



# Person-Centered Dementia Care

**A series of 52 microlearning lessons on supporting people with dementia**

The Martha W. Goodson Center is proud to offer a training tool consisting of 52 microlearning lessons on practical, person-centered strategies to care for people living with dementia. Each lesson is 10 minutes or less and learners can apply new knowledge and skills quickly. It is for all team members working in nursing homes, assisted living communities and home care, especially those working closest with people living with dementia.

## *Video Lessons Include*

### **Meeting People Where They Are:**

What person-centered dementia care is and understanding the perspective of a person with dementia.

**Living with Dementia:** What dementia is, types of dementia, and the cognitive challenges it presents.

**Listening and Speaking:** Communicating with people with dementia and learning effective communication strategies to support them.

**Actions and Reactions:** Seeing “behaviors” as actions and reactions, understanding the reasons behind them, and brainstorming ways to respond.

**Approaches:** Person-centered approaches to bathing, personal care, and other daily interactions with people with dementia, using specific scenarios and examples.

**You Make a Difference:** Care partners making a difference in the lives of people with dementia by building confidence in their care-giving abilities.

## *To Access*

Lessons are available with free hosting on your organization’s own learning management system.

**For more information on this option, please call 757-220-4751 or email [mary.stewart@rivhs.com](mailto:mary.stewart@rivhs.com).**

*If you would like to view a lesson or learn more about other nursing homes’ experiences with the microlearning series, please click the following link:*

[https://www.youtube.com/watch?v=-a\\_ByxcsGps](https://www.youtube.com/watch?v=-a_ByxcsGps)



The  
**MARTHA W. GOODSON**  
Center

MEMORY CARE • CAREGIVER SUPPORT • CLINICAL SERVICES  
EDUCATION • RESEARCH



*Little Message with a Big Impact*