

alzheimers continuing education free

Alzheimer's Continuing Education: Free Resources for Professionals

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Editor: Dr. Michael Jones, MD, PhD, Neurologist specializing in Alzheimer's and related dementias.

Introduction:

Alzheimer's disease is a devastating neurological condition affecting millions worldwide, placing immense strain on healthcare systems and families. Effectively managing and caring for individuals with Alzheimer's requires specialized knowledge and skills. For healthcare professionals, continuous learning is crucial to staying abreast of the latest research, treatment advancements, and best practices. Fortunately, a growing number of resources offer Alzheimer's continuing education free of charge, making professional development accessible to a wider audience. This article explores the significance of free Alzheimer's continuing education opportunities, examines the types of resources available, and highlights their impact on improving patient care.

The Significance of Free Alzheimer's Continuing Education:

The escalating prevalence of Alzheimer's necessitates a well-trained workforce equipped to address the multifaceted challenges associated with the disease. However, the cost of professional development can be a significant barrier, particularly for individuals working in under-resourced settings. Free Alzheimer's continuing education programs bridge this gap, ensuring that professionals, regardless of their financial situation, can access the training necessary to provide high-quality care.

The benefits extend beyond individual practitioners. Improved knowledge and skills translate to enhanced patient outcomes, including better symptom management, improved quality of life for patients and their families, and more effective utilization of healthcare resources. Moreover, access to free Alzheimer's continuing education promotes consistency in care delivery, leading to standardized approaches and better overall outcomes across different care settings.

Types of Free Alzheimer's Continuing Education Resources:

Numerous organizations and institutions offer free Alzheimer's continuing education in various formats. These include:

Online Courses and Webinars: Many reputable organizations offer free online modules, webinars, and self-paced courses covering various aspects of Alzheimer's, from diagnosis and treatment to caregiving strategies and ethical considerations. These often include interactive elements, quizzes, and downloadable materials.

Virtual Workshops and Conferences: Several institutions host free virtual workshops and conferences, providing opportunities for professionals to engage with leading experts in the field, participate in interactive sessions, and network with colleagues.

Open Educational Resources (OER): OER initiatives offer free access to educational materials, including textbooks, articles, videos, and presentations, on Alzheimer's disease. These resources often provide a broad overview of the disease and its impact.

Podcasts and Videos: Many organizations have developed podcasts and videos that provide easily digestible information on Alzheimer's-related topics, making it convenient for professionals to learn during their commute or downtime.

Professional Organization Resources: Professional organizations such as the Alzheimer's Association and the American Nurses Association often provide free or low-cost educational resources and webinars for their members.

Finding Reputable Free Alzheimer's Continuing Education:

While many resources offer free Alzheimer's continuing education, it's crucial to evaluate their credibility. Look for programs developed by reputable organizations with established expertise in geriatric care and Alzheimer's disease. Consider the following factors:

Source Credibility: Verify the credentials and reputation of the organization offering the program. Look for affiliations with recognized medical or research institutions.

Content Accuracy: Ensure the information presented is evidence-based and aligned with current scientific understanding of Alzheimer's disease.

Faculty Expertise: Check the qualifications and experience of the instructors or presenters.

Learning Outcomes: Assess whether the program clearly defines its learning objectives and provides mechanisms for evaluating participant learning.

Impact on Patient Care and Healthcare Systems:

The availability of free Alzheimer's continuing education has a significant and positive impact on both patient care and healthcare systems:

Improved Diagnostic Accuracy: Access to training enhances the ability of healthcare professionals to accurately diagnose Alzheimer's disease, leading to earlier interventions and improved patient

outcomes.

Enhanced Treatment Planning: Updated knowledge on treatment options allows for more effective personalized care plans, tailored to individual patient needs and preferences.

Better Symptom Management: Professionals trained in managing behavioral and psychological symptoms of dementia can improve the quality of life for patients and reduce caregiver burden.

Improved Caregiver Support: Education on caregiver support strategies leads to better coping mechanisms and reduced stress among caregivers.

Reduced Healthcare Costs: Early diagnosis and effective management can reduce long-term healthcare costs associated with advanced stages of Alzheimer's disease.

Conclusion:

Access to Alzheimer's continuing education free is paramount for ensuring a well-trained healthcare workforce capable of meeting the growing needs of individuals living with Alzheimer's disease and their families. By leveraging the numerous free resources available, healthcare professionals can enhance their knowledge, skills, and ability to deliver compassionate and effective care. The impact extends far beyond the individual practitioner, improving patient outcomes, reducing healthcare costs, and ultimately, enhancing the quality of life for those affected by this debilitating disease. Continued investment in and promotion of free educational initiatives is crucial for addressing the challenges of Alzheimer's disease and improving the lives of millions.

FAQs:

1. Are these free Alzheimer's continuing education courses accredited? Accreditation varies; some courses offer continuing education credits (CEUs), while others are primarily for knowledge enhancement. Check individual program details.
1. How do I find free Alzheimer's continuing education resources? Search online using keywords like "free Alzheimer's training," "dementia education online," etc. Check websites of professional organizations and government agencies.
1. What types of professions benefit from free Alzheimer's education? Nurses, doctors, social workers, caregivers, therapists, and anyone working with individuals with Alzheimer's can benefit greatly.
1. Are there free resources for caregivers, too? Yes, many free resources cater specifically to

caregivers, providing practical advice and emotional support.

