



# **AFA Professional Training and Education**

## **CONTINUING EDUCATION COURSES**

**Available In-Person, Interactive Webinar and On-Demand**

**PROFESSIONAL DEVELOPMENT FOR TEAMS AND INDIVIDUALS**

Offering CE Credits to Licensed Social Workers,  
Certified Case Managers and Other Professionals in ALL 50 STATES!



# A Message From the Education & Social Services Team

AFA's Education and Social Services team strives to put education, research and care at the forefront of all that we do. It is our hope that AFA's professional and educational trainings reflect our 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 courses that promote thought-provoking discussions about topics that are often underrepresented in dementia care. All workshops are thoroughly researched and developed to meet the requirements as a continuing education provider for the Association of Social Work Boards (ASWB) and the New York State Department of Education (NYSED) for social workers. All courses are also available for pre-approval of continuing education credits by the Commission for Case Management Certification (CCMC). Our courses use teaching methods that include case vignettes, group discussions and direct instruction. All courses are offered as in-person workshops and live, interactive webinars. Most are available on demand via AFA's Alzheimer's & Dementia Online Academy.

In addition, we can create and revise courses to meet the specific educational goals of your organization and community. AFA's education and social services team has years of experience developing Alzheimer's and dementia-specific trainings as well as access to subject matter experts on the forefront of dementia research and health. If your team has a specific training need, we can work with you to develop a high quality, engaging course for your organization.

After more than 20 years of making a difference in the lives of people across the globe, we hope these educational opportunities can help you and your community. Education is power.

**Please contact us at [education@alzfdn.org](mailto:education@alzfdn.org) or 866-232-8484.**  
We look forward to working with you.

All the best,  
[Alzheimer's Foundation of America](#)  
and Social Services Team



In an effort to better serve the LGBTQ+ community, all Alzheimer's Foundation of America staff members have completed the SAGECare organizational training.

## Statement of Educational Goals

**AFA's Professional Training and Education division seeks to:**

- Provide a foundational knowledge of dementia symptoms and neurodegenerative diseases.
- Convey the diversity in the dementia experience.
- Emphasize the humanity of people living with dementia-related illnesses.
- Integrate different cultural, ethnic and other identity components into dementia care.
- Educate participants about barriers to care and how to advocate for those who have experienced stigma and discrimination in healthcare.
- Teach strengths-based, person-centered approaches that maintain dignity and well-being for the person living with dementia.
- Convey that working with people who are living with dementia can be a rich and meaningful career path.
- Develop participants' capacity to reflect upon their experiences with dementia and dementia care and to convey that ongoing reflection is a core aspect of dementia care.





# Table of Contents

## HOW TO ACCESS COURSE OFFERINGS 2

### CERTIFICATION PROGRAMS

**CP01** Partners in Care: Supporting Individuals Living with Dementia 3

**CP02** Advanced Learning Certification Program 4

**CP03** Professional Foundations: Organizational Training Program 5

### GENERAL COURSES

**101** Alzheimer's Disease: Beyond Signs and Symptoms 6

**102** An Overview of the Other Types of Dementia-Related Illnesses 7

**103** Dementia's Ripple Effect 8

**104** Family Dynamics in Dementia Care 9

**105** Reframing Agitation and Aggression as Responsive Behaviors 10

**106** Safe Walking: A Strengths-Based Approach to Wandering 11

**107** Sexual Health and Intimacy in Alzheimer's Disease and Dementia 12

**108** Understanding Behaviors as Forms of Communication 13

### CLINICAL COURSES

**201** The Impact of Substance Use Disorders Among Older Adults 15

**202** Pseudo-Dementia vs. True Dementia 16

**203** PTSD and Dementia: An Exploration of Brain Health and Trauma 17

**204** Tapping Into the Power of Emotional Memories 18

**205** Trauma-Informed Care for Persons Living with Dementia:  
A Universal Approach 19

### SOCIAL & CULTURAL COURSES

**301** Connecting Racial Disparities with Increased Cases of Alzheimer's Disease  
Among Americans 20

**302** How Social Determinants of Health Impact Brain Health 21

**303** The Impact of Stigma and Discrimination on LGBTQ+ Older Adults in Healthcare 22

**304** The Importance of Cultural Considerations 23

**305** Intersection of Juneteenth, Alzheimer's and Racial Trauma 24

# How to Access Course Offerings

## **In-Person Workshops and Live, Interactive Webinars**

**Contact: [education@alzfdn.org](mailto:education@alzfdn.org)  
866-232-8484**

---

**Monthly, Live, Interactive Webinars  
Offered to the Public**  
**[www.alzfdn.org/professional-trainings](http://www.alzfdn.org/professional-trainings)**

---

**On-Demand Courses  
Alzheimer's & Dementia Online Academy at  
[www.training.alzfdn.org](http://www.training.alzfdn.org)**



The Alzheimer's Foundation of America is an approved provider of Continuing Education (CE) credits for licensed social workers by the Association of Social Work Board (ASWB) and New York State of Education Boards (NYSED).

