

Dementia Training Resources for Professionals and Volunteers



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Introduction


The National Alzheimer's and Dementia Resource Center (NADRC) developed this resource at the request of the Administration for Community Living (ACL). ACL funds the NADRC to provide expert technical assistance to ACL and its grantees, as well as to make program information and resources available to individuals and organizations outside their Alzheimer's Disease Programs Initiative (ADPI) grantee community. This resource is intended to support the work of ACL's ADPI grantees and others who may be developing and implementing professional and volunteer programs training programs to support people living with Alzheimer's disease and related dementias (ARD) and their caregivers. The NADRC's full array of dementia related materials and resources can be found at <https://nadrc.acl.gov/>.

This resource includes short descriptions of a variety of trainings for professionals and volunteers working with people living with ARD. They are designed to increase the dementia-capability of the organizations that implement them. This list of trainings can support people serving in a broad range of professional and volunteer capacities on how to recognize, understand, and meet the unique needs of people living with ARD and their caregivers. The NADRC curated the resources contained within this resource, however it is not exhaustive, and inclusion should not suggest endorsement of any or all of these materials.

The training resources described below are available free of charge and come from government, academia, Alzheimer's disease centers, geriatric workforce education programs, ACL's dementia grantees, National Alzheimer's and Dementia Resource Center, and others. Other Related Resources sections include supplemental materials that can be used to extend the learning experience.

Advance Planning


This section features basic information about advance planning in dementia care including assessing decision-making capacity, advance health care and financial planning, and supported decision-making. Other resources that could be used as part of a training are also included in this section, such as tip sheets and advance planning guides.

- [Advance Care Planning: Decisions Matter for Memory Loss Patients and Families](#), University of Hawaii. This presentation from the Hawai'i Alzheimer's Disease Initiative describes advance care planning, explains why it is important, how to have conversations about advance care planning, and provides key resources. (PPT)
- [Advance Care Planning for and End of Life Considerations](#) , Nevada Geriatric Education Center. This training, part of Project ECHO Nevada, focuses on various aspects of advance

care planning including advance directives for medical decisions, power of attorney, and end of life support and resources. (Webinar)

- [Advance Planning for People with Dementia: Legal Services Voucher Program in Delaware and New Consumer Planning Guides](#), National Alzheimer's and Dementia Resource Center. This webinar focuses on how the Delaware Division of Services for Aging and Adults with Physical Disabilities developed their legal services voucher program and includes information on a legal training seminar for Delaware's attorneys that occurred before the voucher program started. The webinar presenters also discuss consumer guides developed by the National Alzheimer's and Dementia Resource Center. These guides cover advance-planning topics and are designed specifically for people living with dementia. (Webinar, PDFs)

Other Related Resources

- [Dementia Conversations: Driving, Doctor Visits, Legal and Financial Planning](#) , Alzheimer's Association. This training provides tips for having conversations so families can address some of the most common issues that are difficult to discuss: going to the doctor for a diagnosis or medical treatment, deciding when to stop driving, and making legal and financial plans for future care. (Web-based training)
- [Advance Planning Guides for People Living with Dementia](#), National Alzheimer's and Dementia Resource Center. These guides were developed, with consultation from the American Bar Association Commission on Law and Aging, for individuals living with dementia and family caregivers to assist with advance planning. The guides are concise with relevant resources and are designed to be easily accessible by individuals living with dementia through use of plain language, color contrast, and drawings. (PDF)

Aging and Disability Resource Center (ADRC) Training

The resources below focus on person-centered support and guidance to individuals, family members, and caregivers to help them develop a long-term care plan closely aligned with their specific needs and personal preferences. This section provides resources that can be used in training options counselors and other ADRC staff.

- [Aging Services and Supports for People Living with Dementia - ADRC Dementia Training](#), Portland State University. These web-based trainings were developed based on input from Oregon ADRC partners. Group viewing and discussion using the provided Companion Guides is encouraged, but individuals can also view these trainings on their own. (Webinar, PDF)

Tier 1

- [Module 1 - Implementing Person-Centered Dementia Support](#) ↗
- [Module 2 - Communication and Behavioral Expression](#) ↗
- [Module 3 - Medical and Clinical Aspects of Dementia](#) ↗
- [Module 4 - Information and Referral Issues](#) ↗
- [Tier 1 Companion Guide \(PDF\)](#)

Tier 2

- [Module 5 - Introducing Decision Support Tools](#) ↗
- [Module 6 - Decision Support through Person-Centered Planning](#) ↗
- [Module 7 - Decision Support in Care Transitions](#) ↗
- [Module 8 - Decision Support for Advanced Care and End of Life Planning](#) ↗
- [Tier 2 Companion Guide \(PDF\)](#)

Intellectual Disabilities and Dementia

- [Module 9 – Supporting People with Intellectual Disabilities and Dementia](#) ↗
- [IDD Module 9 Companion Guide \(PDF\)](#)

