



Center for Community Development, Engagement and Training (CCDET)

# Dementia Specialist Training 1-hour Online Course

# **Activities of Daily Living (ADLs):** Tips and Techniques

## **Learning Objectives**

After completing this course, learners will be able to:

- Understand the caregiver's role in assisting with activities of daily living (ADLs).
- Identify possible reasons for resistance to ADLs.
- Utilize helpful and respectful techniques for completing ADLs.

# **Syllabus**

Examples of ADLs
Understanding Resistance to ADLs
Setting the Stage for Success
Supporting Abilities and Preferences
Positive Approaches to ADLs with "Try to Imagine" Examples:

- Bathing
- Oral Care
- Grooming
- Dressing
- Eating
- Toileting and Continence Care

### Closing

### Also included are:

Printable Handout: "Tips and Techniques"
Printable Resources
Final Assessment
Course Evaluation
Certificate of Completion
CEU Application (optional)

For additional information, please contact <u>dementiacare@uwosh.edu</u> or visit the website at <a href="http://www.uwosh.edu/dementia">http://www.uwosh.edu/dementia</a>