1. What if I don't have internet access? Some organizations may offer print materials or in-person workshops. Contact local Alzheimer's associations for information.
1. Are there language options available for free Alzheimer's education? Availability varies; check individual program details.
1. How often are new free Alzheimer's courses updated? The frequency of updates varies depending on the provider, but reputable organizations strive to provide up-to-date information.
1. Can I receive a certificate of completion for free Alzheimer's courses? This depends on the course provider. Some offer certificates, while others provide only a record of participation.
1. Where can I find information about upcoming free Alzheimer's webinars and workshops? Check the websites of organizations such as the Alzheimer's Association and the NIA for event calendars.

Related Articles:

1. "Free Online Courses on Dementia Care: A Comprehensive Guide": This article provides a curated list of free online courses, categorized by level and topic, focusing on various aspects of dementia care.
1. "Understanding Alzheimer's Disease: A Free Online Resource for Healthcare Professionals": This focuses on a specific free online resource, providing a detailed review and highlighting its strengths and weaknesses.
1. "The Impact of Free Continuing Education on Alzheimer's Caregiver Outcomes": This research-

based article explores the effect of free educational programs on caregivers' knowledge, skills, and well-being.

1. "Free Webinars on the Latest Advancements in Alzheimer's Treatment": A review of free webinars focusing on recent breakthroughs in the treatment and management of Alzheimer's disease.
1. "Developing Effective Communication Strategies for Individuals with Alzheimer's: A Free Online Tutorial": This article explores communication techniques and strategies specifically designed for effective interaction with individuals in the various stages of Alzheimer's disease.
1. "Ethical Considerations in Alzheimer's Care: A Free Online Course for Healthcare Professionals": This focuses on the ethical dilemmas faced by healthcare professionals caring for individuals with Alzheimer's disease.
1. "Utilizing Open Educational Resources for Alzheimer's Education: A Practical Guide": This guide helps professionals navigate and utilize the wide array of open educational resources available for learning about Alzheimer's.
1. "Free Resources for Dementia Caregivers: A Comprehensive Overview": This article provides a thorough overview of free resources, both online and offline, designed specifically for the needs of caregivers.
1. "Addressing the Mental Health Needs of Caregivers of Alzheimer's Patients: Free Online Resources": This piece focuses on free resources dedicated to supporting the mental health and well-being of caregivers.

alzheimers continuing education free: Brain Longevity Dharma Singh Khalsa, Cameron Stauth, 2001-01-01 In the tradition of Andrew Weil's bestseller Spontaneous Healing, this is a physician's breakthrough medical program for the brain designed to diminish the effect of memory impairment caused by stress, aging, and Alzheimer's disease. As we grow older and experience the stresses of life, at about age 40 many of us begin to have trouble remembering things,

concentrating, and generally staying mentally sharp. This book contains a four-part program including nutritional, stress-relieving, pharmacological, and mind-body exercise therapies to help people overcome the undesirable effects of normal brain aging. By controlling cortisol, a hormone that is toxic to the brain and present in excessive levels as we age, Dr. Khalsa's plan can help improve memory and emotional zest. This is the first book to: Describe a program that may diminish age-associated memory impairment Feature a clinical method that can promote memory functioning impaired by Alzheimer's disease Detail the physical damage done to the brain by stress, how it adversely affects memory and our other mental abilities, and what can be done about it.

alzheimers continuing education free: Cracking the Dementia Code Karen A Tyrell, 2016-09-01 As exciting discoveries continue for Alzheimer's disease and other dementias, hope for a cure remains. In the meantime, day to day challenges continue for families and caregivers. With clarity, Tyrell offers coherent strategies that show caregivers how they can crack the code to reduce stress while integrating effective creative solutions.

alzheimers continuing education free: Practical Dementia Care Peter V. Rabins, Constantine G. Lyketsos, Cynthia D. Steele, 2006-01-19 This is a comprehensive yet practical guide to the care and management of patients with dementia from the time of diagnosis to the end of life. It is intended for the increasing number of physicians, nurses, psychologists, social workers, rehabilitation therapists, and long-term care givers responsible for the care of individuals with dementia. For the Second Edition, the authors have added a chapter on mild cognitive impairment. The sections that received the most extensive revision or expansion include those on drug therapy; the pathophysiology of several causes of dementia; psychiatric symptoms of dementia and their treatment (especially drug treatment); and dementia in special environments (especially assisted living and nursing homes).

alzheimers continuing education free: Ethnogeriatrics Lenise Cummings-Vaughn, Dulce M. Cruz-Oliver, 2016-10-05 This volume is divided into five parts and fifteen chapters that address these topics by examining ethnogeriatric foundations, research issues, clinical care in ethnogeriatrics, education and policy. Expertly written chapters, by practicing geriatricians, gerontologists, clinician researchers and clinician educators, present a systematic approach to recognizing, analyzing and addressing the challenges of meeting the healthcare needs of a diverse population and authors discuss ways in which to engage the community by increasing research participation and by investigating the most prevalent diseases found in ethnic minorities. Ethnogeriatrics discusses issues related to working with culturally diverse elders that tend not to be addressed in typical training curricula and is essential reading for geriatricians, hospitalists, advance practice nurses, social workers and others who are part of a multidisciplinary team that provides high quality care to older patients.

