

# **INSTRUCTOR'S MANUAL**

## **Introduction**

### **Understanding and Responding to Behavioral Symptoms of Dementia: A Guide for Direct Care Workers**

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The content was developed by Linda Redford, R.N., Ph.D. in collaboration with Aging Services of California and the LeadingAge Center for Applied Research. The staff of four nursing homes in California graciously offered their time for focus groups to assist in shaping the content of these modules. Three of the nursing homes also participated in pilot tests of the curriculum and offered insights to make the curriculum most relevant to their needs.

## INTRODUCTION

This teaching package is designed for use by long-term care employers for the education of Certified Nursing Assistants, but may also be helpful in the orientation of other licensed and unlicensed staff. The package is comprised of three modules that take from one to two hours each to complete. It is possible and advisable to divide Modules 2 & 3 into sections and present these sections at different times. This will reduce the presentation time and allow participants to apply some of the information and strategies taught before moving to the next topic area. The time for each module will also depend on the number of staff in the training and the teaching methodologies adopted.

The package is developed to provide you with maximum flexibility to meet your particular training style and organizational needs. Power Point slides are provided for each presentation. The Instructor Manual and Participant Manual are provided in a Word format that can be printed for your convenience. The Word document will allow you to make notes or changes in the order of the materials. Critical materials, such as narrative materials for each slide, questions for participants, group exercises, and video links are also provided in the Power Point Notes Section with each slide. The Power Point slides will guide you through the complete presentation. Although it is advised that you follow the format provided to ensure that all materials are covered, you can reorder the slides or use a subset of the materials if this better meets your needs.

**Module 1** provides participants with an overview of normal memory changes with aging and the memory and behavior changes that are found in dementia. Participants will learn what dementia means, the types of dementia, and how the different types of dementia may result in unique behavioral symptoms.

**Module 2** discusses the common behavioral symptoms of dementia and the factors that should be examined as potential triggers for various behaviors. Participants will learn about behavioral assessment and have the opportunity to work in teams to conduct a behavioral assessment on a resident and report their finding to the group for discussion.

**Module 3** introduces strategies for addressing various behaviors. The approaches to effective interventions generally depend on the factor(s) that triggered or exacerbate the behavior. This module highlights the causes/triggers most commonly associated with particular behaviors and the strategies for addressing them.

You are encouraged to utilize the videos, questions, group exercises, role plays and other methods suggested. These will help you to assess and reinforce the knowledge and skills of the learners. Suggestions for these activities are shown in the Power Points Notes Sections at the point in the presentation where they will best reinforce or enhance what is being discussed. Instructors have the discretion to move specific activities wherever it works best for them. Additional reading materials are provided in some slide notes to assist you in preparing to present each section. If you are not familiar with the specific topic, it is advisable that you utilize the materials under the “Read More” headings. All of the materials suggested are available online.

The package also includes a knowledge test (with an answer key) to be administered prior to the presentation of the three modules and at the completion of the training. This will provide instructors information about participants’ baseline knowledge on the topic area as well as changes in knowledge after the training.

The following symbols are used in the slide notes to designate teaching strategies and methods that may be used-



Question for participants



Video

Video



Group exercise