup>th</sup> module could be in-person session with PEC or PRC; great orientation tool for employers. June 2011 currently under review; certificate not available.

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For more information contact: Alzheimer Society of Durham Region, 905-576-2567 or 1-888-301-1106  
**Director of Public Education** – Loretta Tanner (x28) or **Psychogeriatric Resource Consultation Program** at Ontario Shores Centre for Mental Health Sciences, 905-668-5881 Melanie Kelly (x6256).

## **Montessori Methods for Dementia, Gilbrea Centre for Studies in Aging, McMaster University**

<http://www.aging.mcmaster.ca/>

- **Montessori Methods for Dementia™** this interactive 2 –day program is based on the educational philosophies of Maria Montessori which were adapted to dementia programming by Dr. Cameron Camp. Research has provided clear evidence of increased levels of engagement and participation in activities when Montessori approaches are implemented with persons with dementia.

## **Murray Alzheimer Research and Education Program (MAREP)/University of Waterloo**

<http://marep.uwaterloo.ca/products/>

### **The Dementia Care Education Series**

Interactive education program in **CD-ROM** format; 10 modules developed with funding from Pfizer

- Overview of Dementia; Living with an Illness Causing Dementia/ Experience of Dementia; Care Models and Providing Quality Care; Communication and Interpersonal Skills; Responsive Behaviours in Dementia; Assessment in Gero-Psychiatry; Interventions for Persons with Dementia/Improving Quality of Life; Ethics of Dementia Care; Understanding the Family in the Dementia Context; Reducing Care Provider Stress and Burnout

### **Managing and Accommodating Responsive Behaviours in Dementia Care**

- a **video vignette series** (available in both **DVD** and **VHS**) which illustrates ten of the most intense behaviours experienced by staff working in long-term care homes and provides formal care providers with practical strategies and interventions for managing those behaviours
- produced by MAREP in partnership with PRC's of Central South Ontario

### **P.I.E.C.E.S.™ education programs**

Register online at [www.piecescanada.com](http://www.piecescanada.com)

A best practice learning and development initiative that provides an approach to understanding and enhancing care for individuals with complex physical and cognitive/mental health needs and behavioural changes.

- **2-day LTC and Community Program:** for Regulated Health Professionals (e.g. RN, RPN, OT, SW, RT) working in LTC, retirement homes and/or community organizations who have responsibility for psychogeriatric assessments, case management, and/or providing care to persons with Alzheimer's disease and related dementias and that have an active role in the day-to-day assessment, planning, and delivery of direct care.
- **P.I.E.C.E.S.™ Leadership and Performance Improvement:** targeted at: a) those in a position to supervise regulated and/or unregulated workers, but not involved in direct care and thus ineligible for the P.I.E.C.E.S.™ programs (e.g. DOC's). Others that are in a position to support the learners (e.g. NPs, Educators); b) Outreach and Specialty Teams; c) Physicians.
- Acute Care/Emergency Department program available; Resource Team Development Program planned.

### **Seniors Health Research Transfer Network (SHRTN)**

<http://beta.shrtn.on.ca/>

- The place to go on the **internet** for the latest knowledge and best practices about seniors' health and health care in Ontario
- Supports a variety of communities of practice (CoP) such as aging and developmental disabilities, diabetes, mental health and oral health. A CoP is a group of people who come together to exchange information on a topic related to seniors' health, health system, or disease. This can take the form of interactive education programs, awareness initiatives, and networks, among other things.

### **U-First!**

<http://u-first.ca/>

- **NEW (June 2011) curriculum!** This 6-hour workshop will train care providers in U-First!, a proven and effective approach to working with clients with dementia.
- Through dialogue and a case based approach, learners will have more confidence in working with people with responsive behaviours.
- Registration fee \$60; register online.

