

ALH A009N: PERSONAL CARE AIDE III: CAREGIVING SKILLS TO ASSIST CLIENTS WITH ALZHEIMER'S AND DEMENTIA

Item	Value
Curriculum Committee Approval Date	10/21/2020
Top Code	129900 - Other Health Occupations
Units	0 Total Units
Hours	18 Total Hours (Lecture Hours 18)
Total Outside of Class Hours	0
Course Credit Status	Noncredit (N)
Material Fee	No
Basic Skills	Not Basic Skills (N)
Repeatable	Yes; Repeat Limit 99
Open Entry/Open Exit	No
Grading Policy	P/NP/SP Non-Credit (D)

Course Description

This course provides an overview of Alzheimer's and dementia including signs, symptoms, brain pathophysiology, diagnosis, treatment, and strategies for successful caregiving skills. It will teach students about the physical, emotional, cognitive and behavioral changes that may occur with the progression of the disease. The class will focus on important health and safety considerations for the clients as well as for the Personal Care Aide when working with someone with Alzheimer's and other types of dementia. ALH A009N is part of the Personal Care Aide Certification Program which is designed to facilitate successful entrance into the healthcare field as a Personal Care Aide. Students interested in completing the program should also register for ALH A001N and ALH A002N. Noncredit. ADVISORY: No felony convictions. NOT DEGREE APPLICABLE. Not Transferable.

Course Level Student Learning Outcome(s)

1. Students will demonstrate knowledge and understanding of Alzheimer's and dementia to provide quality care, specifically in: how these diagnoses will affect their roles as Personal Care Aides; how the diagnoses can affect the family and caregivers; how to provide safe and effective care; how communication strategies are key and may change through various phases.

Course Objectives

- 1. Recognize signs and symptoms of dementia.
- 2. Identify the effect each stage of dementia has on older adults.
- 3. Recognize the effect dementia has on the older adults' loved ones and caregivers.
- 4. Explain how you can maximize the person with dementia's functional abilities.
- 5. Identify communication strategies through the different phases of disease progression.
- 6. Identify safety considerations and techniques.

Lecture Content

Introduction to Dementia Prevalence In the World In the U.S. In Various Settings Definition Common Types Differential Diagnoses Signs and Symptoms How Dementia Differs from Normal Aging Diagnosis Understanding Dementia How the Brain Works Pathophysiology Risk Factors for Dementia Possible Prevention Strategies Stages of Dementia Physical Changes Social/Emotional Effects and Reactions Dementia Related Behaviors Secondary Victims Safety Considerations Communication Techniques Effect on Communication Positive Strategies Negative Communication to Avoid Behavior Management Sources of Behavior Medical/Environmental/Physical/Family Stress Factors Common Behavioral Symptoms Problem Solving Solutions for Managing Specific Behaviors General Tips Defusing Techniques to Cope with Resistant Behaviors Documenting Behaviors Providing Person-Centered Care Promoting Independence in the Various Stages Cultural Awareness ADL Care Functional Abilities by Stage Feeding Considerations/ Techniques Hygiene and Personal Care Mobility Contracture Prevention/ Management Assisting with Treatment Pharmacological Treatments Non-Pharmacological Strategies Creating Meaningful Activities Group vs Individual Activities Productive Activities Leisure Activities Music Art Exercise Sensory Psychological and Physio logical Benefits of Touch Physical Environment Working with the Family Impact of Dementia on the Caregiver Family Struggles in Each Stage Cost Grief Process Support Groups Strategies for Working as a Team with Family Members

Lab Content

A. Identifying appropriate Communication Strategies Based on Stage. B. Identifying Home Environment and ADL Safety Awareness. C. Identifying and Developing Appropriate Activities Based on Stage.

Method(s) of Instruction

- Enhanced NC Lect (NC1)
- Online Enhanced NC Lect (NC5)
- Live Online Enhanced NC Lect (NC9)

Instructional Techniques

Instruction will be delivered via lecture, video, class discussions, problem solving, and case studies.

Reading Assignments

Students will be required to read from instructor handouts and fill in answer/critical thinking sheets approximately 3 hours/week.

Writing Assignments

Students will complete fill in answers from handouts and provide a written evaluation of a personal, professional or societal encounter/ observation of someone with dementia and it would affect the role of a caregiver. (2 hours)

Out-of-class Assignments

Reading of handouts and reviewing provided case studies and critical thinking sheets. (2 hours)

Demonstration of Critical Thinking

Students will evaluate case studies, students will be able to identify key issues and strategies/techniques to when prompted by instructor.

Required Writing, Problem Solving, Skills Demonstration

Correct fill in answers on instructor provided handouts and quizzes; students will complete a written paper about an experience or observation of someone with dementia and its implications for a PCA.

Eligible Disciplines

Health care ancillaries (medical assisting, hospice worker, home care aide...: Any bachelor's degree and two years of professional experience, or any associate degree and six years of professional experience. Health care ancillaries (medical assisting, hospice worker, home care aide...: Any bachelor's degree and two years of professional experience, or any associate degree and six years of professional experience.

Other Resources

1. Instructor handouts.