Serious Mental Illness and Dementia

- [Module 10 – Bipolar Disorders, Dementia, and Delirium](#) ↗
- [Module 11 – Schizophrenia and Dementia](#) ↗
- [Serious Mental Illness and Dementia Companion Guide \(PDF\)](#) ↗
- [No Wrong Door Dementia Capable Trainings](#), Virginia Department for Aging and Rehabilitative Services. This website includes training modules for Options Counselors, Information and Referral Specialists, and Care Transitions Coaches. The modules aim to better prepare staff for interactions with clients living with dementia and their caregivers. Staff should select modules related to the role that best fits their daily responsibilities. Website links have been interspersed throughout the modules, which direct participants to the training materials. (Multimedia)
 - [Options Counselors](#) ↗
 - [Information and Referral Specialists](#) ↗
 - [Care Transitions Coaches](#) ↗



Caregiving




The majority of people with dementia live in the community, and family and friends provide most of the care for people living with dementia. Care provided for people living with dementia and for

people with other conditions may be similar; however, those caring for a person living with dementia tend to provide more extensive assistance, including hands-on personal care, increased supervision, and responding to behavioral symptoms such as aggression or wandering. To respond appropriately, the unique needs of each person living with dementia need to be understood.

- [Identifying and Supporting Dementia Caregivers in Healthcare Settings](#), National Alzheimer's and Dementia Resource Center. This webinar defines the challenges and benefits of including family caregivers as members of the health care team. The presenters discuss the benefits of improving family caregivers' representation in the electronic health record (EHR) of people living with dementia; multiple ways in which health care systems could better identify family caregivers in EHRs and other forms of health information technology; and tools care managers can use to identify, assess, and support family caregivers of people living with dementia within health care systems. (Webinar)



Other Related Resources

- [Bathing, Dressing, and Grooming: Alzheimer's Caregiving Tips](#), National Institute on Aging. This webpage includes suggestions for everyday care related to bathing, dressing, and grooming. Information is also available in Spanish. (Webpage)
- [Caregiving: Caregiver Well Being](#) , Saint Louis University. This webinar discusses techniques providers can use when working with the caregiver of a person living with dementia. This project was supported by HRSA, U.S. Department of Health and Human Services. (Webinar)
- [Caring for a Person with Alzheimer's Disease](#), National Institute on Aging. This guide teaches caregivers how Alzheimer's disease changes a person and how to cope with these changes, instructs readers how to plan for the future, discusses how to manage everyday activities like eating and grooming, and includes information on how to care for yourself when providing care to others. (PDF)
- [Dementia and Driving Resource Center](#) , Alzheimer's Association. This webpage provides videos, tips, and other resources on having the conversation about driving, planning ahead, and signs of unsafe driving. (Multimedia)
- [Going to the Hospital: Tips for Dementia Caregivers](#), National Institute on Aging. This webpage contains links to facts about Alzheimer's disease, tips for addressing hospital emergencies, personal care techniques, suggestions for working with behaviors and environmental factors to consider in the hospital, and suggestions for working with hospital staff. (Multimedia)



- [Hit Pause: Helping Dementia Families Deal with Anger](#) , Duke Family Support Program. This booklet assists professionals when providing practical help and emotional support to caregivers of people living with dementia. It offers typical scenarios and suggested responses when helping families develop confidence in their ability to maintain balance under trying circumstances. (PDF)
- [iCareFamily](#) , National Institute on Aging. This stress management skills training program is for caregivers of people living with dementia. In collaboration with Stanford University, the Alzheimer's Association, and other organizations created online training videos to help caregivers develop skills for managing caregiving while reducing stress levels and improving quality of life. (Video)
- [iSupport for Dementia](#) , World Health Organization. This skills and training program is for caregivers of people living with dementia. The program includes five modules and accompanying exercises: (1) introduction to dementia, (2) being a caregiver, (3) caring for me, (4) providing everyday care, and (5) dealing with behavior changes. (Multimedia)

Communication

Dementia is a progressive disease that causes changes in a person's communication skills. A person living with dementia may have difficulty remembering words or communicating clearly. The challenges of communication can increase as the disease progresses.






- [Caregiver Training: Dementia Care](#) , CareAcademy. This series of three videos focus on communicating with clients in the early, mid, and late stages of dementia. (Videos)
- [Communicating with People with Dementia](#) , Alzheimer Society. These materials can be used to understand how dementia affects communication and to learn tips and strategies for communicating with people living with dementia throughout the various stages of the disease. (Webpage, PDF, video)



Other Related Resources

- [Alzheimer's and Dementia: Tips for Better Communication](#) , Mayo Clinic. This webpage is divided into sections related to communicating with people living with dementia: rethinking your listening, what to expect, what you can do to help, and a link to more in-depth information. (Webpage)
- [Communication and Alzheimer's](#) , Alzheimer's Association. The information on this webpage provides strategies to help caregivers and the person living with dementia communicate through the various stages of the disease. (Webpage)



Dementia Training Series

This section includes information on dementia care trainings that cover a variety of topics in dementia care including understanding Alzheimer's disease and other dementias, behavioral symptoms, communication techniques, and caregiver support. Videos and tip sheets are included that could be used as part of a training.