alzheimers continuing education free: Alzheimer's Family Support Groups Lillian Middleton, 1984

alzheimers continuing education free: The Dementias Myron F. Weiner, Anne M. Lipton, 2008-08-13 Confusion. Fear. Isolation. This is the human experience of dementing illness, and it is at the heart of this practical, informative volume by a broad range of clinically grounded experts. This book is designed to meet the needs of clinicians dealing with persons with dementing illness and to serve as an introduction to the pathophysiology of dementing illness and a resource for clinical investigators. The giant strides in dementia research since the publication of the first edition in 1991 have generated optimism that we will soon be able to delay onset and even prevent these diseases that devastate both patients and caregivers. This third edition has been revised, updated, and expanded to cover changes in the classification, management and treatment of dementing illnesses and to give a more extensive account of basic and clinical research findings. At the same time, this remarkable volume indicates the interaction of the patient's personality, the caregiver, and the environment with the pathophysiology of dementing illnesses that creates the variety of symptoms accompanying these illnesses and impacting their treatment. Like the second edition, this third edition has three sections, flowing from diagnosis through management/treatment to research. New

to this edition are A world-class presentation on the molecular and genetic basis of Alzheimer's disease A beautifully illustrated chapter on contemporary neuroimaging Discussions of mild cognitive impairment, the frontotemporal dementias, and the dementias associated with Lewy bodies This third edition is exceptionally valuable for addressing the day-to-day challenges of dealing effectively and humanely with persons with dementing illness. Case examples are used in the chapters on psychological/behavioral and drug management to indicate practical approaches to maintaining patients at their optimal level of function. Unlike similar texts, this volume also reviews legal and ethical issues in the care of persons with dementing illness and shows how clinicians and caregivers how to mobilize community resources. Extensive reference lists round out each chapter. The book concludes with 11 assessment guides and rating scales and an index. Now more than ever, there is hope that advances in understanding dementing illnesses such as Alzheimer's disease will lead to their effective treatment, and ultimately to their prevention. Until then, clinicians, families, and society will continue to be faced with the challenges posed by these illnesses -- making this book a must read for physicians and other health care professionals, whether in training, in practice, or engaged in clinical research.

alzheimers continuing education free: *Dancing with Granddad* Linda Bozzo, 2020-08-15 For parents and children looking for a way to open a dialogue on how Alzheimer's disease can affect their loved ones.

alzheimers continuing education free: *High-Octane Brain* Michelle Braun, 2020-10-20 From a Harvard- and Yale-trained neuropsychologist, a science-backed five-step program to boost memory and dramatically decrease the risk of Alzheimer's. American adults fear Alzheimer's more than any other disease—including cancer—and because many don't realize there is no genetic cause for 99 percent of Alzheimer's cases, they don't take the necessary steps to change lifestyle factors shown to significantly protect against the disease. In this book, board-certified neuropsychologist Dr. Michelle Braun inspires you to make lasting improvements by explaining the truth about brain health and providing expert guidance through the maze of conflicting media advice on supplements, brain games, nutrition, and exercise. Braun interviews eight leading brain health experts, combining their insights with cutting-edge research to offer proven strategies to implement the five steps of the High-Octane Brain. Interactive exercises help you develop a personalized program for optimal brain health. Dr. Braun also provides a tracking system with a visual depiction of progress, and shows the High-Octane Brain plan in action through the lives of clients. Packed with valuable tips you can implement immediately to minimize common "brain blips," exercises to boost your memory within minutes, and inspiring insights from nine High-Octane Brain role models ages 44 to 103, this groundbreaking book helps put the future of your brain in your control. "Thorough, backed up by the best available research, and accessible." —Barry Gordon, M.D., Ph.D., Director, Cognitive Neurology/Neuropsychology Division, Department of Neurology, Johns Hopkins Medical Institutions and University

alzheimers continuing education free: Ethnicity and Dementias Gwen Yeo, 2014-04-04 A practical approach for professionals working with people suffering from dementias, this book focuses on dementias, including Alzheimer's disease, from a multi-cultural perspective.

alzheimers continuing education free: DHHS Publication No. (ADM). , 1985

alzheimers continuing education free: Dementia Caregiver Guide Teepa L. Snow, 2013-10 This simple, easy to read, 100 page guidebook helps family members, friends, and caregivers to better understand the changes that come with advancing dementia or other impairments in thinking, reasoning or processing information. It also reinforces the impact of Teepa Snow's guidance and person-centered care interventions including the GEMS and Positive Approach to Care techniques. The goal is to provide better support and care practices when someone is living with an ever-changing condition. By appreciating what has changed but leveraging what is still possible, care partners can choose interactions that are more positive, communication that is more productive, and care that is more effective and less challenging for all involved.

alzheimers continuing education free: The End of Alzheimer's Dale Bredeisen, 2017-08-22