All courses are available for CE pre-approval by the Commission for Case Management Certification (CCMC), covering all 50 states.

---

# CERTIFICATION PROGRAMS



**CPO1**

## Partners in Care: Supporting Individuals Living with Dementia

**Annual Certificate: AFA Dementia Care Partner (DCP)**  
**Recognized nationwide by health care providers  
and care settings.**

**Content Level: Beginner, Intermediate**

AFA Partners in Care: Supporting Individuals Living with Dementia seeks to equip myriad health care professionals with the skills, knowledge and confidence needed to work effectively with individuals living with dementia, their families and care team.

The program reflects a philosophy of care that the Alzheimer's Foundation of America strongly supports: relationship building. This person-centered approach to care values promotes the unique strengths, goals and humanity of each individual. The program involves interdisciplinary collaboration among care providers and places individuals with dementia and their families at the center of decision-making. Through encouraging attendees to reflect upon their experiences working with this population, professional strengths and areas for professional growth, the workshop seeks to foster mindfulness, introspection and critical thinking.

**This course is offered in two formats:**

• **In-Person Workshop**

- Offering 6 CE credits to social workers and certified case managers nationwide

• **On-Demand 5.5 Hour Video Through AFA's Alzheimer's & Dementia Online Academy**

- Offering 5.5 CE credits to New York State social workers

**From this workshop  
you will be able to:**

1. Develop a foundational understanding of dementia-related illnesses.
2. Build therapeutic relationships with those affected by dementia-related illnesses.
3. Describe the importance of facilitating meaningful living.
4. Identify effective communication strategies.
5. Apply appropriate strategies for responding to the person when they are in distress.
6. Explain the importance of self-care for professionals.

Module 1: Building Relationships

Module 2: Understanding Dementia

Module 3: Facilitating Meaningful Living

Module 4: Understanding Communication  
(working lunch)

Module 5: Facilitating Personal Care

Module 6: Promoting Safety and Security

Module 7: Care Transitions

Module 8: End of Life

Module 9: Self-Care

**Contact AFA's Education Team to learn more at [education@alzfdn.org](mailto:education@alzfdn.org).**



# Advanced Learning Certification Program

**Two-Year Certification: AFA Certified Comprehensive Dementia Care Provider (CDCP)**

**ALL COURSES AND THE PRACTICUM SEMINAR OFFER CE CREDITS**

**Earn up to 12 CE credits**

AFA is dedicated to ensuring health care professionals from all backgrounds are thoroughly trained and educated about those who are affected by neurodegenerative diseases – the person, family, community and society at large. We continue to strive to develop educational courses that reach beyond the disease and highlight the many aspects of a person and their experiences that influence how a dementia-related illness will affect them. AFA created this two-year certification program to recognize the dedication of those who choose to attend multiple courses AFA offers and want to take their knowledge to the next level. All AFA courses are thoroughly researched, culturally aware and trauma informed. After completion of the five required courses, all participants must attend AFA's live, interactive practicum seminar.\*\* This is an excellent opportunity for participants to practice the skills and apply the knowledge they have learned in a small group setting, through case vignettes, role-playing and instructor-led group discussions. All participants must complete the following course types before they take the practicum seminar:

2 – Clinical courses

2 – Social and cultural competency courses

1 – General course

\*\* 1 – Practicum seminar

---

**These courses (except the practicum seminar) can be accessed in a variety of ways:**

• **AFA's Monthly Live Interactive Webinars**

- Offered to the public on the third Wednesday of every month.

• **AFA's In-Person Workshops**

- Offered throughout the year in various states.
- All courses in this catalog are available for sponsored events and organizations in need of education for their staff and community.

• **AFA's Alzheimer's & Dementia Online Academy**

- Offering on-demand CE recorded courses.

---

**Contact AFA's Education Team to learn more at [education@alzfdn.org](mailto:education@alzfdn.org).**





**CPO3**

## Professional Foundations: Organizational Training Program

How can your organization stand out from the rest? How can you be the lead in dementia care? AFA has the answers. Learn from the practicing experts.

The Alzheimer's Foundation of America offers a certification program for organizations to become certified in comprehensive care for those living with dementia-related illnesses:

- Home health agencies
- Assisted living communities
- Acute care settings
- Adult day programs
- Skilled nursing facilities
- Long-term care settings
- Older adult community centers
- Community organizations

This education-based certificate program is designed to help organizations create a safe, supportive and dementia-friendly environment. Staff of all levels and responsibilities are encouraged to participate, from the front desk to high-level management. AFA's expert educators utilize modules from AFA's signature training Partners in Care: Supporting Individuals Living with Dementia and additional components to ensure a holistic training approach. This program is offered as in-person workshops or through a combination of on-demand virtual learning modules and live, interactive webinars.

