



To us, it's personal.

The Alzheimer's Disease or Other Dementias CARE:

Changing Aging Through Research and EducationSM

Training Program

CARE

Changing Aging Through Research and EducationSM



It's the diagnosis that can strike dread in the hearts of most any family caregiver: Alzheimer's disease.

That's because this illness and other dementias often steal from older adults what they treasure most: their identity. That's a traumatic prospect both for seniors and the family members who love and care for them.

If your loved one just received the diagnosis, you're likely anxious about the future. You want your senior to be safe and engaged in life. But given the memory and behavioral changes that sometimes accompany dementia, how can you ensure this happens?

That's why the Home Instead Senior Care® network created the Alzheimer's Disease or Other Dementias CARE: Changing Aging Through Research and EducationSM Training Program. Until there is a cure, we offer an interim solution.

About the CARE Program

The Home Instead Senior Care network, the world's largest provider of in-home senior caregiving services, has assembled the top Alzheimer's disease experts in North America to develop a unique, person-centered care program for people with Alzheimer's disease or other dementias.

The Alzheimer's Disease or Other Dementias CARE Training Program was created exclusively by and for the Home Instead Senior Care network. The unique approach focuses on the care and dignity of individuals rather than the symptoms, diagnosis and treatments.

The CARE program has been implemented throughout the Home Instead Senior Care network, training professional CAREGiversSM who have a passion and desire to care for people with Alzheimer's or other forms of dementia.



How Home Instead CAREGivers Can Help

The right approach to caring for someone with Alzheimer's disease or other dementias is key to maintaining their quality of life. That approach needs to ensure their needs are at the forefront. Knowing key information, life experiences and personal preferences about the person affected helps CAREGivers provide dignified and respectful care. The Home Instead Senior Care network uses a Life JournalSM to collect these experiences through a method called Capturing Life's Journey®.

People with dementia often use experiences from the past to make sense of the present. Knowing that someone can no longer store new information efficiently, those stories and information from the affected person's past

help implement this approach. Using the information, CAREGivers can create meaningful activities, manage or reduce troublesome behaviors and more effectively provide personalized care.

Professional CAREGivers also go through extensive training that is highly interactive, dynamic and designed to accommodate all adults' learning styles. The program consists of classes such as:

- Alzheimer's Disease or Other Dementias Overview
- Techniques to Manage Behaviors
- Encouraging Senior Engagement
- Assisting with Activities of Daily Living
- Keeping Seniors Safe

Free Training and Resources for Families

Our training doesn't stop with professional CAREGivers. We know family caregivers are looking for help, too.

That's why the Home Instead Senior Care network is also offering free Alzheimer's Family Caregiver Training to any families needing support while caring for a loved one. The free training will be available through online e-learning modules and at local Home Instead Senior Care offices around the world.

Research shows that families have two significant challenges when caring for loved ones with Alzheimer's disease or other dementias – keeping their loved one's minds engaged and managing difficult behaviors, all while meeting that individual's needs.

According to a study, commissioned by the Home Instead Senior Care network through the Boomer Project, of those families who frequently experience dementia-related behaviors with their loved ones, the following are the most difficult to control:

- Delusions/hallucinations
- Repetition
- Wandering
- Agitation
- Refusal
- Sexual Inappropriateness
- Aggression
- False Accusations

The following classes will help give family caregivers more confidence when caring for a loved one:

- Alzheimer's Disease or Other Dementias Overview
- Capturing Life's Journey
- Techniques to Manage Behaviors
- Activities to Encourage Engagement

Help for You

The Home Instead Senior Care network offers a variety of resources to help family caregivers deal with the challenges of Alzheimer's disease and other dementias.

Available is a free guide -- **Helping Families Cope** -- designed especially for those who are caring for a loved one with Alzheimer's disease or other dementias. The guide includes advice to help families keep their loved ones engaged and manage behaviors.

To obtain a copy of Helping Families Cope or for more information about the CARE training program and other tools, contact your local Home Instead Senior Care office or visit **HelpForAlzheimersFamilies.com**.



Our Experts

A panel of experts, with vast knowledge within the aging field, has worked with the Home Instead Senior Care network to develop content and enhance the Alzheimer's Disease or Other Dementias CARE training program. Those experts include:

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To arrange a free in-home care consultation, please call your local

Home Instead Senior Care® office or call

866.996.1087

HomeInstead.com