AFA Professional Trainings and Education Division

PRESENTS

CONTINUING EDUCATION WORKSHOPS
Available In-Person and Live, Interactive Webinar

AFA Continuing Education Workshops Offer CE Credits to Licensed Social Workers, Certified Case Managers, and Other Professionals in ALL 50 STATES!

To discuss the professional development needs of your organization, please contact:
Director of Education and Social Services
866-232-8484, education@alzfdn.org

Trainings can be tailored to meet the needs of your organization

Interested in individual webinar offerings? We offer our professional trainings to the public monthly.
Go to alzfdn.org/education-workshop to learn more about upcoming workshops, or scan here:
A Message from the Education & Social Services Team

Dear Colleagues,

At AFA, our Education and Social Services team strives to put education, research, and care at the forefront of all that we do. We hope that AFA's professional and educational trainings reflect our constant desire to continue helping individuals with Alzheimer's disease and dementia-related illnesses, their care partners, and health care professionals.

We are pleased to offer a variety of opportunities that focus on generating thought-provoking discussions about topics not comprehensively covered in dementia care. All workshops are thoroughly researched and developed to meet the requirements of the Association of Social Work Boards (ASWB) and the Commission for Case Management Certification (CCMC) to offer continuing education (CE) credits for licensed social workers, certified case managers, and other professionals. Participants will use case vignettes and engage in meaningful conversations, resulting in valuable outcomes and tangible interventions. All of our workshops are offered as in-person or live, interactive webinars.

In addition, we are able to cater our trainings to the needs of your team. With the wide breadth of offerings in our repository, we can create a training that works best for your desired outcomes.

After 20 years of making a difference in the lives of people across the globe, we hope these educational opportunities can serve to help you and your community.

We look forward to working with you.

Please contact us at: education@alzfdn.org or 866-232-8484.

All the best,

Alzheimer’s Foundation of America
Education and Social Services Team

Key Terms & Abbreviations

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<thead>
<tr>
<th>COURSE KEY</th>
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<tr>
<td>General:</td>
<td>101-107</td>
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<tr>
<td>Clinical:</td>
<td>201-202</td>
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<tr>
<td>Social &amp; Cultural Competence:</td>
<td>301-303</td>
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<table>
<thead>
<tr>
<th>ABBREVIATION KEY</th>
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<tr>
<td>ASWB:</td>
<td>Association of Social Work Boards</td>
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<tr>
<td>CCMC:</td>
<td>Commission for Case Management Certification</td>
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<td>CE:</td>
<td>Continuing Education Credits</td>
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<tr>
<td>NYSED:</td>
<td>New York State Education Department</td>
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* The Alzheimer’s Foundation of America is an approved provider of Continuing Education (CE) credits for Licensed Social Workers by the New York State of Education Boards (NYSED).

* All workshops offer Continuing Education (CE) credits approved by the Association of Social Work Boards (ASWB) and pre-approved by the Commission for Case Management Certification (CCMC), covering all 50 states.
AFA Partners in Care: Supporting Individuals Living with Dementia

6 CE credits CERTIFICATION AS AN AFA DEMENTIA CARE PARTNER
Content Level: Beginner, Intermediate, Advanced
AVAILABLE IN-PERSON

AFA’s signature in-person training highlights AFA’s philosophy of care which is focused on relationship-building. This is a person-centered approach to care values and promotes the unique strengths, goals, and humanity of everyone, involves interdisciplinary collaboration among care providers, and places individuals with dementia and their families at the center of decision-making. Throughout this training, participants are asked to reflect upon their experiences working with this population and share their professional strengths and areas for professional growth to increase their awareness and critical thinking in this work.

This workshop is fully interactive. Attendees may ask and answer questions throughout the presentation and participate in instructor-led discussions, case-vignette discussions, and a Q&A session.

From this workshop, attendees will learn to:
- Develop a foundational understanding of dementia-related illnesses
- Build therapeutic relationships with those affected by dementia-related illnesses
- Define the importance of facilitating meaningful life
- Identify effective communication strategies
- Apply appropriate strategies for responding to distressing behaviors
- Explain the importance of self-care for professionals

Area of Concentration: Aging

Completion of this course includes the distinction and certification as an AFA Dementia Care Partner recognized by dementia care organizations throughout the United States.