### Core components include:

- Dementia-related illnesses
- Dementia-friendly environments
- Trauma-informed care
- Facilitating personal care
- Self-care for professionals
- And more!
- Facilitating meaningful living
- Cultural awareness
- End-of-life care
- Communication techniques

Upon completion, your organization will receive a certificate to display on promotional materials and your website, as well as showcased on AFA's website that is viewed by a national audience.

---

### AFA Certified Dementia Care Organization Levels:

- **Platinum Level – Highest Achievement Level**
    - 90% of staff and management team complete the training program
  - **Gold Level**
    - 80% of staff and management team complete the training program
  - **Bronze Level**
    - 60% of staff and management team complete the training program
- 

**Contact AFA's Education Team to learn more and receive an individualized proposal  
for your organization at [education@alzfdn.org](mailto:education@alzfdn.org).**



101

## Alzheimer's Disease: Beyond Signs and Symptoms

This course describes the early signs and symptoms of Alzheimer's disease, risk factors, and cognitive and neuropsychiatric symptoms. Participants will learn how the disease can affect everyone differently based on factors such as person's physical health, social psychology, history of trauma, environment and quality of their social support. We then explore the world of a personal or family caregiver, and how they can be affected by the disease emotionally and financially. To gain a deeper understanding of the individual living with Alzheimer's, this course also explores the relationship between distressing behaviors and unmet needs. Finally, participants will learn about strategies to build a therapeutic relationship that is based on respect, empathy and maintaining one's dignity.

---

**2 CE credits – Live, Interactive Webinar and In-Person Workshop**

**2 CE credits – On-Demand Course**

**General Course**

**Content Level: Beginner, Intermediate**

---

### From this course you will learn to:

1. Define and describe the signs and symptoms of Alzheimer's disease.
2. Identify the causes and risk factors of Alzheimer's disease.
3. Describe the financial and emotional impact on a caregiver.
4. Assess behaviors to develop various forms of communication.
5. Apply strategies to support and communicate while maintaining an individual's dignity.



# An Overview of the Other Types of Dementia-Related Illnesses

When people think of dementia, many times the first thing that comes to mind is Alzheimer's disease. In this course, participants will learn about other types of dementia-related illnesses, including dementia with Lewy bodies, vascular dementia and frontotemporal dementia. For each neurodegenerative disease, participants will learn about causes, risk factors, characteristics, symptomology, treatment and how to cope. Lastly, participants will learn how best to support families and respond appropriately to symptoms such as loss of empathy, compulsive behaviors and anosognosia—the phenomenon in which people do not recognize their own symptoms or changes.

---

**2 CE credits – Live, Interactive Webinar and In-Person Workshop**

**1.75 CE credits – On-Demand Course**

**General Course**

**Content Level: Beginner, Intermediate**

---

**From this course you will learn to:**

1. Identify the signs and symptoms of various dementia-related illnesses.
2. Define important differences in diagnosis, prevention, treatment and assessment of various types of dementia.
3. Explain the impact of varying types of dementia symptoms on family members.
4. Apply recommendations on how to best ameliorate symptoms associated with specific dementia-related types.





103

## Dementia's Ripple Effect

This course will provide an overview of dementia-related illnesses and the impact dementia symptoms can have on the individual in terms of health, wellness and relationships. This course will aim to highlight the importance of building relationships and effective communication when addressing concerns for someone who may be showing symptoms of dementia and proactively meet their needs to ensure that a high quality of life is maintained. Through this course we will explore how families are affected, as well as communities. We will also explore strategies in which everyone can contribute to creating a dementia-friendly society.

---

**2 CE credits – Live, Interactive Webinar and In-Person Workshop**

**1.25 CE credits – On-Demand Course**

**General Course**

**Content Level: Beginner, Intermediate**

---

### **From this course you will learn to:**

1. Define dementia, the risk factors and how to support healthy living.
2. Explain how to develop a therapeutic relationship.
3. Use communication strategies to share concerns with someone who is showing signs of dementia.
4. Describe how dementia-related illnesses impact families, communities and society.
5. List the ways in which individuals and communities can contribute to creating a dementia-friendly society.



# Family Dynamics in Dementia Care

Dementia-related illnesses can drastically change family dynamics. For family members, these changes can be difficult to navigate. In this course we will review family roles that can also play out within a person's chosen family, and how these roles can change once someone develops a dementia-related illness. Participants will learn about common themes that may arise for a family, and what professionals can do to help everyone effectively communicate and work as a team. This includes how to hold a family meeting, and use motivational interviewing techniques when supporting a family that may be resistant and fearful of change. The overall goal is to ensure meaningful living and quality of life for both the individual living with the illness and the family members.

