

CHARTERED 
INSTITUTE OF PROFESSIONAL CERTIFICATIONS

CERTIFIED ADVANCED DEMENTIA CARE SPECIALIST™

CDC™

**Fully Accredited
By:**

Chartered Institute of
Professional Certifications

CPD
Certification Service





PROGRAM OVERVIEW

Dementia ranks as the seventh leading cause of death globally and a significant contributor to disability among older adults. In 2019, **the global economic impact of dementia reached a staggering \$1.3 trillion**, underscoring the immense burden on families, caregivers, and healthcare systems. Addressing this growing challenge requires advanced training and expertise to provide compassionate, effective care, reduce stress for caregivers, and improve the quality of life for those living with dementia.

This certified program offers a comprehensive exploration of dementia care, addressing core topics such as understanding **dementia types, recognizing cognitive and behavioral changes, and implementing person-centered care strategies**. You will gain advanced insights into therapeutic modalities, communication techniques, and environmental modifications that promote safety and independence. The program also emphasizes **addressing unmet needs, managing challenging behaviors, and navigating the legal and ethical complexities of dementia care**.

In addition to theoretical knowledge, this program focuses on practical implementation. You will learn to **interpret behaviors as communication, develop effective de-escalation strategies, and integrate therapeutic activities such as music and art into daily care routines**. Modules on cultural

ACCREDITATIONS



4.8



4.6





PROGRAM OVERVIEW

competency and supporting diverse populations ensure you can tailor care to meet individual needs. The program also addresses caregiver resilience and family support, ensuring a well-rounded approach to dementia care.

Upon completing the program and passing the Chartered exam, you will attain the **Certified Advanced Care Dementia Specialist (CDC™)** designation. This credential will enhance your professional credentials positioning you as a leader in the rapidly evolving field of dementia care, and opening doors to advanced career opportunities in healthcare, geriatric services, and specialized care environments. With the CDC™ designation, you will hold a credential that validates your specialized knowledge and commitment to excellence in dementia care, which can lead to leadership positions and increased earning potential in the growing field of geriatric healthcare.

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KEY SKILLS YOU WILL GAIN

From This Program



**ADVANCED DEMENTIA CARE
DEMENTIA DIAGNOSIS
COGNITIVE ASSESSMENT
MEDICATION MANAGEMENT**

**BEHAVIOR MANAGEMENT
CAREGIVER SUPPORT
BEHAVIOURAL ANALYSIS AND INTERPRETATION
DE-ESCALATION TECHNIQUES**

**PAIN RECOGNITION AND MANAGEMENT
END-OF-LIFE CARE PLANNING
ELDER ABUSE MANAGEMENT
ACTIVITIES OF DAILY LIVING (ADLS)**

**ROOT OF RESISTANCE TO CARE
CAREGIVER STRESS AND BURNOUT
ENVIRONMENTAL MODIFICATION UNMET NEEDS
COGNITIVE COMMUNICATION
INTUITIVE COMMUNICATION**

**THERAPEUTIC ACTIVITIES & MODALITIES
ETHICAL DECISION-MAKING**

YOUR FACULTY DIRECTOR



Laura Herman

Distinguished Leader in Dementia Care Innovation and Education

With over 25 years of unparalleled expertise in dementia care, **Laura Herman stands as a leading authority dedicated to transforming the landscape of dementia support through innovation, education, and compassionate caregiving.** Her career spans a spectrum of impactful roles, including caregiver, education director, and dementia care consultant, across diverse care settings such as memory care facilities, assisted living, skilled nursing, and home care environments.

As the founder and director of the ABC Dementia Course & Community, Laura has empowered countless caregivers through comprehensive training programs and personalized support. In her capacity as **Chief Learning Officer at Mentia, she co-created CarePlay, an innovative dementia care training game** designed to equip professionals with practical skills through immersive learning.

A sought-after thought leader, **Laura is a distinguished speaker at premier national conferences, including the National Family Caregiver Conference and National Caregiving Conference,** where her insights on behavioral communication, needs-based care strategies, and stress reduction techniques have earned widespread recognition. Her expertise extends to developing acclaimed training programs, such as Memory Care Essentials and Geriatrics for Healthcare Professionals for MedCerts, reflecting her commitment to advancing excellence in dementia care.

OUR PARTICIPANTS

Over 70% of FORTUNE 500 Companies Have Attended Our Accredited Programs Before



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Life is our life's work



Nestlé



PROGRAM AGENDA

MODULE 1 - UNDERSTANDING THE STRENGTHS & CHALLENGES OF PEOPLE WITH DEMENTIA

- Overview - Understanding the Strengths & Challenges of People with Dementia
 - Introduction to the Course and Instructor
 - Shifting the Tragedy Narrative
 - The Challenges and Strengths of Dementia

MODULE 2 - UNDERSTANDING HUMAN NEEDS IN DEMENTIA CARE

- Overview - Understanding Human Needs in Dementia Care
 - Aspects of Holistic Wellness
 - The Impact of Unmet Needs
 - Need Fulfilling Routines
 - Supporting Physical Needs
 - Supporting Emotional Needs
 - Supporting Mental Needs
 - Supporting Social Needs
 - Supporting Vocational Needs
 - Supporting Spiritual Needs

MODULE 3 - UNDERSTANDING THE DEMENTIA DIAGNOSIS

- Overview - Understanding the Dementia Diagnosis

- Normal Aging or Dementia
- Types of Dementia
- Barriers & Benefits to Diagnosis

MODULE 4 - THE IMPACT OF DEMENTIA ON THE BRAIN

- Overview - The Impact of Dementia on the Brain
 - How Dementia Impacts the Brain
 - Cognitive Load
 - Attention, Distraction, and Redirection
 - Perceiving Reality
 - Hallucinations, Delusions, and Misperceptions

