



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

- 1) 2-hour Dementia Overview** includes aspects taught by the ALZ Association. Learn about the types of dementia, purposeful engagement, improved communication, “problem behaviors,” therapeutic fibbing, and personal care, while sharing real stories and solutions for improved quality of life.
- 2) 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.
- 3) All About Communication and Knowing Your Patient.** 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 care and interactions.
- 4) Physical Environment and Best Approaches to Providing Personal Care.** Learn how improving surroundings effects the mood and functioning of the patient with dementia... ways to improve how they see and hear while reducing overwhelming stimuli to best provide care and improve environment.
- 5) 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 can minimize challenging behaviors to improve quality of life, as well as enhance the interactions you have.
- 6) Healthy Body, Healthy Mind (Strategies to Improve Cognitive Health).** Learn about lifestyle factors that can contribute to healthier cognition - diet, hydration, exercise, sleep, social engagement, and brain stimulation. We will review strategies for memory improvement and increase overall health.
- 7) 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.
- 8) 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 Crises.”

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

10) Signs and Symptoms at End of Life. Understand the physiological changes that occur leading to the 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.

11) Make the Most of Visiting Your Loved One. Whether they have cognitive or physical limitations, this topic explores ideas and suggestions to make your visits meaningful, so you both have a quality visit. Learn how to connect better and improve the quality of visits you have with those you care for.

12) Cultural Diversity at End of Life. An overview of how various religions view death and dying and how culture influences end of life care, responses to grief, and decision-making. You will learn how both verbal and non-verbal sensitivity in communication is so important and can vary by culture.

13) Stress Management. Identify what stress is, how you respond to it, and ways to manage it. This presentation is an uplifting program that focuses on gratitude and change in attitude, for a happier and less stressed life, one with more balance and joy and personal fulfillment.

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.

16) Family/Caregiver Support Groups are a unique opportunity for caregivers – paid or not – to have a safe place to vent, learn, and build camaraderie with peers experiencing similar issues. These groups can be offered in communities as a one-time event or for ongoing monthly caregiver support.

****Additional topics can be written/presented as needed to adapt to specific needs****

For additional information, please contact Melissa Plourde at Cape Cod Caregiver Coach:

Melissa@CapeCodCaregiverCoach or 508-414-8694