---

**2 CE credits – Live, Interactive Webinar and In-Person Workshop**

**1.75 CE credits – On-Demand Course**

**General Course**

**Content Level: Beginner, Intermediate**

---

**From this course you will learn to:**

1. Define and describe family roles.
2. Explore the impact of caregiving.
3. Identify how dementia-related illnesses can affect family dynamics and common themes that may arise.
4. Apply strategies to help families better communicate and work as a team.





105

## Reframing Agitation and Aggression as Responsive Behaviors

Individuals with Alzheimer's and other types of neurodegenerative disorders can experience occasional to frequent instances of agitation or aggression. Many may assume the person can control such behaviors, yet this is not the case. Neurodegenerative disorders affect the ability to comprehend situations and effectively communicate. By reframing agitation and aggression as responsive behaviors, the person supporting the individual can help to identify what may be triggering the person, possibly their own approach or the environment, and the most effective ways to reduce distress through care, safety and support. This course will use case vignettes and group discussions to explore common expressions of agitation and aggression and what the person may be trying to communicate. Attendees will also learn about developing de-escalation strategies unique to the individual, and what should be included when developing a safety plan.

---

**2 CE credits – Live, Interactive Webinar and In-Person Workshop**

**Available Soon: On-Demand Course**

**General Course**

**Content Level: Beginner, Intermediate**

---

### **From this workshop you will learn to:**

1. Describe dementia symptoms effects on communication abilities and behaviors.
2. Explain responsive behaviors as expressions of an unmet need.
3. Categorize distressing behaviors into physical, social and psychological needs.
4. List effective strategies when responding to an individual who is demonstrating agitation and aggression.



# Safe Walking: A Strengths-Based Approach to Wandering

In this course participants will learn about the cognitive and behavioral symptoms of Alzheimer's disease and related dementias that can result in a person getting lost when attempting to find their way or achieve a goal. This can happen at any stage of the disease. Participants will also explore common reasons why someone with Alzheimer's disease or related dementias may attempt to leave their environment and what they may be trying to achieve. The goal of the course is to reframe the term "wandering" as a behavior that needs to be controlled to "walking," an activity that creates a sense of purpose and has been shown to enhance overall health and well-being. Finally, participants also learn how to create a safety plan to address the risks associated with wandering.

---

**2 CE credits – Live, Interactive Webinar and In-Person Workshop**

**1.5 CE credits – On-Demand Course**

**General Course**

**Content Level: Beginner, Intermediate**

---

## From this course you will learn to:

1. Demonstrate an understanding of Alzheimer's disease and how a person can get lost or wander at any stage of the disease.
2. Describe what it may be like to walk in the shoes of someone wandering.
3. Explain an alternate perspective of wandering as the act of walking.
4. Identify strategies to reduce the risks associated with wandering while supporting physical activity.





107

## Sexual Health and Intimacy in Alzheimer's Disease and Dementia

For most, sexual health is an uncomfortable or, worse, unspoken topic among the general population. The reluctance to discuss this breeds shame and misinformation among individuals of all ages. However, this becomes increasingly true when discussing aging individuals and individuals with cognitive decline. Ignoring the complexities of this intimate, nuanced topic does not serve to improve the health or the lives of individuals living with Alzheimer's disease and related dementia. We cannot claim a commitment to whole-person health if we ignore an individual's needs because we find the topic to be too uncomfortable to discuss. Our goal in this course is to provide care partners language and strategies for addressing sexual health, intimacy needs and understanding behaviors that may or may not be sexual in nature—thus demystifying and normalizing this topic.

In this course we will discuss two major themes. Our first theme will be sexual health, overall, in an aging population as well as a focus on dementia-related specific topics. Secondly, we will explore a topic that requires delicacy and nuance, the behaviors of an individual living with a dementia-related illness that appear sexual. We discuss some of the unmet needs that may be associated with perceived sexual behaviors and how to respond to them. We will also discuss how to address the needs of an individual with a dementia-related illness when they are motivated by a need for intimacy and sexual connection. We will further discuss specific ways to address these behaviors in a respectful, clear and delicate manner.

---

**2 CE credits – Live, Interactive Webinar and In-Person Workshop**

**Available Soon: On-Demand Course**

**General Course**

**Content Level: Beginner, Intermediate**

---

**From this workshop you will learn to:**

1. List changes to an aging body that affect sexual health and intimate behavior.
2. Describe how to address sexual health needs including steps to take to alleviate disease and discomfort.
3. Discern which behaviors are likely motivated by sexual or non-sexual unmet needs.
4. Practice respectful, clear and delicate approaches and conversations you can have with an individual with a dementia-related illness or their care team about their behavior and needs.
5. Explain the importance of intimate needs of aging individuals and individuals with a dementia-related illness.

