



## PROGRAM DESCRIPTION

Dementia Dialogues is a 5-session training course designed to educate individuals who care for persons who exhibit signs and symptoms associated with Alzheimer's disease or related dementias. Over 21,000 individuals have been trained in at least one session and over 10,000 individuals have completed the course. Each session is approximately one and one half hours in length.

## RECOMMENDED PARTICIPANTS

- Caregivers
- Social Workers
- Certified Nursing Assistants
- Personal Care Assistants
- Public Health Professionals
- Counselors
- Nurses
- Medical Professionals
- Clergy
- Families
- Activity Directors
- Anyone who is interested, or interacts or cares for those diagnosed with Dementia.

## PROGRAM BENEFITS

- Session 1: Introduction to Dementia
- Session 2: Creating Dialogue and Keeping It Going
- Session 3: It's a Different World: The Environment and Quality of Life
- Session 4: It's Nothing Personal: Addressing Challenging Behaviors
- Session 5: Now What Do We Do? Creative Problem Solving

When all 5 sessions are completed participants are eligible for certification in the program. Each session is ideally presented in a 2 hour block of time, or one 8 hour day. The sessions may be split weekly. A total of 7.5 continuing education hours are also available upon completion of the Dementia Dialogues series. Each session is worth approximately 1.5 continuing education credit hours.

## COST/FEES

This training is provided at no cost to participants through the Arnold School of Public Health at the University of South Carolina, and the Utah Department of Health.

## RESOURCES

Visit [www.livingwell.utah.gov](http://www.livingwell.utah.gov) for more information.

## FOR MORE INFORMATION ON THIS PROGRAM

[livingwell@utah.gov](mailto:livingwell@utah.gov)

1-888-222-2542



UNIVERSITY OF  
**SOUTH CAROLINA**  
Arnold School of Public Health

## SOURCES

1. Updated soon.

## WHY IS THIS IMPORTANT?

- Research shows that patients are more likely to engage in preventive health behaviors when their health care professional recommends them.
- Recommending patients to an evidence-based lifestyle change program is smart practice.

## INFORMATION

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