The instant New York Times and Wall Street Journal bestseller A groundbreaking plan to prevent and reverse Alzheimer's Disease that fundamentally changes how we understand cognitive decline. Everyone knows someone who has survived cancer, but until now no one knows anyone who has survived Alzheimer's Disease. In this paradigm shifting book, Dale Bredeisen, MD, offers real hope to anyone looking to prevent and even reverse Alzheimer's Disease and cognitive decline. Revealing that AD is not one condition, as it is currently treated, but three, *The End of Alzheimer's* outlines 36 metabolic factors (micronutrients, hormone levels, sleep) that can trigger downsizing in the brain. The protocol shows us how to rebalance these factors using lifestyle modifications like taking B12, eliminating gluten, or improving oral hygiene. The results are impressive. Of the first ten patients on the protocol, nine displayed significant improvement with 3-6 months; since then the protocol has yielded similar results with hundreds more. Now, *The End of Alzheimer's* brings new hope to a broad audience of patients, caregivers, physicians, and treatment centers with a fascinating look inside the science and a complete step-by-step plan that fundamentally changes how we treat and even think about AD.

alzheimers continuing education free: Dementia with Dignity Judy Cornish, 2019-01-22
The revolutionary how-to guidebook that details ways to make it easier to provide dementia home care for people experiencing Alzheimer's or dementia. Alzheimer's home care is possible! *Dementia with Dignity* explains the groundbreaking new approach: the DAWN Method(R), designed so families and caregivers can provide home care. It outlines practical tools and techniques to help your loved one feel happier and more comfortable so that you can postpone the expense of long-term care. In this book you'll learn: -The basic facts about Alzheimer's and dementia, plus the skills lost and those not lost; -How to recognize and respond to the emotions caused by Alzheimer's or dementia, and avoid dementia-related behaviors; -Tools for working with an impaired person's moods and changing sense of reality; -Home care techniques for dealing with hygiene, safety, nutrition and exercise issues; -A greater understanding and appreciation of what someone with Alzheimer's or dementia is experiencing, and how your home care can increase their emotional wellbeing. Wouldn't dementia home care be easier if you could get on the same page as your loved one? When we understand what someone experiencing Alzheimer's or dementia is going through, we can truly help them enjoy more peace and security at home. This book will help you recognize the unmet emotional needs that are causing problems, giving you a better understanding and ability to address them. The good news about dementia is that home care is possible. There are infinitely more happy times and experiences to be shared together. Be a part of caring for, honoring, and upholding the life of someone you love by helping them experience Alzheimer's or dementia with dignity. Judy Cornish is the author of *The Dementia Handbook-How to Provide Dementia Care at Home*, founder of the Dementia & Alzheimer's Wellbeing Network(R) (DAWN), and creator of the DAWN Method. She is also a geriatric care manager and elder law attorney, member of the National Association of Elder Law Attorneys (NAELA) and the American Society on Aging (ASA).

alzheimers continuing education free: Caring for a Person with Alzheimer's Disease: Your Easy -to-Use- Guide from the National Institute on Aging (Revised January 2019)
National Institute on Aging, 2019-04-13 The guide tells you how to: Understand how AD changes a person Learn how to cope with these changes Help family and friends understand AD Plan for the future Make your home safe for the person with AD Manage everyday activities like eating, bathing, dressing, and grooming Take care of yourself Get help with caregiving Find out about helpful resources, such as websites, support groups, government agencies, and adult day care programs Choose a full-time care facility for the person with AD if needed Learn about common behavior and medical problems of people with AD and some medicines that may help Cope with late-stage AD

alzheimers continuing education free: Guidelines for Library Services to Persons with Dementia Helle Arendrup Mortensen, Gyda Skat Nielsen, 2007

alzheimers continuing education free: Mayo Clinic on Alzheimer's Disease and Other Dementias Jonathan Graff-Radford, Angela M. Lunde, 2020-10-06 A reference on preventing, treating, and coping with dementia, from "one of the most reliable, respected health resources that

Americans have" (Publishers Weekly). This book from the world-renowned Mayo Clinic offers an update on what experts know about Alzheimer's and related dementias, including the latest research into treatment and prevention, ways to live well with dementia, and recommendations for caregivers. While Alzheimer's disease is the most common type of dementia, many related types also affect adults worldwide, causing loss of memory, reason, judgment, and other cognitive functions. Although the diseases that cause dementia have long been considered unrelenting and incurable, recent advances offer hope. This book includes information about:

- What to expect of typical aging and what are the earliest signs of abnormal aging
- Memory loss and other forms of cognitive impairment that may lead to dementia
- Characteristic features of Alzheimer's disease and related dementias, including frontotemporal degeneration, Lewy body dementia, and vascular cognitive impairment
- The latest research on Alzheimer's disease and related dementias
- Caring for and supporting someone living with dementia

Are there ways you can lower your risk? Can dementia be prevented? Can you live well with dementia? If so, how? You'll find answers to these important questions and more in this book.

alzheimers continuing education free: *Neurology in Clinical Practice* Walter George Bradley, 2004 New edition, completely rewritten, with new chapters on endovascular surgery and mitochondrial and ion channel disorders.

alzheimers continuing education free: *Living with Mild Cognitive Impairment* Nicole D. Anderson, Kelly J. Murphy, Angela K. Troyer, 2012-08-23 This book is for individuals with mild cognitive impairment (MCI), their loved ones, and health care professionals who care for these patients. The text is loaded with up-to-date, scientifically substantiated knowledge about what MCI is, how it affects people, and how to take a proactive approach to health and wellbeing for living with MCI.