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## **Workplace Violence Prevention**

Public Services Health and Safety Association (formerly OSACH)

<http://www.healthandsafetyontario.ca/PSHSA/Training/Preventing-Workplace-Violence.aspx>

- **Preventing Client Aggression through Gentle Persuasive Approaches (GPA)©** This program was designed to complement existing resident care strategies and systems. It integrates the MoHLTC Resident Care Standards, the College of Nurses of Ontario standards and practice guidelines, and Ontario health and safety legislation. It is ideal for the program lead and the multidisciplinary committee responsible for preventing client aggression. Staff who have received P.I.E.C.E.S and U-First! training may also benefit.
- Educational DVD *Workplace Violence Prevention in Health and Community Care* revised in 2010; available for purchase. <http://store.pshsa.ca/ProductInfo/VPRDVAEN0610.aspx>

## **Distance Education Certificates**

### **Dementia Studies - Multidiscipline**

- Distance ed graduate certificate composed of 8 courses: courses taken online; registration through Durham College 905-721-2000 or [https://ssbprod1.aac.mycampus.ca/pls/prod/syzkcrss.P\\_Course?dept\\_code=DEGC&assc\\_code=DS](https://ssbprod1.aac.mycampus.ca/pls/prod/syzkcrss.P_Course?dept_code=DEGC&assc_code=DS)

### **Working with Dementia Clients - Multidiscipline**

- Approved by the Ontario Ministry of Training, Colleges and Universities, this program will help you increase your skills and knowledge to work with dementia clients.
- Distance ed certificate program composed of 5 courses: courses taken online; registration through Durham College 905-721-2000 or [https://ssbprod1.aac.mycampus.ca/pls/prod/syzkcrss.P\\_Course?dept\\_code=DECT&assc\\_code=WWDC](https://ssbprod1.aac.mycampus.ca/pls/prod/syzkcrss.P_Course?dept_code=DECT&assc_code=WWDC)

## **Durham Region Based Education and Learning Resource Options**

### **Durham Region Psychogeriatric Resource Consultant program** <http://www.ontarioshores.ca/>

An outreach program of Ontario Shores Centre for Mental Health Sciences, designed to meet the educational needs of health care staff working in long- term care homes, community service agencies, and homecare organizations including Community Care Access Centre. The Psychogeriatric Resource Consultants (PRCs) specialize in the translation of knowledge to practice using both didactic education and case based learning. In addition to outreach education, PRC's are involved in the delivery of GPA and P.I.E.C.E.S.™ education programs.

### **Education program, Alzheimer Society Durham** <http://www.alzheimerdurham.com/>

Alzheimer Society Durham offers a comprehensive education program including a progressive learning series for people with dementia and their families and friends, quarterly workshops for professional care providers, and in-service education for facility or agency staff. We address a variety of topics ranging from brain health and memory to the changing face of dementia, enhancing communication and responsive behaviours. The quarterly 6-hour Professional Caregiver Education Workshop is a great overview or refresher for residential, hospital or community support staff. Education staff are certified to deliver GPA and *U-First!* workshops.

### **Interprofessional Psychogeriatric Best Practices, Durham College, School of Continuing Education, Health and Community Services**

[http://ssbprod1.aac.mycampus.ca/pls/prod/syzkcrss.P\\_CourseDetail?dept\\_code=COUR&assc\\_code=CE04&term\\_code=201241&subj\\_code=NURS&crse\\_num=1557&camp\\_code=F](http://ssbprod1.aac.mycampus.ca/pls/prod/syzkcrss.P_CourseDetail?dept_code=COUR&assc_code=CE04&term_code=201241&subj_code=NURS&crse_num=1557&camp_code=F)

This 42 hour course is open to all health care providers. Content will include education on the physiology of normal aging, the geriatric giants, best practice assessment and care based on the Canadian Coalition of Seniors

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Mental Health Best Practices, management of aggression through use of Montessori approach to dementia care, dialogue based therapy, activity based learning, Snoezelen and other psychogeriatric best practice education. The underlying framework of the Collaborative Recovery Model will be presented with explanation of how to embrace the recovery philosophy when caring for older persons living with mental illness. This course will include an 8 hour practicum. For RNs and RPNs this course can be used as the elective component of the Mental Health Certificate course. This course will be held at Ontario Shores Centre for Mental Health Sciences, Whitby. Tuition: \$282.82.

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