

WALA COMPLIANCE STRATEGIES: ALZHEIMER’S/DEMENTIA

Table of Contents

Introduction.....	3
PART 1: Organizational Readiness	5
Chapter 1: Introduction to Dementia	7
Dementia: A Definition	7
Reversible and Irreversible Dementia.....	8
Reversible Types of Dementia	9
Irreversible Types of Dementia.....	9
Is It Dementia or Something Else?	14
Recommended Resources	14
Using These Compliance Strategies	14
Chapter 2: Determining Your Preparedness to Serve Residents with Dementia	15
PART 2: Providing Care for Residents with Dementia	17
Chapter 3: Assessments and ISPs	19
Assessments.....	19
ISPs for Residents with Dementia	21
Behavioral Monitoring	23
Chapter 4: Providing Person-Directed Dementia Care	25
Life Skills.....	25
Dining and Nutrition	27
Hydration	31
Personal Care	31
Communicating with Residents with Dementia	38
Medication Management	43
Mobility	45
Social Engagement	48
Sexuality	49
Spirituality	52
Wandering.....	53
Elopement or “Successful Exiting”	55
Responding to Extreme Behaviors.....	58

Chapter 5: End-of-Life Care	61
Fundamentals of End-of-Life Care	61
Partnering with Hospice Care	62
PART 3: Operational Issues	67
Chapter 6: Caregiver Selection, Retention, Training, and Support	69
Recruiting Caregivers	69
Staff Training	70
Retention of Caregivers	72
PART 4: Attachments	73
Attachment 1: Discussion Topics for Getting to Know Residents	75
Attachment 2: Spirituality Questionnaire	77
Supplement to Discussion Topics for Getting to Know Residents	77
Attachment 3: Example ISP Plan	79
Attachment 4: Interior Design Recommendations	87
Life-Skill Stations	92
Lighting (Natural and Artificial)	93
Outdoor Areas	95
Attachment 5: Exiting or Elopement Policy and Drill Example	99
Elopement Policy	99
Example of an Exiting or Elopement Drill	100
Attachment 6: Training Topics for Person-Directed Care	103
Attachment 7: References.....	105
Chapter 1: Introduction to Dementia	105
Chapter 2: Preparedness.....	105
Chapter 3: Assessments and ISPs.....	105
Chapter 4: Providing Person-Directed Dementia Care	105
Chapter 6: Staff Selection and Training	106
Attachment 8: Checklists for Evaluating Your Alzheimer’s Program	107