Level Two ALF Curriculum Content Areas (4 hour training)

Behavior Management
- Challenging behaviors associated with AD
- Strategies and techniques for dealing with challenging behaviors
- Problem-solving approach to challenging behaviors
- Alternatives to restraints

Assistance with Activities of Daily Living (ADLs) for Residents with Alzheimer’s Disease
- Strategies for success
- Examples illustrating strategies for success
  - Dressing
  - Grooming
  - Eating
  - Bathing
  - Toileting and incontinence

Activities for Residents with AD
- Group activities
- Individual activities

Stress Management for the Caregiver
- Causes of stress for the caregiver
- Strategies and techniques for managing stress

Medical Information
- Medications commonly prescribed for residents with AD and their side effects
- Detection and prevention of malnutrition and dehydration