alzheimers continuing education free: *Preventing Cognitive Decline and Dementia* National Academies of Sciences, Engineering, and Medicine, Health and Medicine Division, Board on Health Sciences Policy, Committee on Preventing Dementia and Cognitive Impairment, 2017-10-05 Societies around the world are concerned about dementia and the other forms of cognitive impairment that affect many older adults. We now know that brain changes typically begin years before people show symptoms, which suggests a window of opportunity to prevent or delay the onset of these conditions. Emerging evidence that the prevalence of dementia is declining in high-income countries offers hope that public health interventions will be effective in preventing or delaying cognitive impairments. Until recently, the research and clinical communities have focused primarily on understanding and treating these conditions after they have developed. Thus, the evidence base on how to prevent or delay these conditions has been limited at best, despite the many claims of success made in popular media and advertising. Today, however, a growing body of prevention research is emerging. *Preventing Cognitive Decline and Dementia: A Way Forward* assesses the current state of knowledge on interventions to prevent cognitive decline and dementia, and informs future research in this area. This report provides recommendations of appropriate content for inclusion in public health messages from the National Institute on Aging.

alzheimers continuing education free: *The Peace with Dementia* Rosary Matthew Estrade, 2019-02-24 Dementia is a broad term used to describe a group of chronic symptoms that may include memory impairment disrupting everyday life, diminished judgement, inability to plan, challenges with words and communicating, disorientation of time and place, and other symptoms ... In *The Peace with Dementia* Rosary, Matthew walks along your journey of dementia offering Education, Intentions, and Community. Education presented through each of the 20 Mysteries of the Holy Rosary, features important lessons to improve the quality of life for person living with dementia and their care partners. Intentions found in this book will focus your prayers on specific moments and challenges during the journey of dementia ... Community is created when we pray for each other and when we create in-person and online support groups ... from the back cover.

alzheimers continuing education free: *The Biology of Alzheimer Disease* Dennis J. Selkoe, David Michael Holtzman, Eckhard Mandelkow, 2012 Alzheimer disease causes the gradual

deterioration of cognitive function, including severe memory loss and impairments in abstraction and reasoning. Understanding the complex changes that occur in the brain as the disease progresses including the accumulation of amyloid plaques and neurofibrillary tangles is critical for the development of successful therapeutic approaches. Written and edited by leading experts in the field, this collection from Cold Spring Harbor Perspectives in Medicine includes contributions covering all aspects of Alzheimer disease, from our current molecular understanding to therapeutic agents that could be used to treat and, ultimately, prevent it. Contributors discuss the biochemistry and cell biology of amyloid -protein precursor (APP), tau, presenilin, -secretase, and apolipoprotein E and their involvement in Alzheimer disease. They also review the clinical, neuropathological, imaging, and biomarker phenotypes of the disease; genetic alterations associated with the disorder; and epidemiological insights into its causation and pathogenesis. This comprehensive volume, which includes discussions of therapeutic strategies that are currently used or under development, is a vital reference for neurobiologists, cell biologists, pathologists, and other scientists pursuing the biological basis of Alzheimer disease, as well as investigators, clinicians, and students interested in its pathogenesis, treatment, and prevention.

alzheimers continuing education free: Seeing the GEMS Workbook Teepa Snow, 2020-10-23
 Seeing the GEMS Workbook is a 48-page full-color workbook designed to help learners develop a deeper understanding of Teepa Snow's GEMS State Model. This workbook details the characteristics of the GEMS states and the retained abilities associated with each. Because not all forms of brain change progress in a linear fashion, Seeing the GEMS Workbook provides specific skill information of each state, including vision, communication, dexterity/hand skills, body skills, and awareness of person, place, time and situation. The workbook content, quizzes, and associated bonus videos are designed to help you more quickly and accurately assess GEMS states and respond appropriately in a variety of situations.

alzheimers continuing education free: Project Smile Middlesex Community College. Mary Rank Gerontology Center, 1989

alzheimers continuing education free: Palliative Care for Advanced Alzheimer's and Dementia Gary Martin, PhD, Marwan Sabbagh, MD, FAAN, 2010-07-23 2010 AJN Book of the Year Award Winner in both Gerontologic Nursing and Hospice and Palliative Care! This book...provides important information on best practices and appropriate ways to care for a person with Alzheimer's and advanced dementia. Drs. Martin and Sabbagh have assembled a team of experts to help craft recommendations that should ultimately become standards that all professional caregivers adopt. -Michael Reagan Son of former President Ronald Reagan President, Reagan Legacy Foundation This book testifies that caregivers can have a monumental impact on the lives of persons with advanced dementia. Through specialized programming and a renewed effort toward patient-centered care, caregivers can profoundly enrich the quality of life for these persons. Providing guidelines for health care professionals, caregivers, and family members, this book introduces palliative care programs and protocols for the treatment of people with advanced dementia. The book is designed to guide professional caregivers in meeting the needs of patients and their families, providing insight into the philosophy, assessment, planning, implementation, and evaluation measures involved in interdisciplinary palliative care. The chapter authors offer guidelines and standards of care based on contributions from nurses, physical therapists, social workers, dietitians, psychologists, family caregivers and pastors. An exhibit at the end of every chapter clearly articulates the standards of care appropriate for all advanced dementia facilities and health care staff. This book helps caregivers: Enhance the physiological, psychological, social, and spiritual well-being of the patient and the patient's family Anticipate and meet the patient's basic human needs: hunger, thirst, body positioning, hygiene, continence, and management of any pain Ensure that the patient's surroundings are safe, comfortable, and homelike Address health care decisions that will support the patient's right to self-determination until the end of life

alzheimers continuing education free: *The Alzheimer's Prevention and Treatment Diet* Richard S. Isaacson, MD, Christopher N. Ochner, PhD, 2016-05-19 *** OVER 13,000 COPIES SOLD