MODULE 5 - ENHANCING COMMUNICATION: LEARNING THE HEART-CENTERED LANGUAGE OF DEMENTIA

- Overview - Enhancing Communication: Learning the Heart-Centered Language of Dementia
 - Cognitive and Intuitive Communication
 - Connection Comes First
 - Simplifying Verbal Communication
 - Nonverbal Communication Techniques
 - Mirroring

PROGRAM AGENDA



MODULE 6 - BEHAVIOR AS COMMUNICATION: UNDERSTANDING AND RESPONDING TO CHALLENGING BEHAVIORS

- Overview - Behavior as Communication: Understanding and Responding to Challenging Behaviors
 - Behavior is Communication
 - Common Triggers & Unmet Needs
 - Catastrophic Reactions
 - De-Escalating the Situation

MODULE 7 - TRANSLATING THE MESSAGE IN BEHAVIORAL COMMUNICATION

- Overview - Translating the Message in Behavioral Communication
 - Behavior Tracking and Translation
 - Finding the Message in the Fall
 - Communicating with the Healthcare Team

MODULE 8 - PAIN AND COMFORT IN DEMENTIA CARE

- Overview - Pain and Comfort in Dementia Care
 - Recognizing Physical Pain
 - Pain Management Strategies
 - Recognizing Depression
 - Recognizing Infections

MODULE 8 - PAIN AND COMFORT IN DEMENTIA CARE

- Constipation
- Emotional & Spiritual Pain
- Supporting a Person with Dementia to Grieve
- Trauma-Informed Dementia Care

MODULE 9 - UNDERSTANDING MEDICATIONS IN DEMENTIA CARE

- Overview - Understanding Medications in Dementia Care
 - Medications for Dementia and Behavior
 - Refusing Medications
 - Drug Interactions and Side Effects
 - Therapeutic Deprescribing

MODULE 10 - PERSON-CENTERED CARE IN DEMENTIA

- Overview - Person-Centered Care in Dementia
 - The Principles of Person Centered Care
 - Culturally Responsive Dementia Care
 - A Team Approach to Person Centered Care

MODULE 11 - THERAPEUTIC ACTIVITIES AND MODALITIES

- Overview - Therapeutic Activities and Modalities



PROGRAM AGENDA

- What Makes an Activity Therapeutic?
- Meaningful Activities
- Therapeutic Modalities
- Art
- Music
- Therapeutic Touch
- Technology and Innovation in Dementia Support

MODULE 12 - CREATING A THERAPEUTIC ENVIRONMENT

- Overview - Creating a Therapeutic Environment
 - The Role of Sensory Stimulation in Dementia Care
 - Modifying the Environment for Safety, Comfort & Independence

MODULE 13 - SUPPORTING NUTRITION AND HYDRATION

- Overview - Supporting Nutrition and Hydration
 - Nutritional Risks Relating to Dementia
 - Dehydration in Dementia
 - Strategies for Nutritional Support

MODULE 14 - LEGAL AND ETHICAL CONSIDERATIONS IN DEMENTIA CARE

- Overview - Legal and Ethical Considerations in Dementia Care
 - Elder Abuse and the Rights of the Person with Dementia
 - Supported Decision Making & the Dignity of Risk
 - Truth, Lies & Reality Orientation
 - End-of-Life Considerations in Dementia Care

MODULE 15 - SUPPORTING ACTIVITIES OF DAILY LIVING (ADLS)

- Overview - Supporting Activities of Daily Living (ADLs)
 - Independence & Dignity in Activities of Daily Living (ADLs)
 - Techniques for Assisting with ADLs
 - Alternatives to Bathing

MODULE 16 - PROMOTING COOPERATION WITH CARE

- Overview - Promoting Cooperation with Care
 - Understanding Resistance to Care
 - Promoting Cooperation with Care

PROGRAM AGENDA



MODULE 17 - CAREGIVER WELL-BEING AND RESILIENCE

- Overview - Caregiver Well-Being and Resilience
 - Caregiver Stress and Burnout
 - Supporting Family Members of People with Dementia
 - Behavioral Communication in Ourselves
 - Meeting Our Needs as Caregivers

MODULE 18 - COURSE CONCLUSION: KEY TAKEAWAYS AND NEXT STEPS

- Overview - Key Takeaways and Next Steps
 - Review of Key Concepts
 - The Real World

EXAMINATION

YOUR CHARTER DESIGNATION



Chartered Institute of Professional Certifications' programs are unique as they provide you with professional charter designations and marks that can be used across your lifetime once you have completed our programs.

Upon completion of the program and successfully passing the Chartered exam, you will be awarded the prestigious **Certified Advanced Dementia Care Specialist (CDC™)**, that can be used in your resume, CV and other professional credentials. This globally recognized and respected credential serves as a testament to your expertise in the field, granting you lifelong validity.

As a **CDC™** certificate holder you establish yourself as a distinguished professional with demonstrated expertise in delivering comprehensive, person-centered care for individuals living with dementia. Developed by the **Chartered Institute of Professional Certifications**, this industry-recognized and trademarked charter validates your commitment to implementing evidence-based, holistic care approaches that enhance quality of life for both individuals with dementia and their families, while showcasing your dedication to maintaining the highest standards of compassionate, specialized care. Additionally, the program's content has been independently accredited and certified by the **Continuing Professional Development (CPD) organization**, guaranteeing adherence to rigorous standards of professional development.

ABOUT US

49,525

Business Leaders Have Attained Their Chartered Certifications Since 2009

390

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CONTACT US TODAY

We Thank You for Your Ongoing Support
of Our Programs

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