- [Alzheimer's Association Education Center](#) , Alzheimer's Association. These web-based programs are available to the public, caregivers, and professionals working with individuals living with dementia. The 13 programs cover early detection and warning signs, general information about dementia, legal and financial planning, living with Alzheimer's disease, and information for caregivers caring for individuals in the early, middle, and late stages of Alzheimer's disease. Each program is approximately 1 hour in duration. (Web-based training)
- [Alzheimer's Training for Health Care Providers](#) , University of Kentucky. These trainings for health care providers focus on end-stage dementia, safety precautions in older patients as they relate to dementia, medical conditions that mimic dementia, and related topics. (Web-based training)
- [Caregiver Training Videos](#) , UCLA Alzheimer's and Dementia Care Program. This 14-video series focuses on understanding and managing behaviors associated with dementia. The training can be used by health professionals, educators, and caregivers. Educators can use the videos for one-on-one or group instruction. Each video includes supplemental information for the facilitator. Videos are available in English and Spanish. English videos with subtitles in French, Korean, Vietnamese, Hungarian, and Macedonian are also available for some of the videos. (Multimedia)
- [Dementia Capability Webinars](#) , Rosalynn Carter Institute for Caregiving and the Georgia Division on Aging Services. This series of 18 dementia capability webinars can train various professionals, including staff at State Units on Aging, Area Agencies on Aging, and Aging and Disability Resource Center staff members. The intended audience is professionals serving families and individuals with dementia. The webinar topics vary, emphasizing building general knowledge about dementia, practical tips, and effective strategies. (Webinars)
- [ENGAGE-IL Geriatric CEU Modules](#) , The University of Illinois at Chicago. Three online dementia modules focus on understanding patient and caregiver experiences, depression and delirium, and older adults with visual, hearing, and cognitive impairment. (Multimedia)

- [Living with Dementia: Impact on Individuals, Caregivers, Communities, and Societies](#) , Johns Hopkins School of Nursing. This 5-week online course is for health professionals and students, family caregivers, individuals, and others interested in learning about dementia. The course examines the brain of a person with dementia, behavioral symptoms of dementia, issues related to caregiving, and how dementia progresses. The course also addresses quality of life issues for individuals and family members and specific coping strategies. (Web-based training)
- [Provider Practice Tools and Training Videos](#) , Dementia Friendly America. This website offers an array of provider practice tools focused on various aspects of dementia and training videos addressing screening, diagnosis, diagnostic disclosure, and care coordination. (Multimedia)
- [Tips for Staying Safe When Working with Clients with Dementia](#), National Institute for Occupational Safety and Health. This training module is for homecare workers. Participants learn how to identify the health and safety risks related to working with people with dementia; situations that may lead to agitation in clients with dementia; approaches to make homecare workers as safe as possible; and techniques to manage situations if clients with dementia become agitated and potentially dangerous. (PDF)
- [Train Health Care Workers About Dementia](#), Health Resources Services Administration (HRSA). This 20-module online training is geared toward various audiences, including primary care practitioners, members of geriatric care teams, direct service workers, students, and health professions faculty. Sixteen modules provide an overview of dementia and health care provider roles by addressing dementia issues that arise in outpatient care, such as diagnosing dementia and understanding the various stages of dementia. Four additional modules focus on how providers can address caregiver needs. All modules include a presentation, references, a faculty guide, and continuing education details. Five supplemental modules are included to help caregivers of people living with dementia. (PowerPoint, PDF)





Other Related Resources

- [Alzheimer's Caregiver Video Resource Center](#) , Caregiver Action Network. This video series is intended for family caregivers and is organized around five themes: Discovering Alzheimer's Disease, Life as a Caregiver, Caregiver Tactics, Finding Support, and Neuropsychiatric Symptoms. (Videos)
- [Community Health Workers: A Resource for Healthy Aging and Addressing Dementia](#) , Alzheimer's Association and Association of State and Territorial Health Officials. This resource guide is for health departments to learn about available Community Health

Worker (CHW)-related dementia training and other materials to assist them in developing CHW programs. The guide includes examples of state health department initiatives to train and support CHWs in their dementia programs. (PDF)

Diverse Populations and Dementia







The resources in this section will assist in developing a better understanding of perceptions of dementia within different cultures and inform a more individualized approach to dementia care needs among diverse older adults, their families, and other care providers.

- [Cultural Awareness in Dementia Care](#), Alzheimer's Orange County. Alzheimer's Orange County partnered with University of California, Los Angeles to develop this series of brief videos providing practical tips for different caregiver situations including baths, hallucinations, refusal to take medications, and sundowning. Available in Korean and Vietnamese. (Videos)
- [Cultural Awareness in Dementia Care](#), Minnesota Board on Aging. This training series is designed to educate providers and the community about cultural groups (i.e., American Indian, African American, Latino, Somali, Hmong) that are at greater risk for acquiring dementia to ensure best practices for early detection and support. (PPT)
- [Public Health Considerations and Models for Cultural Adaptation in Dementia Caregiving](#)  [BOLD Public Health Center of Excellence on Dementia Caregiving](#). This three-part webinar series on cultural adaptation in dementia caregiving focuses on African American, Latino, Asian American, Pacific Islander, and Indigenous caregivers. Attendees learn about health inequities facing dementia caregivers and hear from practitioners who have adapted or developed culturally tailored programs to serve these communities. (Webinar)
 - [Part I- Public Health Considerations and Models for Cultural Adaptation in Dementia Caregiving](#) 
 - [Part II- Public Health Considerations and Models for Cultural Adaptation in Dementia Caregiving: Focusing on African American and Latino Caregivers](#) 
 - [Part III- Public Health Considerations and Models for Cultural Adaptation in Dementia Caregiving: Asian American/Pacific Islander and Indigenous Caregivers](#) 