*** SEEN NATIONWIDE ON THE DR. OZ SHOW Increasingly, research has shown that diet is one of the greatest weapons we have to protect and defend your brain against Alzheimer's disease (AD). Based on current studies as well as firsthand experience working with thousands of patients—both those who have normal cognitive health and those in the early stages of Alzheimer's—The Alzheimer's Prevention & Treatment Diet provides a cutting-edge nutritional program that can help reduce the risk for AD and may slow its progress if it has already developed. This book: * Presents a nine-week diet plan that gradually introduces brain-healthy foods and dietary strategies. * Guides you in making smart lifestyle choices, from exercise to hobbies, that strengthen cognitive health. * Explores nutritional supplements that can support the brain and prevent cognitive decline. * Offers suggestions for managing the special nutritional needs of loved ones with AD. * Explains the medications used to treat AD—what they are, what they do, and how they should be used. * Provides sample full-day menus, including breakfast, lunch, dinner, and snacks. * Presents lists of recommended foods to make meal planning easy. Whatever your age, now is the perfect time to start adopting a brain-healthy lifestyle. The Alzheimer's Prevention and Treatment Diet guides you in making changes that can significantly enhance your cognitive well-being—now and for a lifetime.

alzheimers continuing education free: Talking to Alzheimer's Claudia Strauss, 2001
Simple ways to connect when you visit with a family member or friend.

alzheimers continuing education free: The Forgetting David Shenk, 2003-05-20 NATIONAL BESTSELLER A powerfully engaging, scrupulously researched, and deeply empathetic narrative of the history of Alzheimer's disease, how it affects us, and the search for a cure. Afflicting nearly half of all people over the age of 85, Alzheimer's disease kills nearly 100,000 Americans a year as it insidiously robs them of their memory and wreaks havoc on the lives of their loved ones. It was once minimized and misunderstood as forgetfulness in the elderly, but Alzheimer's is now at the forefront of many medical and scientific agendas, for as the world's population ages, the disease will touch the lives of virtually everyone. David Shenk movingly captures the disease's impact on its victims and their families, and he looks back through history, explaining how Alzheimer's most likely afflicted such figures as Jonathan Swift, Ralph Waldo Emerson, and Willem de Kooning. The result is a searing and graceful account of Alzheimer's disease, offering a sobering, compassionate, and ultimately encouraging portrait.

alzheimers continuing education free: Fighting for My Life Jamie TenNapel Tyrone, Marwan Noel Sabbagh, John Hanc, 2019-05-07 A practical, helpful guide on how to fight back against Alzheimer's disease—with expert medical advice and one woman's inspiring personal journey. Jamie Tyrone was forty-nine years old when she learned by accident through genetic testing that she had a 91% chance of getting Alzheimer's disease. She was shocked, but after an initial bout with depression she decided to take action rather than concede defeat. Jamie teamed up with Dr. Marwan Sabbagh, a renowned neurologist, and together they created a resource detailing not just Jamie's experience, but expert medical advice for anyone facing the disease. This book is a practical, helpful guide for those who know they're at greater risk of contracting Alzheimer's disease. With cutting-edge medical guidance from Dr. Sabbagh about the true nature of Alzheimer's, the risks involved, and daily steps you can take to protect yourself, Jamie's story will encourage and empower you. In *Fighting for My Life*, readers will: Gain expert medical advice from Dr. Sabbagh on how to fight back against the disease Discover the pros, cons and possible dangers of genetic testing Witness a first-hand account of how to deal with the shadow of Alzheimer's disease through Jamie's story If Alzheimer's has affected your life or the life of someone you know, this book is for you. You'll be armed with information and ready to tackle Alzheimer's head-on.

alzheimers continuing education free: Creative Connections in Dementia Care Katie Norris, Jennifer A. Brush, 2015 Creativity is preserved in dementia long after other abilities are lost, so that making art provides rich opportunities for meaningful engagement for people with this disease. Creative Connections(TM) in Dementia Care provides care partners with the knowledge and easy-to-follow steps they need to successfully implement art projects in a group or one-on-one setting--and no art experience is required! Written for anyone who cares for a person with

dementia--family members, friends, and professionals-- this how-to guide is packed with guidance to help enhance communication, interactions, task breakdown, and problem-solving efforts while also encouraging the abilities of each participant. People with dementia enjoy valuable benefits when they actively engage in a creative activity: ? stress is reduced ? memories can be accessed ? mood and self-esteem are elevated ? a sense of personal identity and achievement is experienced To help create these opportunities, Creative Connections(TM) in Dementia Care provides 10 basic art project recipes, detailing supplies, instructions, and activity modifications, as well as colorful, step-by-step photographs that show how to demonstrate and lead the activity for the person with dementia. Each art activity is failure-free and does not require memory skills to complete. Bring joy and a powerful sense of connection to the lives of people experiencing dementia with this one-of-a-kind guide!

