

## Want to Do More?

So what can you do to be more involved in raising awareness of Alzheimer's disease and supporting the goals of DCPA?

Participate each year in events during November—National Alzheimer's Disease Awareness Month. Be an ambassador of goodwill for families affected by Alzheimer's disease and related illnesses by hosting a ceremony as part of AFA's National Commemorative Candle Lighting, and talk to your employer about offering free memory screenings and providing educational materials about dementia and successful aging on AFA's National Memory Screening Day; you might be qualified to conduct the screenings at a participating site.

Help raise awareness of Alzheimer's disease while supporting AFA by purchasing AFA's new Hearts of Care Jewelry. The fine jewelry line consists of a necklace, bracelet and lapel pin, and its sterling silver pendant is designed to recognize the greatest act of love—Caregiving!

Contribute a panel to the AFA Quilt to Remember, the nation's first national dementia-related quilt that is of this grand a scale and that will expand in size with ongoing contributions for years to come. Consisting of large and creative quilt panels, the national initiative pays tribute to individuals with Alzheimer's disease or a related illness, caregivers and healthcare professionals—as well as focuses the nation's and the world's attention on care. Visit the AFA Quilt to Remember when it tours the country.

For details, visit [www.alzfdn.org](http://www.alzfdn.org) or call 866-AFA-8484.



322 Eighth Avenue, 6th Floor  
New York, NY 10001

## Get Involved!

**DCPA is your professional association, and your thoughts and involvement are important to us.**

By giving us the benefit of your experience and professionalism, DCPA will grow even stronger in its ability to serve your needs and represent your interests.

- Share experiences and ideas related to dementia care.
- Propose topics for new training and continuing education materials.
- Inform us about local issues where the organization's advocacy efforts might be helpful.
- Attend AFA educational/networking conferences in your state.
- Encourage others to join DCPA.

Contact DCPA at [CareDaily@alzfdn.org](mailto:CareDaily@alzfdn.org) or 866-232-8484.

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## AFA and DCPA Press Forward on Multiple Fronts to Raise the Bar on Care

### *Training Series Gets Nod for Continuing Education Credits*

Nurses and social workers in every state and territory of the United States can now obtain up to 17 continuing education units (CEUs) once they take Dementia Care Professionals of America's (DCPA) training programs and pass its exams.

Series 1, which covers essential information for the safe and effective care of individuals with Alzheimer's disease and all other types of dementia, has been approved for six CEUs.

Series 2, which offers vital insight into the intellectual, functional, psychiatric and behavioral changes that occur in individuals with various types of dementia, as well as comprehensive management interventions, grants an additional 11 CEUs.

For nurses, the continuing education credits are being offered in cooperation with The University of Alabama College of Continuing Studies, which is approved as a provider of continuing education in nursing by the Alabama State Nurses Association (ASNA). ASNA is accredited by the American Nurses Credentialing Centers Commission on Accreditation to approve continuing education units in nursing.

For social workers, the National Association of Social Workers has approved the series.

Trainees must pass a comprehensive exam included with each DVD-based series in order to obtain the credits. Passage of Series 1 and Series 2 also leads to qualification as an Alzheimer's Foundation of America (AFA) Dementia Care Provider and AFA Dementia Care Specialist, respectively.

### *AFA Establishes Excellence in Care Dementia Program of Distinction*

Professionals with dementia care experience now have the opportunity to further help raise the bar on care, through a new initiative by AFA that establishes a nationwide standard of excellence for dementia care settings.

AFA developed the Excellence in Care Dementia Program of Distinction in collaboration with top experts in the industry. It

consists of a comprehensive set of standards to reflect what it believes are essential components of a quality dementia care setting.

AFA will train professionals, called Excellence in Care Specialists, to conduct on-site evaluations at assisted living facilities, nursing homes and adult day programs of program activities, staff training, staff-client interaction, safety issues, and other features. The specialists will then consult with officials to help them achieve the program's standards.

DCPA members and other professionals who meet AFA's criteria can apply to become Excellence in Care Specialists; these paid consultants will undergo training, conduct evaluations in their communities, and assist care settings in meeting the standards and sustaining performance.

AFA will grant settings that successfully pass the evaluation the status of Alzheimer's Foundation of America Excellence in Care Dementia Program of Distinction.