Non-Alzheimer's Dementia

Alzheimer's disease is the most common type of dementia, but other non-Alzheimer's dementias exist including frontotemporal degeneration, Lewy body dementia, and vascular dementia. The trainings and resource in this section underscore the importance of distinguishing between

various types of dementia so the treatment and support provided can best match the needs of people living with dementia and their caregivers. The materials in this section include webinars, checklists, and other materials for professionals.

- [Frontotemporal Degeneration \(FTD\) Videos](#) , Mayo Clinic Alzheimer's Disease Research Center. A series of 10 webinars for professionals and family caregivers. Topics include an overview of FTD spectrum disorders, making a diagnosis, medical treatments and therapies, genetics and FTD disorders, behavioral variant of FTD and the mind, and research. (Webinar)
- [Frontotemporal Degeneration \(FTD\) Webinars for Professionals](#) , The Association for Frontotemporal Degeneration. A series of webinars for professionals on a wide variety of FTD topics, including the role of various therapies in FTD care such as physical and occupational therapy, brain-behavior connections in FTD, and the role of neuropsychiatry. (Webinars)
- [Lewy Body Dementias](#) , UCSF Memory and Aging Center. This webpage includes resources for professionals on Lewy body dementias (LBDs), information on Parkinson's disease with dementia, the progression of LBD, how to manage hallucinations, and other information. (Webpage, videos)
- [Lewy Body Dementia Caregiver Webinar Series](#) , UCSF Memory and Aging Center. A series of five webinars for professionals and family caregivers. Topics include an overview of LBD and how it is treated; managing daily activities and fall prevention, behavior, and mood symptoms; advanced stage and end of life; and advocacy in health and community care settings. (Multimedia)
- [Lewy Body Dementia \(LBD\) Videos](#) , Mayo Clinic Alzheimer's Disease Research Center. A series of five webinars for professionals and family caregivers. Topics include an overview of Lewy Body dementia; medications for symptom management, understanding and addressing fluctuations and visual hallucinations; strategies for living well with LBD; and communication tips. (Videos)
- [Resources for Health Care Professionals](#) , Lewy Body Dementia Association. These professional materials include a diagnostic symptoms checklist, clinical management, emergency room treatment of psychosis, and patient handouts. (Webpage)

Other Related Resources


- [Caregiving for People Living with Non-Alzheimer's Dementias](#), National Alzheimer's and Dementia Resource Center. This webinar provides an overview of the three most common causes of dementia after Alzheimer's disease: Lewy body dementia, frontotemporal degeneration, and vascular dementia. The webinar draws on the information to describe

caregiving for people living with these dementias. Special attention is given to how caregiving for people with Lewy body dementia and frontotemporal degeneration may differ from Alzheimer's disease. Case studies of caregiving for people with Lewy body dementia and frontotemporal degeneration are highlighted. (Webinar, PDF)

- [Frontotemporal Degeneration: Importance of Knowledge, Advocacy, & Support to Advance Quality Care](#), National Alzheimer's and Dementia Resource Center. This webinar provides an overview of frontotemporal degeneration (FTD) disorders and how they differ from Alzheimer's disease and other dementias. Information is provided on symptoms, approaches to care, and the importance of support for the family system. An individual with FTD and his spouse share their experiences and strategies for maintaining quality of life. (Webinar, PDF)
- [Lewy Body Dementia: The Importance of Comprehensive Care and Support](#), National Alzheimer's and Dementia Resource Center. This webinar provides an overview of LBD and how it differs from Alzheimer's disease and Parkinson's. Information is provided on the symptoms and treatments of LBD and how the disease impacts caregivers. In addition, a person living with LBD shares first-hand experiences and compensatory strategies. (Webinar, PDF)
- [Vascular Dementia: An Important Supporting Actor in the Story of Dementia](#), National Alzheimer's and Dementia Resource Center. This webinar provides an overview of the role of cerebrovascular disease in late-life cognitive impairment, including risk factors and common misconceptions. The webinar explores the challenges associated with understanding the role of vascular risk factors, stroke history, and stroke imaging findings and the presenter explains issues related to managing the symptoms of vascular dementia. (Webinar)

People With Dementia Who Live Alone

People with dementia who live alone are much less likely than people with dementia who live with others in the community to have been diagnosed with the condition. Furthermore, these individuals are less likely to recognize their own limitations and are unlikely to seek the help they need. People living alone with dementia are at high risk for numerous adverse events including self-neglect, malnutrition, accidental injury, medication errors, financial exploitation, social isolation, and unattended wandering. Home and community-based services providers need training and support to work effectively with this vulnerable population.


