Dementia Education and Training Resources for Long-Term Care: a selected list

Prepared by the J.W. Crane Memorial Library, University of Manitoba Health Sciences Libraries
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This document is designed as a guide to selected, recent resources on dementia care education and training. Many of the resources listed are available at the J.W. Crane Memorial Library, University of Manitoba Health Sciences Libraries, or are freely accessible on the Internet.

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Background Reading


Fleming R, Fitzgerald D. Large-scale training in the essentials of dementia care in Australia: Dementia Care Skills for Aged Care Workers project. *International Psychogeriatrics* 2009;21(SUPPL. 1).


Hughes S, Reed PS. A nationwide performance measurement system to assess professional training in Dementia Care. *Alzheimer's Care Today* 2010;11(2):100-108.


http://www.gov.mb.ca/health/documents/alzheimer.pdf#search=%22alzheimer%20strategy%22


Rasin J, Kautz DD. Knowing the resident with dementia. Journal of Gerontological Nursing 2007 Sep;33(9):30-6.


Training Programs and Manuals

Books:


Basting AD. **Forget memory : creating better lives for people with dementia.** Baltimore: Johns Hopkins University Press; 2009.


Continuing Gerontological Education Cooperative. **Intimacy, sexuality and sexual behaviour in dementia.** Hamilton, ON : Continuing Gerontological Education Cooperative, [2002].

Cook A. **Dementia and well-being: possibilities and challenges.** Edinburgh: Dunedin; 2008.


Crawley, Helen. **Food, drink and dementia: how to help people with dementia eat and drink well.** Stirling, Scotland: University of Stirling, 2002.


Dementia Services Development Centre. **Dementia skill starters: a set of six workbooks covering key areas of dementia care.** 2nd ed. Stirling, Scotland: Dementia Services Development Centre, University of Stirling, 2010.


Videos and Kits:


Alzheimer’s Association, Eastern North Carolina Chapter. Accepting the challenge: providing the best care for people with dementia, 2003. DVD (3 hrs.) Through interactive classroom lecture, demonstration and on-site interactions with Alzheimer patients, this DVD helps professional caregivers to provide the best care for people with dementia.

Bays M. *Ex memoria*. Bradford: Bradford Dementia Group, 2006. DVD (15 min.) *Ex Memoria* takes us into a day in the life of Eva, a Holocaust survivor, putting us face to face with one person’s experience of old age. Boldly confronted with Eva’s lived reality as she weaves together the momentary, the half-remembered, and the partly-imagined, we witness her troubled past returning to haunt the present.

Belville, P. K.; *The virtual dementia tour*. Alpharetta, GA : Second Wind Dreams, 2001. (1 manual + 1 audiocassette + 1 pair goggles). The VDT was developed as sensitivity training for staff in skilled nursing facilities and assisted living communities. It simulates dementia conditions to help staff experience the handicaps of dementia.

**Breaking the silence: giving voice to persons living with dementia.**. Waterloo, Ont.: University of Waterloo, 2004. VHS (20 min.) This video offers persons with dementia and their families a chance to speak for themselves by sharing their lived experiences.

Calkins, Margaret P.; Briller, Sherylyn H.; Proffitt, Mark A.; Perez, Kristin. Creating successful dementia settings series. Baltimore: Health Professions Press. *Understanding the environment through aging senses*. Minimizing disruptive behaviors; book and VHS (21 min.) Enhancing identity and sense of home; book and VHS (33 min.); Maximizing cognitive and functional abilities. Book and VHS (40 min.)

Chapman, Alan; *Darkness in the afternoon*. Stirling, Scotland : University of Stirling, 2002. VHS (15 min.) *The video portrays a situation between two people: Marie who has dementia, and her husband, whom she sees as a threatening stranger. The story is seen through the eyes of Marie and her reality. The difference between this reality and how she appears to others is vividly portrayed as the story ends.*


**Dementia and Alzheimer’s caregiving: through the looking glass.** Belleville, ON: Electrolab, 2002. VHS. (20 min.) *This video describes the Alzheimer’s disease process and symptoms that occur during the stages of illness.*

**Dementia and nutrition: helping prevent nutritional and fluid deficiencies.** DVD, (24 min.)

**Dementia in long term care [videorecording]: how dementia affects care planning.** Cincinnati, Oh: ElderCare Communications, 2008. DVD, 29 min.

