Dementia Education Resources for Health Care Providers
Updated June 2015

Behavioural Education and Training Supports Inventory (BETSI)
- An education/training decision making tool and program inventory for anyone interested in providing safe, quality patient-centered care for older adults with responsive behaviours
- Published by Behavioural Supports Ontario (BSO) to complement BSO Capacity Building Roadmap
- BETSI assists users to determine whether they need education, whether they are able to support practice change, what educational opportunities are available to them, the components necessary to ensure effective implementation, and how each program aligns with the BSO target population, core competencies, and service functions

Brainxchange (formerly Alzheimer Knowledge Exchange and Canadian Dementia Resource and Knowledge Exchange)
http://brainxchange.ca
A network of people dedicated to improving quality of life and supports for persons with or at risk of having brain-health needs related to dementia, mental health and neurological conditions related to aging or have experienced brain health changes earlier in life that are now more complex with aging. They focus on the national and provincial sharing of resources and knowledge through in-person and virtual exchange to support relationships among industry, researchers, clinicians, policy makers, people with lived experience, and care partners. They use their network to bring together the best and brightest to:
- Support the learning needs of people wanting to change practice
- 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
- Foster links between stakeholders to create new knowledge and understanding

Delirium, Dementia and Depression e-Learning course
http://elearning.rnao.ca
- 8-module e-learning program based on and a complement to the RNAO Nursing Best Practice Guidelines Caregiving Strategies for Older Adults with Delirium, Dementia and Depression and Screening for Delirium, Dementia, and Depression in Older Adults

DementiAbility Methods: The Montessori Way, DementiAbility Enterprises Inc.
http://www.dementiability.com/
- this interactive 2-day program is based on the educational philosophies of Maria Montessori which were adapted to dementia programming by Dr. Cameron Camp. Research has provided clear evidence of increased levels of engagement and participation in activities when Montessori approaches are implemented with persons with dementia.
- Resources, online learning options and multiple workshops available through DementiAbility

Gentle Persuasive Approaches in Dementia Care (GPA)
http://www.ageinc.ca/GPA/basics.html
- A comprehensive curriculum designed to assist staff of care organizations to learn compassionate and effective ways to help people with dementia when they are upset or frustrated
- a 7.5 hour day-long workshop delivered by 2 trained local GPA coaches
- GPA-Recharged: an annual refresher for staff who already have their GPA certificate. Consists of a two hour interactive small group workshop
- Contact Loretta or your PRC for more information

For more information contact: Alzheimer Society of Durham Region, 905-576-2567 or 1-888-301-1106
Public Education program – Loretta Tanner (x28) or Brenda Davie (x26) or Psychogeriatric Resource Consultation Program at Ontario Shores Centre for Mental Health Sciences, 905-668-5881 Ron Ranin (x6801), Christine Wimhurst (x6292).
Geriatric Certificate Program, McMaster University  https://www.geriatriccp.ca
- Participants enroll and take courses (e.g. PIECES, U-First, GPA, Montessori Methods for Dementia Care, Geriatric Assessment Training, etc.) leading to a geriatric certificate that is endorsed by the Division of Geriatric Medicine, McMaster University. Open to all disciplines.

Me & U-First! Online training  http://u-first.ca/u-first-training-programs/me-u-first-modules-english/
- E-Learning Modules (web based): 8 module introductory series for frontline care providers; learners can access modules on their own schedule; builds on P.I.E.C.E.S.™ and U-First! language and framework; utilizes animated characters Joe and Mimi who have dementia; 8th module could be in-person session with PEC or PRC; great orientation tool for employers. Registration is not required; no certificate granted.

Murray Alzheimer Research and Education Program (MAREP)/University of Waterloo  https://uwaterloo.ca/murray-alzheimer-research-and-education-program/
MAREP is an innovative program that adopts a partnership approach and integrates research and educational activities in an effort to improve dementia care practices in Canada. They offer a range of educational tools including:

**The Dementia Care Education Series**
Interactive education program in CD-ROM format; 10 modules developed with funding from Pfizer
- Overview of Dementia; Living with an Illness Causing Dementia/Experience of Dementia; Care Models and Providing Quality Care; Communication and Interpersonal Skills: Responsive Behaviours in Dementia; Assessment in Geropsychiatry; Interventions for Persons with Dementia/Improving Quality of Life; Ethics of Dementia Care; Understanding the Family in the Dementia Context; Reducing Care Provider Stress and Burnout

**Managing and Accommodating Responsive Behaviours in Dementia Care**
- a video vignette series (available in both DVD and CD-ROM) which illustrates ten of the most intense behaviours experienced by staff working in long-term care homes and provides formal care providers with practical strategies and interventions for managing those behaviours
- produced by MAREP in partnership with PRC’s of Central South Ontario

**P.I.E.C.E.S.™ education programs**  Register online at www.piecescanada.com
A best practice learning and development initiative that provides an approach to understanding and enhancing care for individuals with complex physical and cognitive/mental health needs and behavioural changes.
- 2-day LTC and Community Program: for Regulated Health Professionals (e.g. RN, RPN, OT, SW, RT) working in LTC, retirement homes and/or community organizations who have responsibility for psychogeriatric assessments, case management, and/or providing care to persons with Alzheimer’s disease and related dementias and that have an active role in the day-to-day assessment, planning, and delivery of direct care.
- **P.I.E.C.E.S.™ Leadership and Performance Improvement**: one day program targeted at: a) those in a position to supervise regulated and/or unregulated workers, but not involved in direct care and thus ineligible for the P.I.E.C.E.S.™ programs (e.g. DOC’s), and others that are in a position to support the learners (e.g. NPs, Educators); b) Outreach and Specialty Teams; c) Physicians.
- 2 day Acute Care/Emergency Department and Retirement Home programs also available