- [Alone But Not Forgotten](#) , Alzheimer's Greater Los Angeles. This guide provides information and tips for people living alone with dementia and their friends and family. The guide includes checklists and areas where important information can be documented

about the person living with dementia, such as their health care team and other important contacts. (PDF)

- [Identifying and Meeting the Needs of Individuals with Dementia Who Live Alone](#), National Alzheimer's and Dementia Resource Center. This webinar addresses the prevalence and characteristics of people with dementia who live alone, their unmet care needs, signs of self-neglect and intervention strategies, and information on the experiences of people with dementia who live alone. (Webinar)
- [Identifying and Meeting the Needs of Individuals with Dementia Who Live Alone](#), National Alzheimer's and Dementia Resource Center. This report provides information about the prevalence of people living alone with dementia, availability of a family caregiver, and the types of unmet care needs individuals experience. Authors emphasize the importance of ensuring safety and supporting autonomy and provide a range of innovative policies and practices. (PDF)
- [Reaching Socially Isolated People Living with Dementia](#), National Alzheimer's and Dementia Resource Center. This webinar discusses what is known about people living alone with dementia and the precarity of their lives, and describes experimental outreach and engagement techniques and programs. The webinar describes a collaborative care coordination model used in Virginia to help individuals living alone with dementia. (Webinar, PDF)

Other Related Resources

- [Complex Care Management for People Living with Dementia](#), National Alzheimer's and Dementia Resource Center. In this presentation, case studies show how complex chronic care management bridges medical and social care services for at-risk populations, specifically, for people living alone with dementia who have limited resources. Presenters share practical resources and strategies that help people living with dementia remain in their community. (Webinar)
- [Guide for Professionals on Practical Strategies for Persons with Dementia Living Alone](#), National Alzheimer's and Dementia Resource Center. This resource guide provides specific strategies for how home and community-based services professionals can work with this population. The guide is organized into six major sections that address different practical strategies of working with individuals with dementia who live alone: Identifying individuals with dementia who live alone; Building trust; Supporting safety and autonomy; Involving family and friends; Coordinating paid providers and formal support services; and Assisting with transition to a new setting. (PDF)


- [Handbook for Helping People Living Alone with Dementia Who Have No Known Support](#), National Alzheimer's and Dementia Resource Center. This handbook provides practical guidance and tools for helping a person living alone who does not have informal supports, including people with dementia who have a caregiver who cannot provide support. The handbook includes practical strategies for identifying people living alone without support, assessing risk, building trust, identifying family and friends willing to help, determining decision-making capacity, options for helping the person maintain their independence, and the basics of guardianship or conservatorship. (Word)
- [Live Alone Dementia Safety Net Algorithm](#) , Alzheimer's Greater Los Angeles. This algorithm is a tool designed to provide guidance on the provision of dementia-informed care for social service providers and staff members of community-based organizations. (PDF)
- [Meals on Wheels Expanded Assessment](#), Southern Maine Agency on Aging. This assessment and related manual were designed to identify people living alone with dementia without adequate support and connect them to other services. The expanded assessment stresses the importance of screening for cognitive impairment. The assessment addresses social determinants of health, isolation, transportation, falls, and more. (PDF)
- [People with Dementia Living Alone Risk Assessment](#), University of Iowa. This assessment tool helps identify risk levels for people with dementia who are living alone in the community. It is adapted from an assessment tool developed by the University of Iowa School of Nursing. (PDF)
- [Tips for Living Alone with Early-Stage Dementia](#), National Institute on Aging. This webpage includes five sections with information to assist those in the early stage of dementia. The sections are: Make Everyday Tasks Easier; Scan Your Home for Safety; Prepare for the Future; Strengthening Your Support System; and Keep Your Mind & Body Healthy. (Webpage)

People With Intellectual and Developmental Disabilities and Dementia

People with intellectual and developmental disabilities (IDD) are affected by Alzheimer's disease and related disorders in some of the same ways as the general population. However, because of the additional genetic and neurological factors, the impact of dementia may be more challenging. This section provides webinars, online trainings, and other materials.