**Dementia with dignity.** Irvine, Ca: Concept Media, 2006. DVD. The first three programs in this series demonstrate not only how to greatly enhance the elder’s quality of life but also the importance of creating a safe environment. In addition, they illustrate practical strategies for dealing with many of the effects of dementia, including combative or uninhibited behavior, sleeplessness, wandering, delusions, and anxiety. The fourth program, narrated by Anne Meara, deals with sexuality of elders living in
residential facilities. It shows various sexual expressions, the effect of those expressions on others, and methods to allow freedom of sexual expression while maintaining a comfortable environment for other residents and staff.

**Detecting discomfort in dementia: focus on behaviors: what nursing assistants need to know about pain** / video written and produced by Karen Stevenson...[et al.]. [Madison, WI] : Resource center of the American Alliance of Cancer Pain Initiatives, University of Wisconsin Board of Regents, c2006. DVD (13 min.) An educational video that provides a framework for and examples of behaviors that suggest the presence of discomfort in persons with dementia. It also suggests ways in which nursing assistants can help identify and contribute to the care of persons in pain.

**End of life care in dementia.** Shavertown, PA : Geriatric Video Productions, 2008. DVD (28 min.). This program is designed to educate staff to utilize a person-centered approach to provide care that meets resident needs regarding end-of-life care; develop flexible care plans that can adapt to changes in a resident's needs and wishes; minimize resident physical, emotional and spiritual distress; ensure open communication between the resident, proxy decision maker, family and care team; provide support to families, other residents and staff members when an individual is dying and after death has occurred.

Griffin, Randy; Clark, Betsy. **S.A.F.E. response techniques in crisis situations: a training video with supportive printed materials** s.l., Connecticut : Alzheimer Resource Center of Connecticut, 2002. VHS (22 min.) + guidebook. This video and workbook address the specialized needs of individuals with Alzheimer's Disease and focuses on appropriate safe responses during crisis situations. Geared for the experienced caregiver working in the field of dementia, the workbook should be used as a general review for addressing verbal communication techniques. The video portion of this program focuses on appropriate safe verbal and physical responses during crisis situations.


Hicks C. **Dementia: treatments and potential cures: a film.** 2008. DVD, (26 min.). This program spotlights promising medical trials aimed at halting the mental and physiological tragedy of dementia. Linking the disease to organic neuronal damage, the film focuses on the development of medicines and vaccinations that could potentially cure it. Viewers are also introduced to therapeutic methods that make dementia less frightening and may help to relieve sufferers on the journey into a world devoid of memory.

Hoffman J. **The Alzheimer's project.** Hamilton, NJ: Films for the Humanities and Sciences, 2009. DVD, (533 min.). The Alzheimer's project features a four-part documentary series: The memory loss tapes; Grandpa, will you remember me?, Caregivers, and Momentum in science), 15 short supplemental films, a website, and a nationwide community-based information and outreach campaign, to capture what it means to experience the disease, to be a child or grandchild of one who suffers, and to care for those who are affected.
Homefirst Community Trust. **Coping with Maggie - caring for Margaret**: communicating through behaviour: a person-centred approach to caring for people with dementia. Ballymena, Ireland: Homefirst Community Trust, 2002. VHS (55 min.) This video offers insight into the subjective world of people with dementia. The video follows Margaret as she strives to maintain her dignity and composure as the world she knows disintegrates. Also portrayed is the care delivered to her, often with good intentions, but at times insensitively.

Hudson V. **Communicating with older adults: dementia.** Carrollton, Tex: Critical Information Network, 2009. DVD, (26 min.). This activity is designed to help those caring for elderly people understand the communication barriers that people with vision, hearing and memory impairments are functioning under and to suggest ways to overcome them.


Jordan P. **Tomorrow is another day.** London, Eng.: Alzheimers Society, 2009. DVD (69 min.)+ CD-ROM. A comprehensive training programme designed for anyone supporting people with dementia. It offers a wealth of up to date information for providing effective dementia care training for health and social care staff, as recommended in the National Dementia Strategy. The DVD contains footage featuring people with dementia, their families, professional carers, as well as commentary from experts in dementia care. The CD ROM contains all learning notes, exercises, and facilitators’ note.

Kany KA. **Avoiding restraints in older adults with dementia.** Chicago: Terra Nova Films 2009? DVD (41 min.). Explores interventions healthcare providers can use to avoid chemical and physical restraints in older adults with dementia. The DVD covers the consequences of using restraints, as well as practical alternatives to restraints, including furniture design, bed and chair alarms, protective belts, and arm sleeves. It also discusses cognitive impairment and the use of restraints, and how to proceed when restraints are deemed necessary.