"Just like DCPA, Excellence in Care represents another inroad in our efforts to raise the bar on dementia care, and it presents an exciting new opportunity to partner with DCPA members, their employers and other facilities in their communities to bring this to fruition," said Eric J. Hall, AFA's chief executive officer.

For more information, contact AFA at 866-AFA-8484.

### *DCPA Membership Hits Milestone*

DCPA has passed the 1,000-member mark, and continues to gain new members every day.

Barely two years old, DCPA now has members in 42 states, spanning coast to coast and including Alaska, Hawaii and the U.S. Virgin Islands.

Membership ranks include all levels of healthcare professionals, such as home health aides, recreational therapists, physicians, nurse practitioners, and social workers.

"Congratulations to our members are in order! Their participation and enthusiasm have enabled Dementia Care Professionals of America to enjoy the kind of growth rarely experienced by a young professional association," said Daniel B. Kaplan, AFA's director of social services and DCPA.

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## Person-Directed Dementia Care: A Value-Based Model

BY JIM KINSEY

Person-directed care is a philosophy that reflects individual choices related to care and focuses on the person as a whole rather than on a list of diagnoses, needs and losses. In contrast, traditional eldercare has emphasized meeting medical needs and completing tasks associated with those needs.

Person-directed care has its roots in the early 1990's with the formation of the Pioneer Network, a national advocacy group that champions changes in the care of elders and supports models where elders live in open, diverse, caring communities. Since, the Institute for Caregiver Education (IfCE), a nationally recognized educational organization, has strived to create a value-based model of person-directed care that can be drawn upon by all individuals involved in the care of elders.

The core values of this model of care are choice, relationships, respect, empowerment and community. Families and professional caregivers should apply each of these values to the care of persons with dementia by: allowing individuals to guide their own care decisions; strengthening relationships between the care team and family; respecting an individual's wishes and dignity; empowering each person involved in the care team to draw upon his or her unique perspective and insights; and building a true community that is equally invested in the health and happiness of the individual with dementia.

Choice is the fundamental principle of independence and is something we all hold dearly. With an early diagnosis of Alzheimer's disease and other dementias, it is often possible for these individuals to document their personal choices related to how they wish to receive care (i.e., where, when, how and from

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### 'Your Time to Care' DVD for Home-Based Caregivers Makes its Premiere

AFA is bringing dementia care home with a new training series specifically designed to educate healthcare professionals and families caring for individuals with dementia in the home environment.

The four-part DVD series, entitled "Your Time to Care: Basic Skills for Caring for Individuals with Alzheimer's Disease and Related Dementias at Home," covers Alzheimer's disease and dementia, principles of personal care, behavioral management and safety issues. It is geared toward both professional and family caregivers.

"Your Time to Care" takes into account different skill sets for situations that arise in the home versus an institutional setting, and gives caregivers a convenient resource to turn to as new challenges surface.

AFA produced the series with support from Interim HealthCare, a nationwide provider of home care and supplemental health care staffing.

The DVD is peppered with interviews with family caregivers

whom). These choices go beyond advanced directives and may include details on even the most common daily routines—bathing, eating, sleeping and socializing. For those individuals with more limited cognitive function, it is up to the family and professional caregivers to implement this value, making decisions based on their knowledge of the individual's wishes.

With person-directed care, a professional caregiver should explore the habits and preferences of the individual with dementia and pay special attention to a client's ongoing feedback. Many persons with dementia retain the ability to communicate their preferences through behaviors and emotions even after they have lost the ability to effectively use words. Caregivers should observe these non-verbal messages and continually assess the type of care being provided.

An important tool for exploring choices with both the client and family is creating a life history of the individual with dementia. Asking questions and writing a life history help caregivers look beyond the care tasks and discover the true person who is their client. This process also will assist the caregiver in building bonds of trust with family members and other individuals composing the care team. Relationship development is essential to providing care to a person with dementia, comforting the family and creating an atmosphere of mutual respect.

Respect is another vital component of relationship development. Persons with dementia may not always be able to express emotions, but they will often respond to being treated with respect and dignity. Like with the life history activity, respecting each individual will help caregivers know their client as a person. Developing relationships that emphasize respect will lead to a more positive caregiving experience for everyone involved.

Just as the caregiver exhibits respect for their clients and their clients' families, the whole care team should show respect for the

and Interim staff, who provide insight into daily challenges and practical suggestions.