- [Adapting Evidence-Based and Informed Caregiver Interventions to Support Caregivers of People with Intellectual and Developmental Disabilities and Dementia](#), National Alzheimer's and Dementia Resource Center. This training video focuses on how dementia focused evidence-based interventions can be adapted to support caregivers of people living with IDD and dementia. (Webinar)
- [Alzheimer's & Intellectual and Developmental Disabilities: Training for Professionals Serving Individuals with IDD](#), Alzheimer's Orange County. A series of three webinars for professionals focused on aging concerns for individuals living with IDD, communicating with people living with dementia and IDD, and using a person-centered approach when working with people living with dementia and IDD. (Webinar)
- [Dementia Capable Care of Adults with Intellectual & Developmental Disabilities and Dementia](#), Catholic Charities Hawaii. A video for families, service providers and health care professionals caring for aging adults with IDD. This video includes a basic introduction to the dementia and IDD curriculum created by the National Task Group on Intellectual Disabilities and Dementia Practices (NTG). (Video)
- [Dementia and IDD](#), UMass Chan Medical School, Eunice Kennedy Shriver Center. This webinar includes an overview of dementia as it occurs in people with IDD, information on the prevalence of Alzheimer's disease in people with IDD, and presents the experience of a family caregiver of a person with IDD and dementia. (Webinar)
- [Dementia in People with Down Syndrome or Other Intellectual Disabilities](#), University of California, Los Angeles. This webinar presents information on the risks, signs, and management of Alzheimer's disease in people with IDD, such as Down Syndrome. (Webinar)
- [Foundations of Dementia Care for Persons with Intellectual and Developmental Disabilities](#), Eddy Alzheimer's Services. This classroom-based IDD and dementia training provides an overview of dementia and the impact of dementia symptoms on individuals with IDD and their caregivers. The training uses multiple modalities to teach about topics such as positive interactions between professionals and clients and problem solving related to behavioral symptoms. (PDF, Power Point)
- [Implementing Effective Dementia Screening for Persons Living with an Intellectual Disability: A comprehensive guide on how to implement trainings on the national Task Group-Early Detection Screen for Dementia \(NTG-EDSD\) for specialists in the intellectual disability field](#), Wisconsin Alzheimer's Institute. These trainings were developed for professionals working with people with intellectual disabilities to improve their understanding and utilization of the National Task Group- Early Detection Screen for

Dementia (NTG-EDSD) tool. Training topics include assessment of dementia in persons with an intellectual disability, addressing behavioral symptoms in people with an intellectual disability and dementia, how to use the NTG-EDSD tool and testimonials, and implementing screening for dementia to enhance service delivery. (Web-based training)

- [Innovative Approaches to Supporting Professional Caregivers of People Living with IDD & Dementia](#), National Alzheimer's and Dementia Resource Center. This webinar focuses on two innovative Administration for Community Living-funded programs that were developed to address the specific care and support needs of people living with IDD and dementia and the professional training needs of social service and health care providers who support them. (Webinar)
- [Intellectual and Developmental Disabilities and Dementia](#), National Alzheimer's and Dementia Resource Center. This webinar addresses similarities and differences in warning signs and symptoms for the general population and individuals with IDD with emphasis on Down syndrome, quality of life, models of care, family caregiver support, care transitions, and common IDD vocabulary. (Webinar)
- [Intellectual and Developmental Disabilities and Dementia - Experiences of a Family Advocate and Promising Practices](#), National Alzheimer's and Dementia Resource Center. This webinar focuses on how to best serve the needs of people with IDD and dementia. The presentation includes background information about the prevalence of IDD and dementia in the United States, barriers to good dementia care for people with IDD, and programming models for this population. (Webinar)
- [Intellectual and Developmental Disabilities and Dementia: Practical Strategies for Professionals](#), National Alzheimer's and Dementia Resource Center. This guide provides background information and strategies for professionals when working with people living with IDD and dementia. There are 12 sections in the guide that address different aspects of identifying and providing services to individuals living with IDD and dementia or who are at risk of developing dementia. The guide also includes tools professionals can share with family caregivers or other caregivers who work with individuals living with IDD and dementia. In addition to strategies, each section includes resources that professionals and caregivers can consult for further information related to the specific section topic. (Word)
- [Lifelong Intellectual Disabilities and Dementia: What You Need to Know](#) , The University of Rhode Island. This three-part webinar series is for health care professionals, human service providers, agency staff, program developers, policymakers, and faculty who want to learn more about care for people with IDD and dementia. Sessions include Introduction to Lifelong Intellectual Disabilities, Service Needs: Identifying and Responding to Dementia, and Community and Clinical Issues. (Webinar)



- [Serving People with Intellectual or Developmental Disabilities \(IDD\) and Dementia](#), Minnesota Department of Human Services. This online training is designed to assist case managers and certified assessors understand the impact that dementia has on people with IDD; how to best support the person with IDD and dementia, their families, and caregivers; and best practices. (Web-based training)

Other Related Resources

- [Alzheimer's Disease & Down Syndrome: A Practical Guidebook for Caregivers](#) , National Down Syndrome Society. This guide includes information and resources related to Alzheimer's disease for caregivers of people with Down Syndrome. Numerous topics are addressed including the importance of an accurate diagnosis, natural progression of Alzheimer's disease, and principles of caregiving for adults with Down Syndrome and Alzheimer's disease. (PDF)

Person-Centered/Family-Centered Care


People living with dementia and their families benefit from care that is person-centered and family-centered, focusing on what is most important to the person living with dementia and their family, to provide appropriate supports and services. The materials in this section will assist in developing a better understanding of person-centered care for people living with dementia and their care partners. Resources include examples of person-centered models of care, training programs, and webinars.