Kany KA. **Communication difficulties: assessment and interventions in hospitalized older adults with dementia.** Chicago: Terra Nova Films, 2009? DVD, (41 min.). Although dementia may reduce expressive and receptive abilities, persons with cognitive loss are still able to communicate long after language abilities and understanding diminish. This DVD discusses ways to assess the expressive and receptive skills of older adults with dementia or other medical conditions. It offers a number of interventions caregivers can apply, including the use of a 9-question assessment and intervention tool that promotes better overall communication and patient safety.

Kany KA. **Delirium: the under-recognized medical emergency.** Chicago: Terra Nova Films 2009? DVD (51 min.). Documenting two episodes of delirium--one in a patient with no underlying cognitive impairment, and one with some signs of memory loss--this DVD identifies the 4 key elements of the Confusion Assessment Method (CAM) for assessing delirium. The DVD also explains Delirium.
Superimposed with Dementia (DSD), distinguishes between hyperactive, hypoactive, and mixed delirium, and documents the factors that increase risks for delirium.

Older adults with dementia often have an added risk of poor nutrition and hydration, due to cognitive loss. The Edinburgh Feeding and Dementia Scale equips caregivers to observe the older adult for eating or feeding difficulties, and target specific interventions that increase nutritional intake. Includes suggestions on when and how often to do an assessment to ensure accuracy. Caregivers will also find helpful insights on how and older adult's ability to eat is affected by late-stage Alzheimer's.

Kany KA. Wandering in hospitalized older adults with dementia. Chicago: Terra Nova Films, 2009. DVD (42 min.)
This DVD shows caregiver staff how to integrate best practices in the prevention of wandering and elopement (wandering away), specifically in older adults with dementia. Potential triggers for these behaviours are outlined, along with proper screening of patients for risk factors. Emphasis is placed on preventive aids to reduce wandering, and the importance of understanding why patients tend to wander. The DVD provides an informative discussion on staff awareness of relevant security and HIPAA policies, if an elopement should occur.

Kany KA. Working with families of hospitalized older adults who have dementia. Chicago: Terra Nova Films, 2009? DVD (41 min.)
The benefits of improving care of hospitalized older adults who have dementia, by tapping into the wealth of information family members can provide, is shown in this pre-admission screening. The DVD shows the importance of identifying normal behavior patterns, individual preferences, and ADL capabilities, with the ultimate goal of preventing avoidable problems, and improving outcomes. How hospitalization can affect patients is also discussed, along with delirium prevention and fall prevention protocols.

Keya BO. Understanding dementia: the caregivers notebook. Chicago, Ill: Terra Nova Films, 2007. DVD, 42 min. This program helps caregivers understand the causes of many dementia-related behaviours. It gives simple strategies to prevent or redirect these behaviours while providing emotional and physical care to the person.


Murray Alzheimer Research and Education Program. I'm still here : a research-based drama on living with dementia. DVD (56 min.) Waterloo, Ont. University of Waterloo, 2006. I'm Still Here uses the power of theatre to challenge attitudes and create understanding about the complexities of day-to-day living for persons, families, friends and health professionals who are touched by dementia.

Oh dear, what can the matter be? Stirling, Scotland: University of Stirling, 2004. VHS (18 min.) This video is about encouraging people with dementia to stay active by focusing on everyday activities, life story work, risk assessment and hip protectors.
Oh good, lunch is coming: a programme to help staff to encourage people with dementia to eat and drink well. Stirling: University of Stirling, 2002. VHS (20 min.) This programme is about encouraging people with dementia to eat and drink well. It covers lunch clubs, menu choices, Vitamin D deficiency, swallowing problems, and ideas to stimulate appetite.

Oral care for residents with dementia. [Toronto, ON]: Registered Nurses Association of Ontario, 2007. DVD (16 min.) Based on the RNAO Best Practice Guideline Oral Health: Nursing Assessment and Interventions.

Partners in care: a training package for involving families in dementia care homes. DVD (30 min.) London: Jessica Kingsley, 2008. This training package, part of the Bradford Dementia Group Good Practice Guides series, comprising a booklet and DVD, is designed to encourage family participation in the care home and develop a constructive partnership between staff in care homes, families and people with dementia. The DVD and booklet provide material for four separate training sessions for use by mixed groups of relatives and care home staff.


See me. Irvine, Ca.: Concept Media, 2001. DVD. (10 min.) Suggested by a poem of an unknown author, this film urges the viewer to see the individuality - the talents, the rich family history, and the ageless person - residing inside the lined faces and time-worn bodies of the elderly. For adult caregivers, students of lifespan human development, and anyone in the helping professions. Deals with attitude to aging.


