



## Educational Topics Presented by Melissa Plourde, LSW, CGCM, CDP, CPC

### **1) The 7-hour Alzheimer's Disease & Dementia Care Seminar (ADDC) –\*RN CEU's Offered\***

This is the required course in the pathway to pursue a Certified Dementia Practitioner, CDP (based on NCCDP eligibility) or the Alzheimer's Association "essentiALZ" Certification. This class covers all required modules. Trainings will be conducted in regularly or scheduled for your organization specifically.

### **2) Supporting the Supporter: Recognizing & Preventing Burnout for Sustainable Caregiving – \*1 SW CEU\***

Learn to recognize signs and symptoms of caregiver burnout and compassion fatigue. You will evaluate stress management and self-care interventions to determine strategies to reduce burnout risk. Participants will take home a Workbook to create a personal plan to recognize and prevent burnout, plus 1 SW CEU!

**3) Comfort, Dignity and Choice: Providing End of Life Care to those with Dementia.** Learn about comfort-focused care while honoring advanced directives choices. Recognize strategies to support emotional comfort and tools to support self-care.

**4) 2-hour Dementia Overview** includes aspects taught by the ALZ Association. Learn about types of dementia, purposeful engagement, communication tools, minimize challenging behaviors, "therapeutic fibbing", and personal care skills, through real stories and solutions for improved quality of life for you and the ones you care for.

**5) Assessment, Diagnosis and Treatment of Dementias.** Explores the symptoms of dementia (vs. normal age-related changes) and the different types of dementia. Learn how dementia diagnoses effect the brain, including symptoms, assessments, diagnostic testing, and available treatments.

**6) Person-Centered Care and Communication.** Learn to better communicate, verbally and non-verbally, join them in their reality, and the tool of "therapeutic fibbing." Knowing patients' histories, abilities, interests, and preferences allow you to provide better personalized care and improve interactions.

**7) The Benefits of Music, Art, and Movement.** An overview of the benefits of music, art, touch, and movement while caring for the cognitively impaired. Learn how using these techniques that can help minimize challenging behaviors to improve quality of life, as well as enhance your interactions.

**8) Healthy Body, Healthy Mind (Strategies to Improve Cognitive Health).** Learn about lifestyle factors that can contribute to healthier cognition and slowed progression via diet, hydration, exercise, sleep, social engagement, and brain stimulation. We will review strategies for memory improvement and that can increase your overall health.

**9) Hospice 101** is a review of the hospice benefit, levels of care, what is included and how it is paid for, identifying the team members, comfort vs. curative approaches, identifying appropriate patients, the key differences between Palliative and Hospice care, as well as some myths surrounding both.

**10) Understanding Advanced Directives** is a review of The Five Wishes, MOLST and electing our personal end of life medical choices, including assigning health care proxies, and approaching our loved ones with the “Conversations Before the Crisis.”

**11) Navigating Difficult Conversations with Families.** As a professional, learn to effectively discuss difficult topics with patients & families, such as the processes of end of life and cognitive impairments, while recognizing the importance of sensitivity and empathy. Also, acquire helpful tips and self-care strategies to support the paid caregiver.

**12) Signs and Symptoms at End of Life.** Understand the physiological changes that occur leading to end of life. Learn about physical, emotional, and spiritual signs to be addressed in a non-pharmacological way for pain and symptom management and in enhancing quality of life in the final days.

**13) Make the Most of Visiting Your Loved One.** Whether there are cognitive or physical limitations, this topic explores ideas and suggestions, for paid caregivers and family members alike, to learn how to connect better, promote more meaning and have a better quality when visiting those that you care for.

**14) Elder Abuse.** Learn about the different types of abuse and why you are responsible to protect the elders we serve, whether a mandated reporter or not. This topic helps you to recognize abuse or neglect, as well as how and when to report elder abuse if there is a concern.

**15) Providing Stellar Customer Service.** This topic can be offered at onboarding or as ongoing annual education. The participant will learn how to improve their communication with residents, family, and co-workers, while being mindful of professional boundaries and incorporating stress management.

*\*Additional topics can be written/presented as needed to adapt to specific agency or family needs\**

*Melissa Plourde, LSW, CGCM, CDP, CPC, CADDCT has over 30 years of experience in behavioral and geriatric care management. She is a Licensed Social Worker, Certified Geriatric Care Manager, Certified Dementia Practitioner, Certified Professional Coach, Certified Alzheimer's Disease and Dementia Care Trainer and Certified to Administer MoCA Cognitive Screening Assessments.*

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