- [Collaborative Care Coordination](#), Virginia Department for Aging and Rehabilitative Services. This program presents a model of person-centered care coordination that connects a memory assessment and treatment clinic and a local Area Agency on Aging. The program manual provides the information needed for replication of this model. (Webpage, PDF)
- [Emotion-Focused Communication Training](#) , Preference Based Living. This interactive, self-paced, online educational program on emotion-focused communication is aimed at direct care workers and other professionals providing care to individuals living with dementia. Participants will understand emotional intelligence, learn strategies to manage their feelings and those of their care recipient, and strengthen their active listening and communication skills. (Web-based training)
- [Person-Centered Dementia Care](#) , Riverside Center for Excellence in Aging and Lifelong Health. This training consists of 52 brief microlearning lessons on person-centered care and practical strategies to care for people living with dementia. The Training Tool is aimed

at all team members working in nursing homes, assisted living communities and home care, especially those working closest with people living with dementia. (Videos)

- [Person-Centered Goal Discovery for People Living with Dementia](#), National Alzheimer’s and Dementia Resource Center. This webinar presents foundational person-centered principles and provides examples of how to plan for people who are living with dementia in the community and other settings. The presenters emphasize how providers can deliver high quality support by using a clear and engaging approach to discover and address people’s priorities as dementia progresses. (Webinar, PDF)




Other Related Resources

- [Caregiver Identification: Strategies for Advancing Person-Centered Dementia Care Across Settings](#) , BOLD Public Health Center of Excellence on Dementia Caregiving. This webinar includes an expert panel of health care and community practitioners who discuss promising practices, barriers, and opportunities for identifying, assessing and supporting family caregivers across clinical, community, and public health settings. (Webinar, PDF)


Specific Professional Audiences

The dementia-capable trainings listed below target specific health care professionals and community providers, including first responders, hospital and health care organizations, primary care providers and other health care professionals, and school personnel.



First Responders

- [Approaching Alzheimer’s: First Responder Training Program](#) , Alzheimer’s Association. This online training uses an interactive format, developed with input from first responders. Training topics include dementia overview, wandering, driving, abuse and neglect, shoplifting, and disaster response. (Web-based training)
- [First Responder Alzheimer’s and Dementia Training](#) , Alzheimer’s Orange County. This video consists of four short clips, totaling 15 minutes, which portray law enforcement officers encountering individuals living with dementia during standard patrol: (1) during a traffic stop, (2) encountering a wandering individual, (3) a confrontation in the home between a caregiver and person living with dementia, and (4) a house call to a person living with dementia. (Video)
- [First Responder Dementia Training](#) , University of Arkansas for Medical Sciences, Arkansas Geriatric Education Collaborative. This online training includes six modules: (1) understanding the signs and symptoms of dementia and Alzheimer’s disease; (2) communications and feelings; (3) wandering, elopement, and aggressive behaviors; (4)




elder justice training; (5) delusions, hallucinations, and hoarding; and (6) natural disaster and repetitive behaviors. (Multimedia)

- [International Association of Chiefs of Police \(IACP\) Alzheimer's Initiative](#) , IACP. Funded by the Department of Justice, this website provides various resources to help first responders improve their knowledge and skills to safeguard people living with dementia. Topics addressed include Alzheimer's warning signs among drivers, responding to investigations related to missing persons with Alzheimer's disease and dementia, search protocols for someone with Alzheimer's and dementia, and locative technologies. (Multimedia)




Hospital and Health Care Organizations

- [Creating Dementia Capable Health Systems](#) , Alzheimer's Los Angeles. This webpage contains various resources to assist health care organizations and health plans create dementia-capable systems of care. The site includes advocacy tips and tools for working with health care organizations, training materials for dementia care specialists, a dementia care toolkit with assessment instruments and care plans, and a referral form to help health care providers link patients to Alzheimer's Los Angeles. (PDFs).
- [Improving Dementia Care: Getting Started](#) , Center to Advance Palliative Care. This toolkit is designed to help health care organizations improve the quality of care delivered to individuals living with dementia and their families. Specifically, this toolkit helps organizations perform a gap analysis to understand what services they do and do not offer to people living with dementia, design interventions to identify and support people living with dementia and their caregivers in the community, and train staff in the clinical and communication skills necessary to support individuals living with dementia and their families. (PDF)


Primary Care Providers and Other Health Care Professionals

- [Alzheimer's Association Clinical Education Center](#) , Alzheimer's Association. This webpage includes a number of online Alzheimer's and Dementia courses for scientists, clinicians, physicians, and dementia professionals. (Webpage)
- [Alzheimer's and Dementia Care ECHO Program for Clinicians](#) , Alzheimer's Association. This dementia ECHO Program connects dementia care experts and health care teams from primary care practices in interactive case-based video conferencing sessions. The program aims to enhance primary care providers understanding of dementia and emphasizes high-quality, person-centered, community-based care. (Website)
- [Alzheimer's Caregiver Education \(ACES Webinars\)](#) , UCLA Health. This webinar series addresses the needs and concerns of caregivers, loved ones and anyone touched by

Alzheimer's disease. Sample topics include Diagnosis and Management of Vascular Dementia, Falls Prevention in People with Dementia, and Driving and Dementia. (Webinars)