Strategies for dementia communication skills for professional caregivers.
Eugene, OR : ORCAS, Inc., 2000. 4 videocassettes + 1 facilitator's guide; Contents: pt. 1: Dementia overview (13 min.) -- pt. 2: Speaking skills (21 min.) -- pt. 3: Redirecting skills (19 min.) -- pt. 4: Communication cards (17 min.)

Switching on a light: An introduction to life story work and people with dementia. Stirling : Dementia Services Development Centre, University of Stirling, c2007. DVD (8 min.) This DVD demonstrates what is meant by life story work and how this can be used with people with dementia. Filmed in a nursing home and using interviews with practitioners and people with dementia, the benefits for those involved are considered. An accompanying booklet gives more detailed information about getting started and the issues that need to be considered, and provides a suggested outline for a training session.


Understanding dementia: how dementia affects your care giving decisions. Cincinnati, Oh: ElderCare Communications, 2008. DVD, 26 min.

Yesterday, today, tomorrow: providing quality dementia care. Long Rock, Penzance : Alzheimer's Society - QCI, 2002. VHS (90 min.). A video training program for care staff, featuring interviews with people with dementia, their families and their carers. The package is divided into eight sessions. Handouts and notes for facilitators are provided.

On the Web

"Dementia Education Online" was developed by the Eastern Australia Dementia Training & Study Centre with funding from the Australian Government as part of the "Dementia: A National Health Priority" initiative.


Alzheimer’s Disease Education and Referral Center. http://www.nia.nih.gov/Alzheimers
Alzheimer’s Society UK  
http://www.alzheimers.org.uk/Working_with_people_with_dementia/index.htm
Designed for health professionals, this section of the Alzheimer’s Society site provides excellent publications, fact sheets on quality care, and dementia awareness training. Includes:

- My name is not dementia: people with dementia discuss quality of life indicators. 

Canadian Dementia Resource and Knowledge Exchange  
http://www.dementiaknowledgebroker.ca/  
The Canadian Dementia Resource and Knowledge Exchange (CDRAKE) is a free, virtual network that brings together practitioners in dementia care to: support the learning needs of people seeking practice change; facilitate quick and easy access to the best knowledge for continuous quality improvement; stimulate, support and share innovations; build and strengthen collaborative partnerships between stakeholders and foster direct links between knowledge users and producers.

Cantley C; Wilson RC. “Put yourself in my place”: designing and managing care homes for people with dementia. Available in PDF at  

Dementia Care Australia. Spark of Life  
http://www.dementiacareaustralia.com/  
This site provides materials for educating staff on the Spark of Life Approach, developed by Jane Vertifuy, a leading authority on person centred dementia care.


Demystifying dementia care education  
The Demystifying Dementia care education package was developed by the Learning and Development Unit of Anglican Retirement Villages and funded through the Australian Government, Department of Health and Ageing under the Support for Aged Care Workers Program. It contains full instructions for trainer and assessors as well as a participant’s guide.

GeroNurseOnline  
http://www.geronurseonline.org  
is the official geriatric nursing Web site of the American Nurses Association (ANA). It was developed through the Nurse Competence in Aging initiative, to provide information regarding nursing care of older adults

Huron Woods Alzheimer’s Research Program. Dementia Care Series: Caring Sheets: thoughts and suggestions for caring.  
http://www.dementiacoalition.org/resources/caring.php
A series of concise guides on a variety of topics including: moving persons with dementia: safety after hip surgery: transferring persons with dementia, and many more.
John A. Hartford Center of Geriatric Nursing Excellence
http://www.nursing.uiowa.edu/hartford/nurse/more_training.htm
Training manuals, products, modules and links to other sites that offer high quality educational products and services including:

- When you forget that you forgot: recognizing and managing Alzheimer’s type dementia.
  http://www.nursing.uiowa.edu/hartford/nurse/when_you_forget2.htm
- Back to the A-B-Cs: understanding and responding to behavior symptoms in dementia.
  http://www.nursing.uiowa.edu/hartford/nurse/back_abc.htm

John A. Hartford Foundation Institute for Geriatric Nursing
http://www.hartfordign.org/who_are_you/Staff_Development/
The education section of the site provides access to information on educational initiatives of this organization including the “Try this” series of assessment tools; designed to provide knowledge of best practices in the care of older adults that is: easily accessible, easily understood; easily implemented, and to encourage the use of these best practices by all direct care nurses.

