

# Managing and Understanding Behavior Problems in Alzheimer's Disease and Related Disorders

## A Video Training Series for Caregivers of Patients with Alzheimer's Disease and Related Disorders

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*Managing and Understanding Behavior Problems in Alzheimer's Disease and Related Disorders* is a training program for caregivers responsible for day-to-day care or supervision of dementia patients. The program, a series of ten modules, offers video and written materials designed to:

- ▶ Provide background information about Alzheimer's disease and related disorders, including the current state of research, clinical evaluation and treatment;
- ▶ Teach caregivers skills to assess and modify behavior problems which interfere with proper care; and
- ▶ Identify and address the special needs of caregivers.

Together the video and written materials provide clear, step-by-step directions for observing problem behaviors and designing plans to change them. Modeled after behavioral techniques used successfully with other groups, materials teach caregivers to think about problems as happening in a sequence of *ABCs* (Antecedents/triggers; Behavior; and Consequences/results). Using this sequence, caregivers design a plan for change and learn how to deal with common troubling behaviors in dementia.

### About the Video Modules:

This DVD training program is geared toward institutional staff, such as nurses and aides, to families, and to in-home, paid, and non-paid caregivers responsible for the day-to-day care or supervision of patients.

Modules 1 and 2 provide an overview of common dementing illnesses, Alzheimer's disease and other conditions that mimic dementia, specifically delirium and depression, along with information on assessments.

Module 3 introduces the *ABCs* approach to managing behavior problems in patients with Alzheimer's disease and other dementias. Using the *ABCs* method, participants learn to identify and modify (*A*) antecedents, and (*C*) consequences, thereby altering (*B*) behaviors.

Modules 4 through 9 address specific troubling behaviors common in patients with dementia. Using the *ABCs* model,

case vignettes, instructions and explanations, viewers learn to modify these behaviors.

Module 10 provides an overview of issues faced by professional and family caregivers, addressing their special problems and concerns, with suggestions



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on how to cope with the difficult task of caring for patients with dementias. Case vignettes, accompanied by instructions and explanations, teach viewers to think of behavior using the systematic *A-B-C* approach. This allows the caregiver to design an individual plan to solve a patient's particular problem.

## Topics:

### DISC 1:

1. Overview Part I: Alzheimer's Disease and Related Diseases
2. Overview Part II: Delirium and Depression
3. ABCs: An Introduction
4. Managing Aggressive Behaviors: Anger and Irritation, Catastrophic Reactions
5. Managing Psychotic Behaviors: Language Deficits

### DISC 2:

6. Managing Psychotic Behaviors: Hallucinations and Delusions, Paranoia and Suspiciousness
7. Managing Personal Hygiene: Bathing and Dressing
8. Managing Difficult Behaviors: Wandering and Inappropriate Sexual Behaviors
9. Managing Difficult Behaviors: Depression
10. Caregiver Issues

*For information about the use of these videos please contact Dr. Linda Teri, University of Washington, Box 354917, Seattle, WA 98195-4917 or by e-mail at lteri@uw.edu*

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## ORDER FORM

**\$100 Price includes 2 DVD set, manual, shipping and handling\***

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