Approved by ASWB and NYSED, covering all 50 states to provide 6 General Social Work Practice CE credits.
Pre-approved by CCMC.
Available on DVD and web link as a 5.5 hour training offering 5.5 General Social Work CE credits.

Alzheimer’s Disease: Beyond Signs and Symptoms

2 CE credits
Content Level: Beginner, Intermediate
AVAILABLE IN-PERSON AND LIVE, INTERACTIVE WEBINAR

This workshop describes the signs, symptoms, and risk factors of Alzheimer’s disease and examines medication used to delay cognitive decline and neuropsychiatric symptoms. We will explore the world of caregivers and how they are affected by the disease both emotionally and financially. To gain a deeper understanding of the individual living with Alzheimer’s disease, this training also explores distressing behaviors that can be caused by an unmet need and how to build a therapeutic relationship that is based on respect, empathy, and maintaining one’s dignity. The workshop allows participants to look beyond the illness to understand how to foster an environment with person-centered care at the forefront.

This workshop is fully interactive. Attendees may ask and answer questions throughout the presentation and participate in instructor-led discussions, case-vignette discussions, and a Q&A session.

From this workshop, attendees will learn to:
- Define and describe the signs and symptoms of Alzheimer’s disease
- Identify the causes and risk factors of Alzheimer’s disease
- Describe the financial and emotional impact on a caregiver
- Assess behaviors to develop various forms of communication
- Apply strategies to support and communicate while maintaining an individual’s dignity

Approved by ASWB and NYSED, covering all 50 states to provide 2 General Social Work Practice CE credits.
Pre-approved by CCMC.
An Overview of Other Types of Dementia-Related Illnesses

2 CE credits
Content Level: Beginner, Intermediate, Advanced
AVAILABLE IN-PERSON AND LIVE, INTERACTIVE WEBINAR

When people think of dementia, many times the first thing that comes to mind is Alzheimer’s disease. In this live, interactive webinar, we will learn about the other types of dementia-related illnesses. We will look at three common types of dementia: dementia with Lewy bodies, vascular dementia, and frontotemporal dementia. For each type of dementia, we will discuss causes, risk factors, characteristics, symptomology, treatment and ways to cope. Lastly, we will discuss recommendations for family members and the impact of dementia on family dynamics. Participants will leave this training with a greater understanding of the many different types of dementia, how symptoms can change, and an understanding of the importance of high-quality dementia care and support.

This workshop is fully interactive. Attendees may ask and answer questions throughout the presentation and participate in instructor-led discussions, case-vignette discussions, and a Q&A session.

From this workshop, attendees will learn to:
- Identify the signs and symptoms of various dementia-related illnesses
- Define important differences in diagnosis, prevention, treatment, and assessment of other types of dementia
- Utilize strategies to cope with different types of dementia
- Explain the impact of varying types of dementia on family dynamics
- Apply recommendations on how to best ameliorate symptoms associated with specific dementia types

Dementia’s Ripple Effect

2 CE credits
Content Level: Beginner, Intermediate
AVAILABLE IN-PERSON AND LIVE, INTERACTIVE WEBINAR

This workshop will provide an overview of memory loss and dementia-related illnesses. We will examine the impact dementia can have on the individual in terms of health, wellness, and relationships. This workshop will highlight the importance of building relationships and effective communication when addressing concerns for someone who may be showing symptoms of dementia, and proactively meet needs to ensure quality of life is maintained. Throughout this workshop, we will explore how families are affected as well as communities. We will use a community-based lens to illustrate dementia as a public health priority and seek ways in which everyone can contribute to creating a dementia-friendly society, starting in one’s own community.

Attendees may ask and answer questions throughout the presentation, participate in instructor-led discussions, and a Q&A session.