# Understanding Behaviors as Forms of Communication

This course highlights the importance of understanding the impact dementia-related illnesses have on a person's ability to communicate. As a result, care partners and care professionals may need to shift their communication strategies and gain insight into the variety of ways individuals living with dementia may communicate, especially through responsive behaviors. This course will look to reframe what we may define as "problem behaviors." These behaviors are sometimes exhibited by individuals living with dementia as actual expressions of need. We explore the myriad ways individuals with dementia commonly communicate their needs through the stages of the disease as well as the ways we can support and simplify communication and decision-making to maintain independence for as long as possible. Participants will explore strategies to proactively meet the needs of those with dementia, as well as develop tools to deescalate and diffuse situations if they arise.

---

**2 CE credits – Live, Interactive Webinar and In-Person Workshop**

**1.75 CE credits – On-Demand Course**

**General Course**

**Content Level: Beginner, Intermediate**

---

**From this course you will learn to:**

1. Define the stages and symptoms of Alzheimer's disease and other types of neurodegenerative diseases.
2. Recognize distressing behaviors as expressions of an unmet need.
3. Identify effective communication strategies.
4. Apply appropriate strategies for responding to distressing behaviors.







Last year, AFA's free **Helpline** served thousands of individuals and family caregivers, answering questions such as:

- What's the difference between basic forgetfulness and dementia?
- What are the warning signs of Alzheimer's disease?
- What planning documents should someone have after a dementia diagnosis?
- What is APOE?
- Do you have to stop driving if you have dementia?
- How do I deal with my loved one's sleep disturbances?
- When should I move my loved one to assisted living or memory care?

And hundreds more.

**We're here.**



**AFA Helpline**  
**7 Days a Week**  
**Staffed by Licensed**  
**Social Workers**

**Call us: 866-232-8484**  
**Text us: 646-586-5283**  
**Webchat: [www.alzfdn.org](http://www.alzfdn.org)**

Webchat and text features available  
in 90+ languages.





201

## The Impact of Substance Use Disorders Among Older Adults

In American society, older adults with a substance use disorder can experience stigma and ageism. This can result in a lack of attention from health care providers, effective assessment tools specific to the presentation of substance misuse among older adults and effective treatments. This course will provide an overview of how substance use disorders affect the brain that can lead to an increased risk of dementia. This section will also explain that substance misuse, PTSD, depression and other mental illnesses are underdiagnosed among older adults due to the overlapping of symptoms for all of these disorders, as well as normal age-related reasons. Participants will learn about the connection between substance use disorders and dementia, especially chronic alcohol misuse and early-onset Alzheimer's disease. This course will then explain the specific barriers older adults experience when accessing health care that can lead to an oversight of chronic substance misuse. Lastly, this course will explore how to incorporate the family and support systems in treatment and recovery to ensure a comprehensive approach.

---

**2 CE credits – Live, Interactive Webinar and In-Person Workshop**

**1.75 CE credits – On-Demand Course**

**Clinical Course**

**Content Level: Intermediate, Advanced**

---

**From this course you will learn to:**

1. Define substance use disorders and the varying types of substances typically misused by older adults.
2. Identify the relationship between substance use and dementia-related illnesses.
3. Describe how stigma and ageism can act as barriers for older adults to access effective treatment.
4. Apply effective strategies to reduce stigma and identify comprehensive treatment needs for older adults.

## Pseudo-Dementia vs. True Dementia

Studies have shown that many older adults diagnosed with major depressive disorder show cognitive changes similar to dementia. This condition was given the term “pseudo-dementia” by Professor Leslie Kiloh in 1961. Further research has indicated that for some older adults, major depressive disorder can become a risk factor for dementia if not treated. This type of overlap, as well as psychiatric dementia symptoms such as hallucinations and paranoia, can cause great difficulty in providing an accurate diagnosis. Mental illness or dementia? This course will compare such symptoms and diagnoses through case vignettes, identify the potential consequences of an older adult receiving an inaccurate diagnosis, and explore nonpharmacological approaches health care professionals can use to support the individual.

---

**1.5 CE credits – Live, Interactive Webinar and In-Person Workshop**

**Clinical Course**

**Content Level: Beginner, Intermediate, Advanced**

---

**From this workshop you will learn to:**

1. Compare similar cognitive impairments among older adults diagnosed with major depressive disorder and those living with dementia.
2. Recognize the prevalence of psychiatric dementia symptoms among those living with dementia.
3. Identify comprehensive supports that consider a person’s social determinants of health.