- [Assessing Cognitive Impairment in Older Patients](#), National Institute on Aging. This website provides links to resources related to assessing memory loss or dementia including the importance of cognitive assessment, benefits of early screening, determining when to screen, and finding time for screening. (Webpage)
- [Indian Country Dementia ECHO Program](#) , Indian Country ECHO. This dementia ECHO program is designed to support the Indian Health Service, Tribes and Tribal organization, and urban Indian organization clinicians and caregivers to strengthen their knowledge and care regarding dementia for tribal patients. The ECHO program is geared toward clinicians and staff serving American Indian and Alaska Native people throughout Indian Country, Title VI programs and facility staff, staff of tribal skilled nursing facilities and assisted living, and caregivers of people with neurocognitive disorders. (Website)
- [KAER Toolkit](#) , The Gerontological Society of America. This toolkit, Fall 2020 Edition, can be used to support primary care teams when implementing a comprehensive approach around brain health, detecting and diagnosing dementia, and providing individuals with community-based supports. Practical approaches, educational resources, and validated clinical tools are included in the toolkit. (PDF)
- [Mini-Course: Alzheimer's Disease and Related Dementias](#) , University of Washington, Alzheimer's Disease Research Center. This webpage includes four presentations on brain aging, clinical essentials, vascular dementia, and a new research framework for Alzheimer's disease and related dementias. (Multimedia)
- [Talking with Your Older Patient](#), National Institute on Aging. This webpage features several tip sheets on doctor-patient communication and how to talk with older patients. Topics include obtaining an older patient's medical history, promoting wellness in older patients, and talking with older patients about sensitive topics. (Webpage)




School Personnel

- [Advocating for Friends and Family: Building Empathic Responses](#) , Wisconsin Department of Health Services and Wisconsin Department of Public Instruction. This lesson is designed for health educators and supplements existing curriculum about brain health. Students will be able to describe accurate functional health knowledge related to dementia, resulting in a heightened sense of empathy, which will allow the student to develop a plan to advocate for the health of self, friends, family, and community. (PDF)




- [A Public Health Approach to Alzheimer’s and Other Dementias](#), Centers for Disease Control and Prevention (CDC). This training curriculum includes four modules on cognitive health, cognitive impairment, and Alzheimer’s disease for use by undergraduate faculty in schools and programs of public health. The modules can be used individually or in their entirety with the goal of emphasizing the impact of Alzheimer’s disease and dementia and the role of public health. The curriculum was developed by the Alzheimer’s Association in partnership with Emory University’s Rollins School of Public health as part of a cooperative agreement with CDC. (PDF)

Understanding Behavioral Symptoms

As dementia progresses, individuals will communicate their needs through their behavior when words become too difficult. Person-centered care requires understanding the possible underlying causes of the behavioral symptoms of dementia and tailoring one’s response so that it meets individuals’ needs. Underlying causes can be attributed to physical health, psychological and social well-being, the environment, and the complexity of a task. Applying what is known about individuals such as preferences, daily routine, hobbies, family and friends, and personal history can contribute to a meaningful response.

- [Aggressive Behavior in People with Dementia](#) , UCLA Alzheimer’s and Dementia Care Program. This training provides information on the causes of verbal and physically aggressive behavior in people with advancing dementia. Participants will learn behavioral management techniques to help reduce and manage aggression. (Webinar)
- [Caregiver’s Guide to Understanding Dementia Behaviors](#) , Family Caregiver Alliance. This webpage provides practical strategies for managing behavior challenges and communication difficulties often encountered when caring for a person living with dementia. (Multimedia)
- [Understanding and Responding to Dementia-Related Behavior](#) , Alzheimer’s Association. This training focuses on understanding behavioral messages, identifying behavior triggers, and learning how to manage some behavioral challenges of Alzheimer’s disease. (Web-based training)
- [Understanding Behavioral Changes in Dementia](#), Lewy Body Dementia Association. This resource includes information on various issues related to behavior change in dementia such as effective communication, benefits of exercise, wandering, and managing sleeping problems. (Webpage, PDF)

Other Related Resources

- [Caregiver Tip Sheets](#) , Alzheimer's Los Angeles. A series of tip sheets on various topics. Includes suggestions on how to handle everyday challenges and situations. All tip sheets are available in English and Spanish. Some tip sheets are also available in Japanese and Chinese. (Website, PDF)
- [How to Respond to Challenging Behavior and Provide Care to a Family Member with Dementia](#) , Wisconsin Department of Health Services. This training discusses basic information about dementia and describes strategies for family caregivers to consider when providing care to someone when their behavior has changed because of dementia. It also includes information on supporting family members who provide care for a person living with dementia and how family caregivers can care for themselves. (Web-based training)
- [IDEA!](#) , Alzheimer's Greater Los Angeles. This simple three-step strategy is designed to assist caregivers with understanding a specific behavior and strategies for addressing the behavior. It is available in English and Spanish. (PDF)
- [Neuropsychiatric Symptoms of Dementia](#), Alzheimer's Association, Heart of America chapter, and Kansas Department on Aging. This guide describes common behavioral symptoms of dementia, possible reasons for behaviors, and specific interventions. The guide is a reference tool with tabbed sections for professionals working with people with dementia. (PDF)