From this workshop, attendees will learn to:
- Define the differences among types of dementia, including cognitive and behavioral symptoms
- Explain the impact of dementia on individuals, families, and society
- Define important components to developing a therapeutic relationship
- Utilize communication strategies to share concerns with someone who is showing signs of dementia

Approved by ASWB and NYSED, covering all 50 states to provide 2 General Social Work Practice CE credits.
Pre-approved by CCMC.
Family Dynamics in Dementia Care

2 CE credits  
Content Level: Beginner, Intermediate  
AVAILABLE IN-PERSON AND LIVE, INTERACTIVE WEBINAR

This workshop will review the different types of relationships in the life of an individual living with dementia and the basics of family dynamics, as well as explore how to identify and assess these dynamics by examining assessment tools, such as genograms and ecomaps. Attendees will learn about the common themes and challenges that may arise and affect family dynamics when a loved one has dementia. Additionally, we will explore different ways the professional care partners can work with families to understand their emotional experiences to help families effectively communicate. The overall goal is to ensure meaningful living and quality of life for both the individual living with the illness and the family members and how dynamics can be impacted and change over time due to a dementia-related illness.

This workshop is fully interactive. Attendees may ask and answer questions throughout the presentation and participate in instructor-led discussions.

From this workshop, attendees will learn to:
- Define family roles and how these roles can change
- Describe the impact of caregiving
- Identify how dementia can affect family dynamics
- Apply strategies to help families better communicate and work as a team


Understanding Behaviors as Forms of Communication

2 CE credits  
Content Level: Beginner, Intermediate  
AVAILABLE IN-PERSON AND LIVE, INTERACTIVE WEBINAR

This workshop will highlight the importance of understanding the impact dementia has on a person’s ability to communicate. Care partners and professionals may need to shift their communication approach and gain insight into the variety of ways individuals living with dementia may communicate. We will look to reframe typical “problem behaviors” sometimes exhibited by individuals living with dementia as expressions of need and explore the ways people commonly communicate their needs, especially as the illness progresses. We will look at distressing behaviors as expressions of need, such as wandering, sundowning, delirium, agitation, aggression, and sexual behaviors, and discuss ways to respond. Participants will explore strategies to proactively meet needs and develop tools to de-escalate and diffuse situations if they arise. Participants will gain knowledge and skills on how to meet an individual where they are and communicate effectively.

This workshop is fully interactive. Attendees may ask and answer questions, participate in instructor-led discussions, case-vignette discussions, and a Q&A session.

From this workshop, attendees will learn to:
- Define behavioral symptoms experienced along with the most common types of dementia
- Recognize distressing behaviors as expressions of unmet needs
- Identify effective communication strategies
- Apply appropriate strategies for responding to distressing behaviors
Understanding the Path of Those Who Wander

2 CE credits
Content Level: Beginner, Intermediate
AVAILABLE IN-PERSON AND LIVE, INTERACTIVE WEBINAR

During this workshop, participants will build knowledge about Alzheimer’s disease and explore symptoms that can lead a person to wander outside of their current setting. Participants will explore what it may be like to walk in the shoes of someone who is wandering in order to build empathy and insight into this behavior. We will also discuss sundowning and how to best cope with changes associated with sundowning in individuals with dementia-related illnesses. This workshop will also explore various triggers and challenges, and identify strategies to engage individuals in meaningful, purposeful lives, reduce risk, and increase safety utilizing non-pharmacological interventions. Lastly, we will discuss how to create a safety plan and important ethical considerations when working with someone who may experience wandering.

This workshop is fully interactive. Attendees may ask and answer questions, participate in instructor-led discussions, case vignette discussions, and a Q&A session.

From this workshop, attendees will learn to:
• Demonstrate an understanding of Alzheimer’s disease signs and symptoms
• Describe what it may be like to walk in the shoes of someone wandering by examining known triggers and behaviors
• Explain the different types of wandering to better understand the root cause
• Identify strategies that will lead to improved quality of life and ensure needs are met to reduce the risk of wandering

Can Psychological Trauma Increase the Risk of Dementia?