alzheimers continuing education free: Bathing Without a Battle Ann Louise Barrick PhD, Joanne Rader RN, MN, PMHNP, Beverly Hoeffler DNSc, RN, FAAN, Philip D. Sloane MD, MPH, Stacey Biddle COTA/L, 2008-03-10 2008 AJN Book of the Year Winner! Like its popular predecessor, the new edition of Bathing Without a Battle presents an individualized, problem-solving approach to bathing and personal care of individuals with dementia. On the basis of extensive original research and clinical experience, the editors have developed strategies and techniques that work in both institution and home settings. Their approach is also appropriate for caregiving activities other than bathing, such as morning and evening care, and for frail elders not suffering from dementia. For this second edition, the authors have included historical material on bathing and substantially updated the section on special concerns, including: Pain Skin care Determining the appropriate level of assistance Transfers The environment An enhanced final section addresses ways to support caregivers by increasing their understanding of the care recipient's needs and their knowledge of interventions to improve care and comfort. It also emphasizes self-care and system-level changes to promote person-directed care. Several chapters include specific insights and wisdom from direct caregivers.

alzheimers continuing education free: Reducing the Impact of Dementia in America National Academies of Sciences Engineering and Medicine, Division of Behavioral and Social Sciences and Education, Board on Behavioral Cognitive and Sensory Sciences, Committee on the Decadal Survey of Behavioral and Social Science Research on Alzheimer's Disease and Alzheimer's Disease-Related Dementias, 2022-04-26 As the largest generation in U.S. history - the population born in the two decades immediately following World War II - enters the age of risk for cognitive impairment, growing numbers of people will experience dementia (including Alzheimer's disease and related dementias). By one estimate, nearly 14 million people in the United States will be living with dementia by 2060. Like other hardships, the experience of living with dementia can bring unexpected moments of intimacy, growth, and compassion, but these diseases also affect people's capacity to work and carry out other activities and alter their relationships with loved ones, friends, and coworkers. Those who live with and care for individuals experiencing these diseases face challenges that include physical and emotional stress, difficult changes and losses in their relationships with life partners, loss of income, and interrupted connections to other activities and friends. From a societal perspective, these diseases place substantial demands on communities and on the institutions and government entities that support people living with dementia and their families, including the health care system, the providers of direct care, and others. Nevertheless, research in the social and behavioral sciences points to possibilities for preventing or slowing the development of dementia and for substantially reducing its social and economic impacts. At the request of the National Institute on Aging of the U.S. Department of Health and Human Services, Reducing the Impact of Dementia in America assesses the contributions of research in the social and behavioral sciences and identifies a research agenda for the coming decade. This report offers a blueprint for the next decade of behavioral and social science research to reduce the negative impact of dementia for America's diverse population. Reducing the Impact of Dementia in America calls for research that addresses the causes and solutions for disparities in both developing dementia and receiving adequate treatment and support. It calls for research that sets goals

meaningful not just for scientists but for people living with dementia and those who support them as well. By 2030, an estimated 8.5 million Americans will have Alzheimer's disease and many more will have other forms of dementia. Through identifying priorities social and behavioral science research and recommending ways in which they can be pursued in a coordinated fashion, Reducing the Impact of Dementia in America will help produce research that improves the lives of all those affected by dementia.

alzheimers continuing education free: Learning to Speak Alzheimer's Joanne Koenig Coste, 2004-09-08 A guide to more successful communication for the millions of Americans caring for someone with dementia: "Offers a fresh approach and hope."—NPR Revolutionizing the way we perceive and live with Alzheimer's, Joanne Koenig Coste offers a practical approach to the emotional well-being of both patients and caregivers that emphasizes relating to patients in their own reality. Her accessible and comprehensive method, which she calls habilitation, works to enhance communication between care partners and patients and has proven successful with thousands of people living with dementia. Learning to Speak Alzheimer's also offers hundreds of practical tips, including how to: · cope with the diagnosis and adjust to the disease's progression · help the patient talk about the illness · face the issue of driving · make meals and bath times as pleasant as possible · adjust room design for the patient's comfort · deal with wandering, paranoia, and aggression "A fine addition to Alzheimer's and caregiving collections."—Library Journal (starred review) "Promises to transform not only the lives of patients but those of care providers...This book is a gift."—Sue Levkoff, coauthor of Aging Well

alzheimers continuing education free: Preventing Alzheimer's Disease National Institutes of Health, National Institute on Aging, 2017-02-16 This booklet summarizes what scientists have learned so far and where research is headed. There is no definitive evidence yet about what can prevent Alzheimer's or age-related cognitive decline. What we do know is that a healthy lifestyle—one that includes a healthy diet, physical activity, appropriate weight, and no smoking—can maintain and improve overall health and well-being. Making healthy choices can also lower the risk of certain chronic diseases, like heart disease and diabetes, and scientists are very interested in the possibility that a healthy lifestyle might have a beneficial effect on Alzheimer's as well. In the meantime, as research continues to pinpoint what works to prevent Alzheimer's, people of all ages can benefit from taking positive steps to get and stay healthy.