**Seniors Health Knowledge Network**  http://www.shrtn.on.ca/
- This network of networks links people, resources and ideas together to benefit the health of the aging population. Their mission is to make a positive impact on seniors’ health by encouraging advancements in research, education, practice and policies.
- Supports a variety of communities of practice (CoP) such as aging and developmental disabilities, diabetes, mental health and oral health. A CoP is a group of people who come together to exchange information on

For more information contact: Alzheimer Society of Durham Region, 905-576-2567 or 1-888-301-1106

Public Education program – Loretta Tanner (x28) or Brenda Davie (x26) or Psychogeriatric Resource Consultation Program at Ontario Shores Centre for Mental Health Sciences, 905-668-5881 Ron Ranin (x6801), Christine Wimhurst (x6292).
a topic related to seniors' health, health system, or disease. This can take the form of interactive education programs, awareness initiatives, and networks, among other things.

**U-First!**
Register online at [http://u-first.ca/](http://u-first.ca/)
- This 6-hour workshop will train care providers in U-First!, a proven and effective approach to working with clients with dementia.
- Through dialogue and a case based approach, learners will have more confidence in working with people with responsive behaviours.
- Now offering regular workshops in Durham Region, please contact Loretta or Brenda
- Registration fee $60; must register online.

**Workplace Violence Prevention**
Public Services Health and Safety Association (formerly OSACH)

- **Preventing Client Aggression through Gentle Persuasive Approaches (GPA)**© This program was designed to complement existing resident care strategies and systems. It integrates the MoHLTC Resident Care Standards, the College of Nurses of Ontario standards and practice guidelines, and Ontario health and safety legislation. It is ideal for the program lead and the multidisciplinary committee responsible for preventing client aggression. Staff who have received P.I.E.C.E.S and U-First! training may also benefit.
- Educational DVD *Workplace Violence Prevention in Health and Community Care* revised in 2010; available for purchase. [http://store.pshsa.ca/ProductInfo/VPRDVAEN0610.aspx](http://store.pshsa.ca/ProductInfo/VPRDVAEN0610.aspx)

**Distance Education Certificates**

**Dementia Studies - Multidiscipline**
- Distance ed graduate certificate composed of 8 courses: courses taken online; registration through Durham College 905-721-2000 or [https://ssbp.mycampus.ca/prod/syzkcrss.P_Course?term_code=201241&dept_code=DECT&assc_code=DS](https://ssbp.mycampus.ca/prod/syzkcrss.P_Course?term_code=201241&dept_code=DECT&assc_code=DS)

**Institute of Life Course and Aging, University of Toronto**
[http://www.grandparentfamily.com/events/workshops/](http://www.grandparentfamily.com/events/workshops/)
Offers workshops to meet the demand for ongoing professional development among healthcare workers and other professionals working with the aging population. Workshops vary in cost, duration and format – online, in-person, webcast and offer participants the opportunity to work at their own pace, interact with instructors and with other participants from a wide variety of perspectives and backgrounds.

**Durham Region Based Education and Learning Resource Options**

**Durham Region Psychogeriatric Resource Consultant program**
[http://www.ontarioshores.ca/](http://www.ontarioshores.ca/)
An outreach program of Ontario Shores Centre for Mental Health Sciences, designed to meet the educational needs of health care staff working in long- term care homes, community service agencies, and homecare organizations including Community Care Access Centre. The Psychogeriatric Resource Consultants (PRCs) offer case based coaching and topics tailored to staff learning needs. In addition to outreach education, PRC’s are involved in the delivery of GPA and P.I.E.C.E.S.”™ education programs.

**Education program, Alzheimer Society Durham Region**
[http://www.alzheimer.ca/durham](http://www.alzheimer.ca/durham)
Alzheimer Society Durham Region offers a comprehensive education program including a progressive learning series for people with dementia (early stages) and their families, quarterly workshops for professional care

For more information contact: Alzheimer Society of Durham Region, 905-576-2567 or 1-888-301-1106

**Public Education program** – Loretta Tanner (x28) or Brenda Davie (x26) or **Psychogeriatric Resource Consultation Program** at Ontario Shores Centre for Mental Health Sciences, 905-668-5881 Ron Ranin (x6801), Christine Wimhurst (x6292).
provides, and in-service education for residential care or agency staff. We address a variety of topics ranging from brain health and memory to other dementias, stage specific care strategies, enhancing communication and responsive behaviours. The quarterly 6-hour Professional Caregiver Education Workshop (PCEW) is a great overview or refresher for residential, hospital or community support staff. Education staff are certified to deliver GPA and U-First! workshops. Consider visiting the Alzheimer Society web site for specific information about dates and times of programs. You will also find extensive print and video information and downloadable resources.

**Interprofessional Psychogeriatric Best Practices, Durham College, School of Continuing Education, Health and Community Services**


This 42 hour course is open to all health care providers. Content will include education on the physiology of normal aging, the geriatric giants, best practice assessment and care based on the Canadian Coalition for Seniors' Mental Health Best Practices, management of aggression through use of Montessori approach to dementia care, dialogue based therapy, activity based learning, Snoezelen and other psychogeriatric best practice education. The underlying framework of the Collaborative Recovery Model will be presented with explanation of how to embrace the recovery philosophy when caring for older persons living with mental illness. This course will include an 8 hour practicum. For RNs and RPNs this course can be used as the elective component of the Mental Health Certificate course. Please note: This course will be held offsite at Ontario Shores.