2 CE credits
Content Level: Beginner, Intermediate, Advanced
AVAILABLE IN-PERSON AND LIVE, INTERACTIVE WEBINAR

Studies focus not only on finding a cure for Alzheimer’s disease but also risk factors as a proactive approach to preventative medicine. If we can better understand these risk factors, then there may be approaches to develop that can reduce incidences of dementia cases. This workshop takes a clinical approach in exploring recent studies that have discovered the impact of trauma on the brain, especially those who show signs of PTSD, and how this increases the likelihood of dementia. These studies also indicate how the development of dementia can cause the re-emergence of PTSD from traumatic events in life. In this training, we explore how health care providers can screen for trauma in older adults, and how to support those who experience symptoms of dementia. With a focus on trauma-informed care, this presentation will examine what individuals can do in the health care field to better care for individuals living with dementia.

This workshop is fully interactive. Attendees may ask and answer questions throughout the presentation and participate in instructor-led discussions.

From this workshop, attendees will learn to:
• Develop a foundational understanding of dementia-related illnesses
• Explore the effects of untreated psychological trauma among older adults with dementia
• Recognize the importance of screening for PTSD among older adults
• Identify effective interventions to treat PTSD and when interventions are appropriate for older adults with dementia

This workshop is approved by ASWB and NYSED, covering all 50 states to provide 2 Clinical Social Work Practice CE credits.

Pre-approved by CCMC.
Gaining a Deeper Understanding of Dementia and Substance Misuse to Eliminate Stigma

2 CE credits
Content Level: Beginner, Intermediate, Advanced
AVAILABLE IN-PERSON AND LIVE, INTERACTIVE WEBINAR

In American society, individuals with substance misuse are often highly stigmatized, which can have a major impact on their health and wellness. In this workshop, we will explore the relationship between dementia and substance use. We will discuss PTSD, the impact stress can have on our brains, and how stress can be exacerbated due to substance misuse. We will also discuss how different substances, such as alcohol, marijuana, and opioids, impact different parts of our brain, and, in turn, how the misuse of these substances relates to dementia and brain health. Our goal is to create effective, meaningful ways to support individuals who misuse substances, or may be impacted by dementia. Participants will gain knowledge on screening and treatment tools and better understand the significant barriers individuals who misuse substances may face. It is vital to understand how we as a community can connect with these vulnerable individuals to improve their well-being. Lastly, we will discuss how to incorporate family and support systems into recovery to ensure a focus on holistic health.

This presentation will show professionals how to alleviate stigma among individuals with substance misuse and dementia, treat patients with dignity and compassion, illustrate how changes in the brain are influenced by several varying factors, and continue to guide treatment plans with knowledge at the forefront. Attendees may ask and answer questions throughout the presentation, participate in instructor-led discussions, and a Q&A session.

From this workshop, attendees will learn to:
- Identify the relationship between substance misuse and dementia
- Describe stigma and understand substance misuse and dementia-related stigma
- Assess different barriers to access and meaningful treatments for intervention
- Apply effective strategies to reduce stigma and, in turn, increase the health and well-being of individuals engaging in substance misuse

Macro-Level Cultural Consideration in Dementia Care: A Population-Based Approach

2 CE credits
Content Level: Intermediate, Advanced
AVAILABLE IN-PERSON AND LIVE, INTERACTIVE WEBINAR

In American society, our most vulnerable populations, including people living with dementia, are at a greater risk for morbidity and mortality. This live, interactive workshop aims to look at the following three modifiable health factors: social determinants of health, barriers to care, and the impact of health disparities for people living with Alzheimer’s disease and other related dementias in different communities. We will also learn about the broad meaning of culture in America to better understand how cultural identities can impact the rate of Alzheimer’s disease and other related dementias. We will use case studies to explore how different kinds of interventions can aid in assisting specific population health. We will examine how particular interventions focus on social determinants of health, barriers to care, and health disparities, and how they incorporate the community into the health process. Finally, we will discuss the importance of cultural competence in care and cultural awareness in the creation of macro-level interventions to ensure inclusivity and reduce societal inequalities.

This workshop is fully interactive. Attendees may ask and answer questions throughout the presentation, participate in instructor-led discussions, case-vignette discussions, and a Q&A session.