203

## PTSD and Dementia: An Exploration of Brain Health and Trauma

Research and social awareness have made great strides in identifying how psychological trauma and chronic stress can increase the risk of mental illness and impact brain health. This, in turn, can increase the risk of certain dementia-related illnesses such as Alzheimer's disease and vascular dementia. Research also suggests a bidirectional relationship between PTSD and dementia: Not only has PTSD been found to increase the risk of dementia, but those who have dementia can experience a re-emergence of traumatic memories. As the brain deteriorates, the coping skills and the ability to suppress traumatic memories deteriorate as well. This clinical course will first explore the impact of chronic stress and trauma on brain health, which can result in an increased risk for developing dementia, then educate participants about the distress individuals can feel while experiencing traumatic memories. This course will explore the power of emotional memories, and provide an overview of trauma-informed care that can be used as a universal approach to help promote supportive environments of healing, trust, and safety for those living with dementia.

---

**2 CE credits – Live, Interactive Webinar and In-Person Workshop**

**Clinical Course**

**Content Level: Intermediate, Advanced**

---

### **From this course you will learn to:**

1. Develop a foundational understanding of emotional memories for those living with cognitive changes and memory loss.
2. Explore the bidirectional relationship between post-traumatic stress disorder (PTSD) and certain neurodegenerative diseases.
3. Recognize the importance of utilizing trauma-informed care as a universal approach.
4. Identify effective ways to support someone with dementia who may be experiencing traumatic memories.



# Tapping Into the Power of Emotional Memories

When remembering past events sometimes it is difficult to recall details, yet the emotions we experienced at that time come flooding back. Triggered by our five senses, the smells, sights, sounds, tastes, and feelings teleport us back as if it is happening in the here and now. These emotional memories remain intact for those living with Alzheimer's disease much longer than the details of short- and long-term memories. This course will explain how the emotion experienced from a positive or negative event for those living with Alzheimer's disease can persist well beyond memory of the event that originally caused the emotion. This knowledge can strengthen supports and approaches by underlining the importance of generating positive emotions and acknowledging the emotional life of a person with Alzheimer's disease is alive and well. Participants will then learn how to tap into emotional memories by using the five senses to strengthen connection and improve overall well-being for the person living with Alzheimer's disease.

---

**2 CE credits – Live, Interactive Webinar and In-Person Workshop**

**Clinical Course**

**Content Level: Beginner, Intermediate**

---

## From this workshop you will learn to:

1. Define emotional memories and their impact on those with memory loss.
2. Explain the importance of generating positive emotions for those living with Alzheimer's disease.
3. Identify supportive approaches that generate positive emotions and avoid negative interactions.
4. Utilize the five senses to create interventions that can tap into emotional memories.







205

## Trauma-Informed Care for Persons Living with Dementia: A Universal Approach

It is imperative to assist an individual living with dementia in feeling safe and secure. The very nature of the illness can lead to feelings of disorientation, fear, insecurity and uncertainty. By adopting a universal trauma-informed approach, those providing support and care can help to build a trusting relationship while creating an environment that fosters safety and comfort. This course will provide an overview of trauma-informed care for people living with dementia including the basic principles of remaining present, respecting personal space, slowing down one's approach, providing patience, and paying attention to responses and the person's choices during processes that may be triggering. The overarching goal is to ensure safety and avoid traumatization.

---

**1.5 CE credits – Live, Interactive Webinar and In-Person Workshop**

**Clinical Course**

**Content Level: Beginner, Intermediate**

---

**From this workshop you will learn to:**

1. Explain trauma-informed care as a universal approach for people living with dementia.
2. Identify behaviors and emotional states that may be related to a traumatic memory.
3. Utilize the basic principles of a trauma-informed approach when providing care.

301

## Connecting Racial Disparities with Increased Cases of Alzheimer's Disease Among Black Americans

Despite the progress we've made towards the eradication of racial inequality, racial health disparities remain. Recent studies have shown there is a higher rate of Alzheimer's disease among BIPOC, particularly African Americans and Latinos, but why is this? In this course we discuss social and cultural competency in dementia care while exploring the potential risk factors that increase the likelihood of dementia. We focus especially on the effects of racial traumatic stress on the brain. Some of the factors, also known as "social determinants of health," that can lead to negative brain effects include housing or food insecurity, educational disparities, medical discrimination and daily racial microaggressions. Finally, we discuss how to incorporate these concepts into practical, every-day suggestions for your work.

