

MEMORY CARE PROGRAM – SKILLS CHECKLIST

Section 1 – Understanding Cognitive Impairments
<ul style="list-style-type: none">● Understanding dementia and related disorders (Alzheimer’s, Lewy Body, Vascular, etc.)● Effects of cognitive decline on behavior, mood, and decision-making● Differences between normal aging and impairment● Reversible vs. irreversible conditions
Section 2 – Communication Techniques with Cognitively Impaired Residents
<ul style="list-style-type: none">● Principles of validation and redirection● Using non-verbal and visual cues● Avoiding confrontation and supporting comprehension● Building trust through tone, pacing, and consistency
Section 3 – Managing Challenging Behaviors
<ul style="list-style-type: none">● Recognizing triggers and patterns in behaviors● De-escalation strategies for aggression and agitation● Managing wandering and exit-seeking behaviors● Approaches to pacing, calling out, and sundowning● Techniques to support intimacy and manage inappropriate behaviors
Section 4 – Promoting Dignity, Comfort, and Emotional Well-Being
<ul style="list-style-type: none">● Resident rights and respect for autonomy● Supporting a therapeutic, person-centered environment● Honoring resident routines and preferences● Creating moments of joy, connection, and purpose
Section 5 – Individualized Service Planning (ISP)
<ul style="list-style-type: none">● Understanding regulations (e.g., R9-10-808)● Developing person-centered ISPs based on needs and preferences● Involving family, resident, and care team in ISP creation● Monitoring and revising ISPs over time
Section 6 – Emergency & Safety Protocols in Memory Care
<ul style="list-style-type: none">● Evacuation procedures and elopement prevention● Missing resident response protocol● Missing resident response protocol● Environment safety checks and fall prevention
Section 7 – Abuse, Neglect, and Exploitation Prevention
<ul style="list-style-type: none">● Identifying signs of abuse, neglect, and exploitation● Mandated reporting requirements and process● Documentation and investigation protocols● Resident advocacy and empowerment training
Section 8 – Activities of Daily Living (ADLs)
<ul style="list-style-type: none">● Bathing and grooming techniques that preserve dignity● Safe and supported dressing, toileting, and mobility● Feeding assistance and nutrition considerations● Promoting independence through adaptive techniques
Section 9 – Palliative and End-of-Life Care
<ul style="list-style-type: none">● Understanding the stages of decline in dementia● Providing emotional and spiritual support to residents and families● Coordination with hospice and palliative care teams● Comfort care approaches and pain management
Section 10 – Medication Management and Administration
<ul style="list-style-type: none">● Overview of psychotropic and PRN medications● Side effects and interactions in elderly residents● Proper documentation and storage protocols● Supporting non-pharmacological interventions before PRNs

Student Signature

Date

Manager Signature

Date