

Education

GRACE Unit Geriatric Behavioral Health

Grace Unit Geriatric Mental Health Education Offerings:

Gradual Dose Reduction (GDR) - What Caregivers Need to Know

- Describe the CMS guidelines for GDR in nursing homes
- Identify the rules and clinical indications for GDR
- Describe the process for GDR and identify the risks and benefits
- Evaluate the effectiveness of GDR
- Identify non-pharmacologic ways to manage behavioral symptoms in dementia

Dealing with Difficult Behaviors

- Identify common difficult behaviors in the older adult
- Describe why difficult behaviors occur
- Define the importance of good communication skills
- Implement behavior management strategies

Three-D Approach . . . Delirium, Dementia, Depression

- Define delirium, dementia, and depression
- Discuss how to distinguish delirium, dementia, and depression
- Describe the nursing or healthcare worker implications related to caring for patients with delirium, dementia, or depression

Dementia in the Elderly - What Their Behaviors Tell Us

- Define dementia, types of dementia (i.e. – Alzheimer's), and symptoms
- Explain why all behavior has meaning
- Discuss approaches for understanding and communicating with behaviors related to ADLS and dementia
- List specific challenging behaviors that may occur during ADLS
- List possible causes for behavioral symptoms related to ADLS and how to implement behavior management strategies

All educational topics presented by Shelley Wagner RN-BC. Shelley has over 30 years of psychiatric nursing experience in a variety of settings including inpatient, outpatient and community, public health, and case management. Her areas of expertise include development and implementation of behavior management strategies and helping caregivers understand mental illness and dementia. Shelley travels throughout the state of Minnesota and western Wisconsin offering education and support to those caring for persons with dementia and mental illness.

To schedule, please call (651) 468-9290