

NAVIGATING THE CAPC ONLINE CURRICULUM:

A Guide for Improving Dementia Care and Caregiver Support

The following CAPC courses and tools are recommended for all clinicians seeking to improve quality of life for people living with dementia and their caregivers. The majority of the CAPC courses listed are approved for ABIM Maintenance of Certification (MOC) points for physicians, and all courses provide **free continuing education credits** for physicians, nurses, social workers, case managers, and licensed professional counselors who are part of CAPC member organizations.

Care Practice	Online CE Courses	Tools
Identify people living with dementia and their caregivers.	<p>Dementia Care</p> <ul style="list-style-type: none"> → Dementia: Relieving Suffering for Patients and Families → Discussing Your Patient's Dementia Diagnosis 	<p>Cognitive Assessment Tools</p> <ul style="list-style-type: none"> → General Practitioner Assessment of Cognition (GPCOG) → Memory Impairment Screen (MIS) → Mini-Cog® → AD8 Dementia Screening Tool → Montreal Cognitive Assessment (MoCA) → Short Form Informant Questionnaire on Cognitive Decline in the Elderly (Short IQCODE)
Assess the well-being of both patients and caregivers and identify unmet needs.	<p>Dementia Care</p> <ul style="list-style-type: none"> → Dementia: Relieving Suffering for Patients and Families → Supporting the Caregivers of People Living with Dementia (open to non-members) 	<p>Patient Symptom Assessment Tools</p> <ul style="list-style-type: none"> → Pain Assessment in Advanced Dementia (PAINAD) Scale → Pain Assessment and Documentation Tool (PADT) → Cornell Scale for Depression in Dementia <p>Caregiver Strain Assessment Tools</p> <ul style="list-style-type: none"> → Zarit Burden Interview (ZBI) → Caregiver Self-Assessment Questionnaire → "What Do I Need as a Family Caregiver?" Assessment Survey → REACH II Risk Appraisal <p>Anxiety and Depression Assessments that Can be Used with Either Patient or Caregiver</p> <ul style="list-style-type: none"> → Hamilton Depression Rating Scale (HDRS) → Validated Screening Tools for Depression and Anxiety (PHQ-9 and PHQ-4) → Geriatric Depression Scale (GDS) → GAD-7 Anxiety Scale

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Communicate with patients and caregivers to understand care goals and priorities, and help plan for the future.	<p>Dementia Care</p> <ul style="list-style-type: none"> → Discussing Your Patient's Dementia Diagnosis → Communicating About What to Expect as Dementia Progresses → Planning for the Future with People Living with Dementia and Their Caregivers <p>Communication Skills</p> <ul style="list-style-type: none"> → Clarifying Goals of Care → Advance Care Planning Conversations 	<p>Advance Care Planning Tools</p> <ul style="list-style-type: none"> → PREPARE For Your Care → Decision Aid about Goals of Care for Patients with Dementia → Dementia Directive <p>Billing for Care Planning</p> <ul style="list-style-type: none"> → Billing the Physician Fee Schedule for Advance Care Planning Services one-pager → Cognitive Assessment and Care Planning Services guidance from Alzheimer's Association
Manage pain and symptoms.	<p>Dementia Care</p> <ul style="list-style-type: none"> → Understanding and Responding to Behavioral and Psychological Symptoms of Dementia → Addressing Mood and Sleep Disturbances for People Living with Dementia → Addressing Swallowing Disorders, Pain, and Medical Decision-Making for People Living with Advanced Dementia <p>Pain Management</p> <ul style="list-style-type: none"> → Comprehensive Pain Assessment → Matching the Drug Class to the Pain → Opioid Trials: Determining Design, Efficacy, and Safety → Pain Management: Putting It All Together <p>Symptom Management</p> <ul style="list-style-type: none"> → Dyspnea → Constipation 	<p>Symptom Assessment and Management Tools</p> <ul style="list-style-type: none"> → Pain Assessment in Advanced Dementia (PAINAD) Scale → Prescribing Opioids Pocket Card → Medication Management Form from Next Step in Care → Cornell Scale for Depression in Dementia → Assessing Needs of People Living with Dementia handout
Refer patients and caregivers for appropriate services.	<p>Dementia Care</p> <ul style="list-style-type: none"> → Supporting the Caregivers of People Living with Dementia (open to non-members) <p>Preventing Crises Through Whole-Patient Care</p> <ul style="list-style-type: none"> → Care Coordination <p>Managing Gaps in Care</p> <ul style="list-style-type: none"> → Care Management for Seriously Ill Patients: Addressing Gaps in Care → A Palliative Approach to Care for Direct Care Workers 	<p>Referral to Community Resources</p> <ul style="list-style-type: none"> → Alzheimer's Association Direct Referral → Discharge Checklist from Next Step in Care → Local resource directories from Alzheimer's Association and Family Caregiver Alliance → Respite locator from Arch National Respite Network → Support group directory from Alzheimer's Association → Adult day center directory from Eldercare Locator → Referral to Community Resources handout

Additional information and links to these tools and other resources can be found online in the [Implementing Best Practices in Dementia Care toolkit](#). capc.org/dementiatoolkit