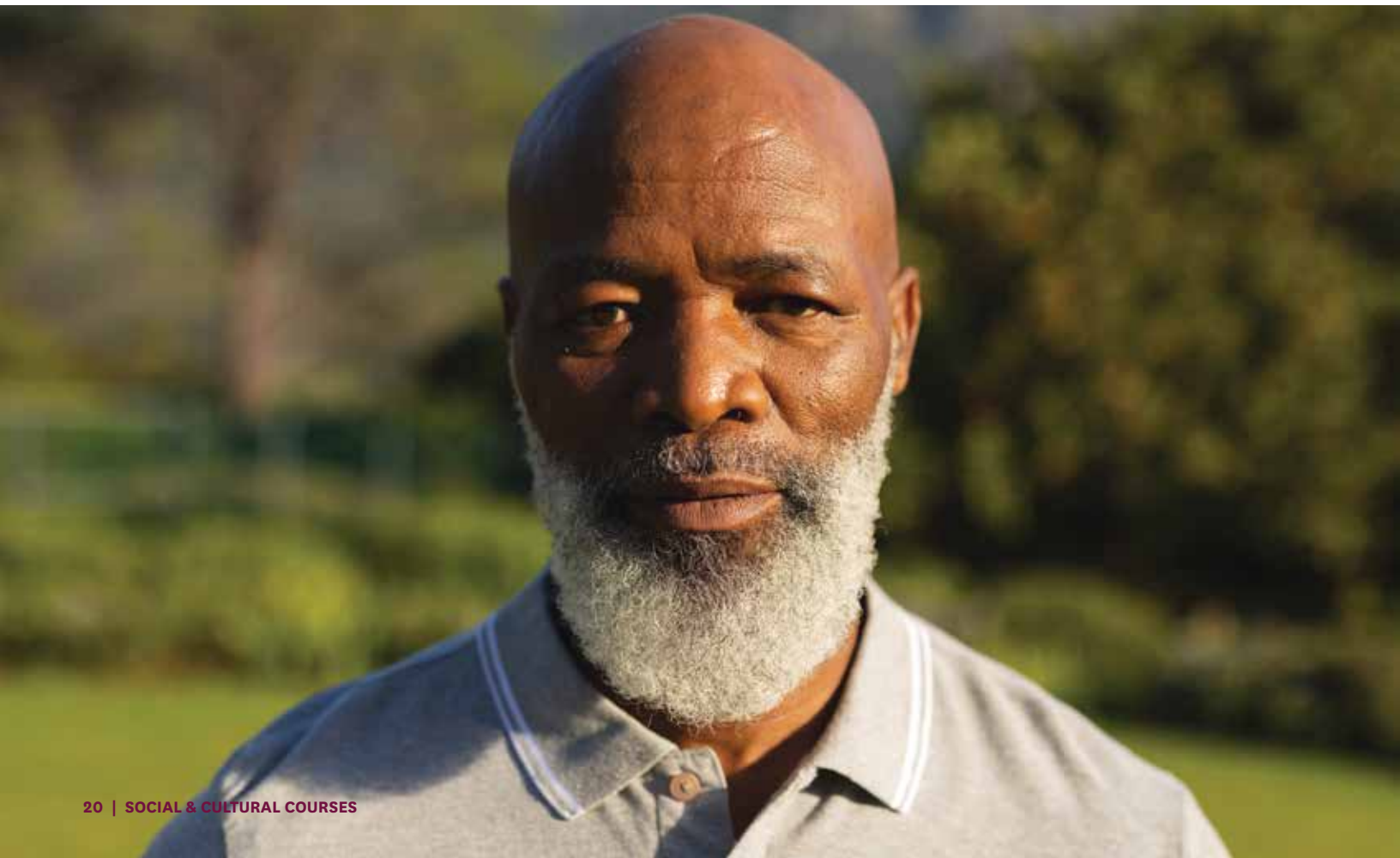
---

**2 CE credits – Live, Interactive Webinar and In-Person Workshop**  
**Social and Cultural Competence Course**  
**Content Level: Intermediate, Advanced**

---

### From this workshop you will learn to:

1. Summarize the basic symptoms and risk factors of Alzheimer's disease or related dementia.
2. Discuss and describe possible effects of untreated, racial trauma among older adults and brain health.
3. Describe the importance of screening for post-traumatic stress disorder among older adults.
4. Explain the term "social determinants of health" in your own words.





# How Social Determinants of Health Impact Brain Health

When considering the risk factors for Alzheimer's disease, people typically assess their family history and how much they exercise and diet. Yet researchers continue to learn more about additional factors that can affect brain health from birth, such as access to health care, home and community environment, economic stability and quality of education. These are all considered social determinants of health. This workshop will explore the five social determinants of health and how they are connected to brain health. Attendees will learn through group activities how to identify their own social determinants of health and how to combat the negative effects.

### 1.5 CE credits – Live, Interactive Webinar and In-Person Workshop

## Social and Cultural Competence Course

**Content Level: Intermediate, Advanced**

### From this course you will learn to:

1. Explain the term “social determinants of health” in your own words.
2. Identify your own social determinants of health and the effects on brain health.
3. Develop strategies to combat the negative effects of social determinants of health.