To order "Your Time to Care," visit [www.alzfdn.org](http://www.alzfdn.org) or call 866-AFA-8484.

### In the Mailbox

*"The information taught in the Dementia Care Specialist Qualification Series was tremendous! I am not [a] medical [professional], but the information presented was understandable. I was able to watch a session in the evening and return to my dementia unit the next day, observing residents and talking to staff in an informed manner. I continue to review the discs as situations arise on the unit. I highly recommend the course."*

—Patricia Selby Roberts, QDCS,  
activities coordinator,  
Collingswood Nursing and Rehabilitation Center,  
Rockville, MD

knowledge and compassion of the caregiver—thereby empowering one another to make decisions that will ultimately benefit the individual with dementia.

When caregivers embrace choice, relationships, respect and empowerment, they are creating and implementing the final value: community. Community is a feeling of belonging that allows all members of the care team to develop a sense of ownership and responsibility for their roles, as well as a feeling of value for the special gifts they bring to the team. Community also creates the bonds of support that are essential for those providing care to older adults, and especially for those caring for persons with dementia. In addition, this sense of community allows individuals to feel connected and to avoid the debilitating experience of loneliness.

When the values of choice, relationships, respect, empowerment, and community are equally applied to all individuals, the transformation of the culture of aging can begin. By using each of these values every day, each caregiver is contributing to this important, growing movement and writing a new history for the profession of dementia care.

*Jim Kinsey is director of corporate development and product services at the Institute for Caregiver Education, Chambersburg, PA, a nonprofit organization that provides continuing education and professional development opportunities for healthcare professionals.*

## Person-Directed Dementia Care Test Questions

Staying current on discoveries about dementia, new care techniques and cutting-edge concepts is a must. Care Daily provides such information in every newsletter. Readers can take the quiz found in each issue to test their knowledge on these important concepts.

Professionals who have been sanctioned as Qualified Dementia Care Providers and Qualified Dementia Care Specialists can submit the quiz to DCPA and, with a passing score, will earn continuing education credits toward the renewal of DCPA qualifications.

### 1. Values associated with the IfCE model of person-directed care include all of the following except:

- a. Choice
- b. Respect
- c. Empowerment
- d. Individuality

### 2. The value of choice can be implemented for:

- a. Persons with early dementia.
- b. Persons without dementia.
- c. Persons with severe dementia.
- d. All of the above

### 3. To determine if they are providing appropriate choices for a client, caregivers should observe:

- a. The family's reactions.
- b. How long the tasks take to complete.
- c. The client's behaviors and reactions.
- d. None of the above

### 4. Life histories help build \_\_\_\_ with clients and families.

- a. Relationships
- b. Sadness
- c. Trust
- d. a and c

### 5. Life histories are important because they allow caregivers to see the \_\_\_\_ behind the task.

- a. Policy
- b. Person
- c. Procedure
- d. Purpose

### 6. Caregivers who are empowered are able to:

- a. Avoid making any decisions.
- b. Make decisions without the input of others.
- c. Make decisions with the input of the whole care team.
- d. Have supervisors make decisions.

### 7. Developing respectful relationships with clients will:

- a. Lead to a more positive caregiving experience for everyone involved.
- b. Absorb too much time from the caregiver's busy schedule.
- c. Help only the individual with dementia, and not the caregiver.
- d. Cloud the lines of authority between client and caregiver.

### 8. Empowerment can be created by:

- a. Caregiver respect for the knowledge and compassion of clients.
- b. Caregiver respect for the knowledge and compassion of clients' families.
- c. The care team showing respect for the knowledge and compassion of the caregiver.
- d. All of the above

### 9. Feelings of belonging and valued contribution can be referred to as:

- a. Culture
- b. Continuity
- c. Community
- d. Communication

### 10. The values of person-directed care will help transform which of the following:

- a. Culture of aging
- b. Culture of politics
- c. Culture of dental schools
- d. Culture of youth

## Quiz Answer Form

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

Circle the best answer for each question:

- 1. a b c d      6. a b c d
- 2. a b c d      7. a b c d
- 3. a b c d      8. a b c d
- 4. a b c d      9. a b c d
- 5. a b c d      10. a b c d

For DCPA qualification renewal, mail the completed answer form to:  
**Alzheimer's Foundation of America**  
Att: DCPA  
322 Eighth Avenue, 6th Floor  
New York, NY 10001