

How to Use This Manual

This program is divided into three training modules. Each module requires about a three-hour session and includes several parts: an agenda, goals, a description of each overhead, handouts, and an evaluation form. The lecture and case examples should incorporate the trainers' professional or personal experience and should aim to supplement the information printed on the overheads. Finally, a glossary of common terms can be found at the end of the manual.

PowerPoint Presentations

The PowerPoint presentations should be used by trainers to guide their own explanation of the medical facts. Notes for trainers are embedded in the PowerPoint files. It is recommended that trainers enhance the text by supplementing it with cartoons, illustrations, and photos, if at all possible. We also recommend using the PowerPoint tools to create handouts for the participants.

Recommended Reading for Trainers

Prior to training, it is suggested that the trainers read or review the following journal articles or books. These publications are essential for understanding current thinking about dementia and dementia care. Much of this material may be available for loan or purchase through the local chapter of the Alzheimer's Association or the ADEAR Center. We advise that the first publication listed under each module be the minimum required reading but you should be familiar with all of these publications.

For Module One:

1. Progress Report on Alzheimer's Disease. Bethesda, MD: National Institutes of Health, National Institute on Aging, NIH.
2. Mace, N.L. & Rabins, P. (1999). *The 36-Hour Day*. Third edition, Baltimore: The Johns Hopkins University Press.
3. National Institutes of Health. (1994). *Working with Your Older Patient: A Clinician's Handbook*. Department of Health and Human Services, NIH Publication 93-3453. Bethesda, MD: National Institutes of Health. This publication is out of print, but you can view it online at: <http://www.nia.nih.gov/health/pubs/clinicians-handbook/>
4. Kuhn, D.R., Ortigara, A., & Farran, C.J. (1997). A continuum of care in Alzheimer's disease. *Advanced Practice Nursing Quarterly*, 2, 15-21.
5. National Institute on Aging. (2002). *Talking with Your Doctor: A Guide for Older People*. Bethesda, MD: National Institutes of Health. Available through the ADEAR Center (1-800-438-4380) or online at: www.nia.nih.gov/health/pubs/talking/talkwithdoc.pdf.

The Growing Challenge of Alzheimer's Disease in Residential Settings: Introduction

For Module Two:

6. Davis, R. (1989). *My Journey into Alzheimer's Disease*. Wheaton, IL: Tyndale House Publishers. ISBN: 0842346457.
7. Kuhn, D. (1999). *Alzheimer's Early Stages: First Steps in Caring & Treatment*. Alameda, CA: Hunter House Inc. Publishers. ISBN: 0897932625.
8. Post, S. G. (2000). *Moral Challenges of Alzheimer's Disease: Ethical Issues from Diagnosis to Dying* (second edition). Baltimore: The Johns Hopkins University Press. ISBN: 0801864100.
9. Rau, M.T. (1993). *Coping with Communication Challenges in Alzheimer's Disease*. San Diego: Singular Publishing Group, Inc. ISBN: 1879105764.
10. Strauss, C.J. (2002). *Talking to Alzheimer's: Simple Ways to Connect When You Visit with a Family Member or Friend*. Oakland, CA: New Harbinger Publications. ISBN: 1572242701.
11. Robinson, A., Spencer, B. & White, L. (1988). *Understanding Difficult Behaviors: Some practical suggestions for coping with Alzheimer's disease and related illnesses*. Ypsilanti, MI: Geriatric Education Center of Michigan. ISBN: 9991249508.

For Module Three:

12. Alzheimer's Association (2001). *Residential Care: A Guide for Choosing a New Home*. Chicago: Alzheimer's Association.
13. White, L. and Spencer, B. (2001). *Moving a Relative with Memory Loss*. Santa Rosa, CA: Whisp Publications. ISBN: 0970760906.
14. Coughlan, P.B. (2000). *Facing Alzheimer's Disease: Family Caregivers Speak*. iUniverse.com, Inc. ISBN: 0595008038.
15. Haisman, P. (1998). *Alzheimer's Disease: Caregivers Speak Out: A Guide to Understanding and Coping*. Chippendale House Publishing. ISBN: 0966227204.
16. National Institute on Aging. (2002). *Caregiver Guide: Tips for Caregivers of People with Alzheimer's Disease*. NIH Publication No. 01-4013. Available from the ADEAR Center (1-800-438-4380) or online at www.alzheimers.org/pubs/careguide.htm.

Recommended Videos

Some educational videos will need to be rented or purchased. Videos can be very effective teaching tools so we highly recommend using them. We recommend these five titles but there may be others that serve similar purposes. Links to ordering information are provided at www.alzheimers.org/caregiving/challenge.htm.

The Growing Challenge of Alzheimer's Disease in Residential Settings: Introduction

For Module One:

The Alzheimer's Care Kit: Signs and Symptoms of Alzheimer Disease. This 33-minute video is the first in a series. It shows Dr. Peter Rabins talking with several individuals at different stages of Alzheimer's disease. This is a good introduction to the progression of the disease. Forgetfulness, confusion, loss of ability to do simple tasks, and other cognitive impairments are both demonstrated and explained.

For Module Two:

Alzheimer's Disease: Inside Looking Out. This 18-minute video produced by the Cleveland Area Chapter of the Alzheimer's Association features several individuals in the early stage of the disease as well as interviews with their family members. This is a very personal view of the disease from the perspective of those directly affected. Meaningful activities and social support to enhance the quality of life for those with the disease are emphasized in this fine video.

Assessing the Mental Status of the Older Person. In this 34-minute video, Dr. Peter Rabins uses the Mini Mental State Examination (MMSE) to assess the brain functions of several older individuals who vary from normal to severely impaired. The MMSE is the most widely used screening tool for dementia. The video describes how to administer this tool and illustrates the range of symptoms commonly seen among people with dementia. To purchase or rent this video call Video Press at 1-800-328-7450.

For Module Three:

Losing It All: The Reality of Alzheimer's Disease. This film was produced by Home Box Office (HBO) in 1988 but still has currency today. The 15-minute segment involving a woman with AD living alone in her home in Oregon raises important issues about autonomy, safety, and the role of the family.

Complaints of a Dutiful Daughter. This 45-minute documentary was nominated for an Academy Award in 1995 and has won numerous other awards. Filmmaker Deborah Hoffman chronicles her mother's Alzheimer's disease from the point of caring for her at home to the transition to a nursing home. The last 15 minutes of this video focuses on the difficult decision of placing a loved one in a nursing home.

Give Us Feedback

If you have questions or comments about the use of this training material, please write or call:

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