# The Impact of Stigma and Discrimination on LGBTQ+ Older Adults in Healthcare

In American society, LGBTQ+ individuals have been marginalized and discriminated against, thus increasing the vulnerability and susceptibility of morbidity and mortality. In this cultural competence course, participants will learn about the important intersection between dementia and the LGBTQ+ community. This course provides a historical lens that highlights ongoing discrimination and trauma experienced by the community from all systems involved in our society. Participants will then take a closer look at health disparities and social determinants of health to uncover the importance of inclusive dementia care. This course will also discuss the stigma that many individuals in the LGBTQ+ community face and how this can act as a barrier to receiving necessary health care. Lastly, we will discuss implications and recommendations including trauma-informed care for the individual with dementia, considerations for the chosen family and partner, as well as how care settings can create safe and welcoming environments. Participants will be able to leave this training not only with a greater understanding of the LGBTQ+ community but the importance of high-quality health care.

---

**2 CE credits – Live, Interactive Webinar and In-Person Workshop**

**1.75 CE credits – On-Demand Course**

**Social and Cultural Competence Course**

**Content Level: Intermediate, Advanced**

---

## From this course you will learn to:

1. Identify LGBTQ+ related issues around Alzheimer's disease and dementia care.
2. Explain the historical context that predisposes LGBTQ+ individuals to higher vulnerability of dementia-related risks.
3. Describe the impact of historical barriers to health care and stigma within the LGBTQ+ community.
4. Apply culturally informed strategies to strengthen support and care for LGBTQ+ older adults.







304

## The Importance of Cultural Considerations in Dementia Care

Available population data may underestimate the risk and prevalence of dementia among many populations in the United States. There is a broad lack of understanding of the true needs communities have. This has led to insufficient cultural support in dementia care. This cultural competence course aims to broaden participants' understanding of how dementia is viewed by specific populations (Black Americans, Latine/Latino Americans, Asian Americans, American Indigenous populations), what caregiving for elders means within these cultures, why the lived experience of discrimination in health care can affect overall health, 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.

**2 CE credits – Live, Interactive Webinar and In-Person Workshop**

**1.75 CE credits – On-Demand Course**

**Social and Cultural Competence Course**

**Content Level: Intermediate, Advanced**

**From this course you will learn to:**

1. Define culture and its context in dementia care.
2. Describe dementia as a culturally determined phenomenon.
3. Recognize health care disparities among BIPOC as barriers to services.
4. Explain how different cultures view caregiving for a family with dementia.
5. Identify culturally competent interventions to strengthen and improve dementia care.



# Intersection of Juneteenth, Alzheimer's, and Racial Trauma

Despite the progress we've made towards the eradication of racial inequality, racial health disparities remain. Recent studies have shown there is a higher rate of Alzheimer's disease among BIPOC, particularly African Americans and Latinos, but why is this? In this course participants will discuss social and cultural competency in dementia care while exploring the potential risk factors that increase the likelihood of dementia. Participants focus especially on the effects of racial traumatic stress on the brain. Some of the factors, also known as "social determinants of health," that can lead to negative brain effects including housing or food insecurity, educational disparities, medical discrimination, and daily racial microaggressions. Finally, participants will learn how to incorporate these concepts into practical, everyday suggestions for their work.

---

**1.5 CE credits – Live, Interactive Webinar and In-Person Workshop**  
**Social and Cultural Competence Course**  
**Content Level: Intermediate, Advanced**

---

## From this workshop you will learn to:

1. List at least three ways slavery continues to affect health today.
2. Define Juneteenth and briefly explain its origins.
3. Describe the legacy of Dr. Solomon Carter Fuller and his discoveries of Alzheimer's disease.
4. List three examples of health disparities and explain how they affect brain health.





# Take Your Professional Skills to the Next Level

**AFA's Alzheimer's & Dementia Online Academy** helps professionals enhance their skills and elevate the level of care they provide to individuals and families affected by dementia.



*Web-based video trainings available 24/7*



*Continuing education credit opportunities*



*Certification as an "AFA Dementia Care Partner" offered*

**Learn more at [training.alzfdn.org](https://training.alzfdn.org)**

or call AFA's Professional Training & Education Division at 866-232-8484





# **ASK THE IMPORTANT QUESTION: *Is Our Care Setting EIC Certified?* AFA'S EXCELLENCE IN CARE PROGRAM**

- ◆ **Memory Care** ◆ **Day Centers** ◆ **Assisted Living**  
◆ **Skilled Nursing Facilities**

## **6 Primary Focus Areas**

- Staff Education
- Health and Wellness
- Curating a Dementia-Friendly Environment
- Safety and Security
- Facilitating Meaningful Living
- Building a Therapeutic Relationship

AFA's decades of experience working with individuals with dementia and their care teams make them a trusted source to certify safe, well trained, high-quality facilities.



To learn more, email [education@alzfdn.org](mailto:education@alzfdn.org)

