



**M:** Course Objectives / Learning Outcomes:

1. Describe ways to organize, administer and evaluate person-centered care and assistance for clients/residents experiencing cognitive health challenges.
2. Describe ways to organize, administer and evaluate person-centered care and assistance for clients/residents experiencing mental health challenges.
3. Demonstrate an understanding of effective approaches to disruptive or abusive behaviours.

**N:** Course Content:

## Cognitive Challenges in Older Adulthood

- Confusion and dementia.
- Common causes of reversible changes in mental functioning.
- Primary forms of irreversible dementia:
  - Alzheimer's disease
  - Other dementias
- Forms and causes of various dementias – pathology, processes and characteristics.
- Philosophies and models of care.
- Importance of life review in care of individuals with dementia.
- Stages of dementia and common behavioural manifestations and unique responses.
- Responsive behaviours – factors influencing behaviours (e.g. “triggers”).
- Importance of environment in relation to behaviours.
- Strategies for working with individuals exhibiting responsive behaviours.
- Appropriate activities for individuals experiencing differing levels of dementia.
- Working effectively with individuals experiencing early, moderate or severe dementia.
- Supporting family members
- Caregiver needs and support.

## Abuse

- Types of abuse/abusive relationships.
- Cycle of abuse.
- Recognizing signs of abuse.
- Assessing situations and individuals.
- Responding to or preventing abuse, disruptive or out-of-control behaviour.
- Knowing when to exit a potentially unsafe situation.

## Mental Health Challenges

- Causes and common treatment of mental health challenges
- Common mental health disorders:
  - Anxiety disorders
  - Affective or mood disorders
  - Schizophrenia
  - Personality disorders
  - Substance abuse disorders
  - Dual or multi-diagnoses
- Stigma associated with mental health challenges
- Cultural differences in perceptions of mental health challenges
- Caring for the person and family
  - Principles and approaches used to plan and implement effective care
  - Person-centred care
  - When and what to report
- Suicide risks and prevention

**O:** Methods of Instruction:

Lecture  
 Group discussion/group activities  
 Audio-visual materials  
 Case studies  
 May include other methods (e.g. guest speakers, role play, etc.)

**P:** Textbooks and Materials to be Purchased by Students:

A list of recommended textbooks and materials is provided to students at the beginning of the semester.

**Q:** Means of Assessment:

Course evaluation is consistent with Douglas College course evaluation policy. An evaluation schedule is presented at the beginning of the course.

This is a graded course. A minimum mark of 65% is necessary to be successful in the course.

**R:** Prior Learning Assessment and Recognition: specify whether course is open for PLAR

No

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Course Designer(s)

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Education Council / Curriculum Committee Representative

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Dean / Director

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Registrar