From this workshop, attendees will learn to:
- Define culture and social determinants of health in the context of American society
- Identify cultural-related issues related to Alzheimer’s disease and dementia
- Describe the impact of barriers to care facing specific populations
- Assess the implementation of evidence-based programs to assist with health disparities related to dementia
- Apply strategies and policies to assist with affecting modifiable health factors
Micro-Level Cultural Consideration in Dementia Care: A Culturally Determined Phenomenon and the Effects on Family Caregiving

3 CE credits
Content Level: Intermediate, Advanced
AVAILABLE IN-PERSON AND LIVE, INTERACTIVE WEBINAR

Available population data may underestimate the risk and prevalence of dementia among many cultures in the United States. Lack of assessment for need has influenced a lack of cultural support in dementia care. This live, interactive workshop aims to broaden participants’ understanding of how dementia is viewed by specific cultures (Black Americans, Latinx/Latino Americans, Asian Americans, American Indigenous populations), what caregiving for elders means within these cultures, and how all systems involved can contribute to developing culturally sensitive dementia care services. Cultural competence is not a one-time, finite achievement; it is an ongoing learning process.

This workshop is fully interactive. Attendees may ask and answer questions, participate in instructor-led discussions, case-vignette discussions, and a Q&A session.

From this workshop attendees will learn to:
- Define culture and its context in dementia care
- Describe dementia as a culturally determined phenomenon
- Recognize health care disparities among Black, Indigenous, and People of Color (BIPOC) as barriers to services
- Explain how different cultures view caregiving for a family member with dementia
- Identify culturally competent interventions to strengthen and improve dementia care

Approved by ASWB and NYSED, covering all 50 states to provide 3 Social & Cultural Competence CE credits.

Pre-approved by CCMC.

Supporting the LGBTQIA+ Community in Dementia Care

2 CE credits
Content Level: Beginner, Intermediate, Advanced
AVAILABLE IN-PERSON AND LIVE, INTERACTIVE WEBINAR

Historically, LGBTQIA+ individuals have been marginalized and discriminated against in American society, thus increasing their vulnerability and susceptibility of morbidity and mortality. In this live, interactive workshop, we will learn about the intersection between dementia and the LGBTQIA+ community, the history of the LGBTQIA+ population in America, and the impact of trauma on health outcomes of the population. We will uncover the importance of inclusive dementia care by taking a closer look at health disparities and social determinants of health. This training will also discuss stigma that many individuals in the LGBTQIA+ community face and how it may be a barrier to necessary health care. Lastly, we will discuss implications and recommendations, including trauma-informed care and proper caregiver consideration to ensure appropriate dementia care for all individuals.

This workshop is fully interactive. Attendees may ask and answer questions, participate in instructor-led discussions, case-vignette discussions, and a Q&A session. Participants will leave this training with a greater understanding of the LGBTQIA+ community and the importance of high-quality dementia care.

From this workshop, attendees will learn to:
- Identify LGBTQIA+ related issues around Alzheimer’s disease and dementia care
- Understand the historical context that predisposes LGBTQIA+ individuals to higher vulnerability of dementia-related risks
- Describe the impact of historical barriers to care and stigma within the LGBTQIA+ community regarding dementia care
- Assess the impact of historical dementia care for individuals in the LGBTQIA+ population
- Apply informed strategies to assist the LGBTQIA+ elderly population in order to increase accessibility and availability of inclusive and meaningful health care for dementia-related illnesses

Approved by ASWB and NYSED, covering all 50 states to provide 2 Social & Cultural Competence CE credits.

Pre-approved by CCMC.
Make Your Best Even Better!

AFA’s Professional Training and Education Division helps professionals enhance their skills and elevate the level of care they provide to families affected by dementia.

• Educational workshops and professional trainings for individuals and organizations
• Continuing education hours for licensed social workers, ombudsmen, case managers and other professionals
• “AFA Dementia Care Partner” Certification

VIRTUAL OR IN-PERSON TRAININGS AVAILABLE.

Trainings can be customized to meet the needs of your organization or care team.

Contact AFA’s Professional Training and Education Division at 866-232-8484 or visit www.alzfdn.org to learn more.