Life and Minds.ca
http://www.lifeandminds.ca
Life and Minds is the web publication of the Canadian Dementia Knowledge Translation Network, or CDKTN. Established on March 31, 2008 through a 5-year CIHR grant, the CDKTN is a network for knowledge translation (KT) and exchange (KE) of research in Alzheimer’s disease and dementia.

Long-Term Care Best Practice Resource Centre
www.rgpc.ca/best/resources.cfm
is operated by The Regional Geriatric Program central (RGPC), located at St. Peter’s Hospital in Hamilton, Ontario. The RGPC is affiliated with McMaster University and sponsored by Hamilton Health Sciences. The site contains practical tools, presentations, newsletters and the BP Best Practice Blogger Series.

http://dspace.ucalgary.ca/bitstream/1880/43065/1/Final%20report.pdf
The purpose of this study was to design, develop, deliver, and evaluate an e-learning dementia care program aimed at enabling healthcare teams deliver better service to residents with dementia in long-term care.

Michigan Dementia Coalition.

- Developing meaningful connections with people with dementia: a training manual.
This manual, Developing Meaningful Connections with People with Dementia, provides a foundation for training in dementia that addresses all of the competencies. The guide identifies seven domains of competency that are important when providing care to people with cognitive impairments.
  http://www.dementiacoalition.org
  This guide is meant to help direct care workers identify the knowledge and skills needed for providing ideal dementia care.

My Home Life
  http://myhomelifemovement.org/
  is a UK based organization which aims to celebrate existing best practice in care homes and promote care homes as a positive option for older people. They aim to accomplish this through the development of a range of resources, events, practice development initiatives and other activities.


Ontario. Ministry of Health and Long-Term Care. U-First
  http://www.u-first.ca
  U-First! is an education program which includes a job aid tool (the U-First! Wheel) providing a common knowledge base, common language, common values and a common approach to providing care for persons with Alzheimer’s Disease and related dementias. On this site are links to resources, training programs, surveys, presentations, conferences, facilitators and organizations. The site map provides an overview of the content. The U-First! education initiative was part of the Ontario Government’s comprehensive multi-year provincial Alzheimer Strategy and sponsored by the Ministry of Health and Long-Term Care.

P.I.E.C.E.S.
  http://www.piecescanada.com
  P.I.E.C.E.S. is a best practice learning and development initiative that provides an approach to understanding and enhancing care for individuals with complex cognitive and mental health needs; it is a Model for Changing Practice. P.I.E.C.E.S. provides a systematic approach to the common issues, diagnosis and challenges of older persons at risk including those with aggressive behavior; a practical framework for assessment and supportive care strategies using a comprehensive interdisciplinary client-centred approach and a practical tool that promotes team dialogue and shared-problem solving.

POGOe
  http://www.pogoe.org
  The Portal of Online Geriatric Education (POGOe) is a free public repository of a growing collection of geriatric educational materials in various e-learning formats, including lectures, exercises, virtual patients, case-based discussions, simulations, as well as links to other resources. The Product Library contains over 500 training materials. An RSS feed for newly added products is available. Anyone can use POGOe and its resources at no charge, however user registration is required.
Social Care Institute for Excellence.
• Practice guide NICE/SCIE: Dementia: supporting people with dementia and their careers in health and social care (NICE clinical guide 42)
  http://www.scie.org.uk/publications/misc/dementiaguidelines.asp
  This guide is for health and social care staff who work with people with dementia and their carers, and those who work with older people and people with learning disabilities. This includes GPs, nurses, geriatricians, psychiatrists, social workers, care home managers and care staff. It also includes recommendations relevant to commissioners, managers and coordinators of health and social care.
• An introduction to the mental health of older people: e-learning.
  These e-learning resources are freely available, and through audio, video and interactive uses of technology, aim to raise awareness of key issues, research, messages, policies and approaches relating to the mental health of older people.

University of Stirling. Dementia Services Development Centre.
  http://dementia.stir.ac.uk/
  Academics, health and social care professionals, researchers and event organisers providing comprehensive dementia education and training, consultancy and research services. The library holds many of their publications. Free online newsletter.

Other J. W. Crane Library publications of interest:

• A guide to resources in evidence-based geriatrics
• Person-centred care and culture change in long-term care: a selected list
• Geriatric Nursing on the Web
• Now playing: videos on dementia

For these and other J. W. Crane Memorial Library publications, go to:
  http://umanitoba.ca/libraries/units/health/links/aging.html

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FAX: (204) 888-1805

Website: http://www.umanitoba.ca/libraries/units/health/deerlodge/