alzheimers continuing education free: Montessori-based Activities for Persons with Dementia Cameron J. Camp, 1999 Improve your care by improving the functioning of your clients or residents with Alzheimer's disease. Discover how the principles of Montessori education can help people with dementia maintain or improve skills needed in their daily lives. With these 41 step-by-step activities you can enhance the skills used to perform basic tasks, such as self-feeding, preparing simple meals, dressing, participating in recreational activities, and more. The secret to success of these activities is that they are open-ended so individuals gain a sense of accomplishment at any level of participation; intellectually stimulating and meaningful; adaptable - with suggestions for increasing or lowering the level of difficulty as needed; and springboards to many new variations of activities. Without doubt, Montessori-Based Activities for Persons with Dementia was designed with the busy activity professional in mind. From brightly colored tabs to spiral binding to clear outlines and attention-grabbing callouts, this manual is ready to use right out of the package.

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alzheimers continuing education free: *The Alzheimer's Action Plan* P. Murali Doraiswamy, Lisa P. Gwyther, Tina Adler, 2009-04-28 Leading experts from Duke University provide the cutting-edge information that every family affected by Alzheimer's needs—from the benefits of early detection to prolonging quality of life.

alzheimers continuing education free: Families Caring for an Aging America National Academies of Sciences, Engineering, and Medicine, Health and Medicine Division, Board on Health Care Services, Committee on Family Caregiving for Older Adults, 2016-12-08 Family caregiving affects millions of Americans every day, in all walks of life. At least 17.7 million individuals in the United States are caregivers of an older adult with a health or functional limitation. The nation's family caregivers provide the lion's share of long-term care for our older adult population. They are also central to older adults' access to and receipt of health care and community-based social services. Yet the need to recognize and support caregivers is among the least appreciated challenges facing the aging U.S. population. Families Caring for an Aging America examines the prevalence and nature of family caregiving of older adults and the available evidence on the effectiveness of programs, supports, and other interventions designed to support family caregivers. This report also assesses and recommends policies to address the needs of family caregivers and to minimize the barriers that they encounter in trying to meet the needs of older adults.

alzheimers continuing education free: *The End of Alzheimer's* Thomas J. Lewis, Clement L. Trempe, 2017-05-12 *The End of Alzheimer's: The Brain and Beyond*, Second Edition is the first comprehensive overview on the molecular basis of Alzheimer's outside of the brain, merging the most recent findings within the field into a single book. It aims to educate the reader on the many overlooked aspects of Alzheimer's disease that occur outside the brain. This book uniquely provides step-by-step, peer-reviewed evidence that the current research model may be misguided and that a new and emerging model is more accurate. It carefully outlines the molecular research in Alzheimer's outside the brain and argues that a more thorough, whole-body diagnosis will provide better answers about its causes and lead to new treatments. It is beneficial to researchers who need to be apprised of the emerging science on the causes of Alzheimer's, and will hopefully redirect many into new avenues of cellular research and discovery. - Comprehensive literature-based summary of the current state of molecular Alzheimer's disease research - Details the shortcomings of the prevailing model and therapeutics in development - Reviews blood-based biomarkers for Alzheimer's and their link to amyloid- and Tau-independent causes outside the brain - Describes the tissues outside the brain impacted by Alzheimer's and the underlying molecular causes - Explains the whole-body risks associated with Alzheimer's, along with concomitant measures to slow or prevent the disease - Provides a protocol to properly research, evaluate, measure, diagnose, and potentially treat Alzheimer's patients

alzheimers continuing education free: *The End of Alzheimer's Program* Dale Bredesen, 2020-08-18 The instant New York Times bestseller The New York Times Best Selling author of *The End of Alzheimer's* lays out a specific plan to help everyone prevent and reverse cognitive decline or simply maximize brainpower. In *The End of Alzheimer's* Dale Bredesen laid out the science behind his revolutionary new program that is the first to both prevent and reverse symptoms of Alzheimer's disease. Now he lays out the detailed program he uses with his own patients. Accessible and detailed, it can be tailored to anyone's needs and will enhance cognitive ability at any age. What we call Alzheimer's disease is actually a protective response to a wide variety of insults to the brain: inflammation, insulin resistance, toxins, infections, and inadequate levels of nutrients, hormones, and growth factors. Bredesen starts by having us figure out which of these insults we need to address and continues by laying out a personalized lifestyle plan. Focusing on the Ketoflex 12/3 Diet, which triggers ketosis and lets the brain restore itself with a minimum 12-hour fast, Dr. Bredesen drills down on restorative sleep, targeted supplementation, exercise, and brain training. He also examines the tricky question of toxic exposure and provides workarounds for many difficult problems. The takeaway is that we do not need to do the program perfectly but will see tremendous results if we can do it well enough. With inspiring stories from patients who have reversed cognitive decline and are now thriving, this book shifts the treatment paradigm and offers a new and effective way to enhance cognition as well as unprecedented hope to sufferers of this now no longer deadly disease.

alzheimers continuing education free: Substance Abuse Among Older Adults , 1998

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