

| Code | Session Name | Content | Hours | Mode | Date |
|---|--|---|-------|-------------------|------------------|
| Module 1 - Essentials for Understanding Dementia | | | | | |
| M101 | Overview of dementia and role of Certified Dementia Care Planner (CDCP) | 1) Definition and essential features of Dementia, clinical diagnostic process and criteria 2) Brief history of Dementia 3) CDCP - bird's-eye view of the course and role of Planner | 3 | Video Lecture | 09 February 2023 |
| M102 | In-depth understanding of Dementia | Pathology, symptomatology & neuropsychological pattern, include the behavioral and psychological symptoms of dementia (BPSD) of Alzheimer's Disease (AD) | 2 | Video Lecture | 16 February 2023 |
| M103 | In-depth understanding of Atypical Dementia | Pathology, symptomatology & neuropsychological pattern of non-AD dementing disorders | 2 | Video Lecture | 23 February 2023 |
| M104 | Psychiatric aspect of dementia | Differentiate Depression Vs Dementia, Delirium Vs Dementia, Delusion Vs Dementia Impact and complications of Dementia-induced psychiatric symptoms Common interventions and management for psychiatric symptoms of Dementia | 2 | Video Lecture | 02 March 2023 |
| M105 | Overview of dementia management and updates on pharmacological interventions | 1) Four pillars of Dementia management 2) Pharmacological interventions of Dementia (common medication, effectiveness and side effects) 3) Method in increasing drug compliance | 3 | Video Lecture | 09 March 2023 |
| P01 | Transfer knowledge to practical advices to caregiver | 1) Symptoms identification of different types of Dementia 2) Methods in observing and recording symptoms for further medical follow up 3) Transfer knowledge to essential and useful information for caregiver | 2.5 | Practical Session | 16 March 2023 |

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| Module 2 - Assessments for Dementia | | | | | |
| M201 | Cognitive assessment for dementia: Uses and administration of different tools | 1) Introducing common cognitive assessments for Dementia 2) Skills and tips for administration | 3 | Video Lecture | 23 March 2023 |
| M202 | Functional and Psycho-behavioral assessment for dementia: Uses and administration of different tools | 1) Introducing common functional assessments and psycho-behavioral assessments for Dementia 2) Skills and tips for administration | 3 | Video Lecture | 30 March 2023 |
| M203 | Transferring assessment results to daily performance of pwds | 1) Analysis and intercorrelate the assessment results to daily performance 2) Identifications of strength and weakness based on the assessment result | 2 | Video Lecture | 06 April 2023 |
| P02 | Practice on consolidating different assessment result and clinical investigation in diagnostic process | Case Discussion and Practice | 2.5 | Practical Session | 13 April 2023 |
| P03 | Practice on consolidating and transferring different assessment results to care and support to pwds | Case Discussion and Practice | 2.5 | Practical Session | 20 April 2023 |

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| Module 3 - Advanced understanding in common non-pharmacological interventions | | | | | |
| M301 | Modern concept in cognitive stimulations and dementia | Brain Reserve and Neuroplasticity | 1.5 | Video Lecture | 27 April 2023 |
| | | Impact of multiple cognitive stimulations in neurological perspectives | | | |
| | | Introduction on Cognitive Stimulating Therapy (CST) | 1 | Video Lecture | |
| | | Introduction on 6-Arts and multiple intelligence | 1 | Video Lecture | |
| M302 | Common non-pharmacological Interventions (1) | Skills and tips to maximize effectiveness of different non-pharmacological interventions | 2.5 | Video Lecture | 04 May 2023 |
| | | Different types of alternative therapies (Aromtherapy, horticulture, doll therapy, light therapy, Art therapy, music therapy, etc) | 2 | | |
| M303 | Common non-pharmacological Interventions (2) | Introduction on DementiaAbility Methods: The Montessori Way | 1 | Video Lecture | 11 May 2023 |
| | | Environmental design for Dementia | 1.5 | | |
| | | Application of technology to Dementia care and interventions | 1.5 | | |
| P04 | Non-pharmacological Interventions for Behavioural and Psychological Symptoms of Dementia (BPSD) | 1) Analysis the causes and factors associated with BPSD 2) Explore the solutions and caring strategies in person-centred perspective | 2.5 | Practical Session | 18 May 2023 |
| M304 | Care and Interventions for moderate to late stage dementia | 1) Priority of needs for people living with moderate to late stage Dementia 2) Consideration on use of restrainers 3) Prevention of Complications (pressure sores, malnutrition, silent aspiration, contracture, etc) by positioning, feeding and swallowing, passive exercise, pressure relieving, etc. | 2.5 | Video Lecture | 25 May 2023 |
| M305 | Nursing Care for people with dementia | 1) Common clinical problems and needs of nursing care of People Living with Dementia 2) Special consideration for hospitalization and discharge plan | 2 | Video Lecture | 01 June 2023 |
| M306 | End-of-life care for people living with dementia | 1) Care of advanced stage of Dementia 2) Major challenges to quality of life 3) Understanding of Advanced Directives 4) When to start end-of-life care | 2.5 | Video Lecture | 08 June 2023 |
| P05 | Applications of interventions and caring strategies | Case Discussion and practice on planning intervention program for for pwds at different stages and with different needs | 2.5 | Practical Session | 15 June 2023 |

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| Module 4 - Interventions for Dementia Informal Caregivers and Advance Care Planning | | | | | |
| M401 | Needs of informal caregivers of pwds along the caring journey | Understanding psychological status and needs of caregiver at different stages of caring journey | 2 | Video Lecture | 22 June 2023 |
| M402 | Interventions for informal caregivers of pwds | 1) Family structure and dynamic 2) Methods and skills in maximizing family involvement in caring journey 3) Intervention program for informal caregivers of pwds, including lifestyle review and rescheduling, division of labour and caring roles sharing among family members, stress management and relief, etc. | 2 | Video Lecture | 29 June 2023 |
| P06 | Assessments for informal caregivers of pwds | 1) Real case sharing 2) Common Needs and Stress Assessments for Caregivers 3) Analysis and understanding meaning of the assessment results | 2.5 | Practical Session | 06 July 2023 |
| M403 | Advance Planning in Financial Management in dementia care | 1) When is the best time to plan ahead 2) Ways to manage properties for people living with Dementia 3) Understanding of EPOA, Mental Health Ordinance and Will | 2.5 | Video Lecture | 13 July 2023 |
| M404 | Understanding of Guardianship | 1) Introduction of Guardianship system in Hong Kong 2) Assessing the needs of applying Guardianship Order (GO) 3) Who and When is suitable for GO application | 2 | Video Lecture | 20 July 2023 |
| M405 | Preparing family to advance care planning for pwd | 1) Consideration in the Advance Care Planning (ACP) 2) Potential challenges and conflicts during ACP process 2) Tips for CDCP in ACP process | 2 | Video Lecture | 27 July 2023 |

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| P07 | Practical session (1) | 1) Special consideration in care planning process in dementia | 2.5 | Practical Session | 03 August 2023 |
| P08 | Practical session (2) | 2) Analysis and identification of strength and weakness | 2.5 | Practical Session | 08 August 2023 |
| P09 | Practical session (3) | 3) Consolidate useful information from overall assessment results and goal setting | 2.5 | Practical Session | 10 August 2023 |