

Flow of Day

Healthy pacing of daily energy for people living with dementia

Learning Objectives

After completing this course, learners will be able to:

- Plan activities in response to higher and lower natural energy levels of the person living with dementia.
- Understand the advantage to both caregiver and the person living with dementia.
- Apply flow of day concepts to a person's life history.

Syllabus

Introduction and Example

Concept of Flow of Day

Biological Rhythms

Biological Rhythms and the Person with Dementia

Pacing Daily Energy

Determining a Person's Peak Energy Times

Assessing Energy Levels

- Short Story Scenario-Meet George

Example of Charting Energy Levels

- Short Story Scenario-Meet Carla

Life Engagement Opportunities

- Short Story Scenario-Meet Maria
- Short Story Scenario-Meet Walter

Also included are:

Printable Resources

Final Assessment

Course Evaluation

Certificate of Completion

CEU Application (optional)

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