



# Bringing Alzheimer's Awareness and How Residex™ Is Leading the Way

White Paper

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**With an estimated 7 million Americans currently living with Alzheimer's Disease, the impact of the disease extends far and wide.** Family members, friends, and caregivers often bear the emotional and physical strain of supporting loved ones as they face the progressive cognitive decline from this brain disease. As the most common form of dementia, Alzheimer's affects memory, thinking, and behavior in ways that fundamentally alter a person's life. It's important to understand that Alzheimer's is not a normal part of aging, but a serious neurological condition that requires increasing levels of care as it advances. In recognition of World Alzheimer's Day celebrated in September, Residex and our team are dedicated to raising awareness and supporting the caregivers and families who work tirelessly to care for those affected by this disease.

To improve care and help slow the disease progression, it's vital to understand the symptoms and causes of Alzheimer's disease. New research shows changes in the brain begin developing 20 years or more before memory loss and noticeable symptoms. In the early stages, subtle changes



like memory loss, difficulty completing routine tasks, or confusion with time and place may start to surface. As the disease progresses, mood changes and shifts in behavior often follow. While age, genetics, and family history play a large role in determining risk, lifestyle factors also matter. To help lower the likelihood of developing Alzheimer's, researchers recommend staying physically and mentally active, and eating a balanced diet. There is no single cause of Alzheimer's, but researchers have identified biomarkers, such as beta-amyloid plaques and tau tangles, which are early indicators of the disease found through brain scans and spinal fluid tests. By recognizing these signs early and adopting healthy lifestyle changes, care providers can help reduce risk and slow progression for those in their communities.

**Direct care workers**—classified as personal care aides, home health aides, and nursing assistants—play a critical role in providing care for older adults and individuals with Alzheimer's disease. These professionals work in a variety of settings, including private homes, residential care facilities, adult day services, and skilled nursing homes, delivering the majority of hands-on, day-to-day care. As the number of people living with Alzheimer's grows, so does the need for skilled caregivers. By 2031, an additional 1 million direct care workers will be needed, making it the fastest-growing occupation in the U.S. This growth reflects a societal shift toward "aging in place," as more people prefer to receive care at





home or in community-based settings. Caregiving for those with Alzheimer's, however, is particularly demanding. On average, caregivers of people with dementia provide 27 hours more care per month than those caring for individuals without dementia. These time-intensive demands add significant strain on caregivers, often requiring specialized training to meet the complex needs of Alzheimer's patients. As the demand for caregivers rises, ensuring they have access to proper education and resources—such as Residex's dementia care training—becomes essential to providing quality care and improving outcomes for those affected by Alzheimer's.

### **Support for Care Providers through the Nursing Learning Management System**

There is currently no cure for Alzheimer's disease, but there is a solution for strained care providers — the Nursing Learning Management System (LMS). Our leading LMS offers a robust training program designed to support caregivers in delivering high-quality dementia care.

Developed in partnership with Erin Bonito, a nationally-known dementia communication and care coach, our dementia training courses provide caregivers with the right skills for handling the challenges of Alzheimer's and other forms of dementia. With team members who have worked directly in memory care, Residex

brings real-world knowledge to the Nursing Learning Management System and platform features. Learn more about why Residex is trusted by thousands of caregivers and communities to meet the demands of memory care services.

### **Focus on Communication and Person-Centered Care**

One of the key elements of dementia care is communication, which is why the course Dementia - Communication Skills is foundational to the LMS. It teaches caregivers how to effectively communicate with individuals who have dementia, a skill that is crucial for preserving dignity and improving overall care.

Another important course, Dementia - Person - Centered Care and Care Planning, emphasizes the need to create individualized care plans that respect the personal history, preferences, and current abilities of each resident. By adopting a person-centered approach with Residex, caregivers deliver more compassionate, tailored care.

### **Practical Skills for Daily Care and Engagement**

The Nursing LMS goes beyond theory and delves into the practical aspects of dementia care. Courses like Dementia - Strategies and Communication Tips for ADL Care and Dementia - Strategies and Communication Tips for



Mealtimes provide caregivers with actionable strategies for assisting residents with daily activities, such as bathing, dressing, and eating.

Another course, Dementia - Meaningful Engagement and Activities, teaches caregivers how to create personalized activity plans that engage residents based on their past experiences and current abilities. The Nursing Learning Management System allows caregivers to focus on improving the quality of life of their residents first and foremost.

## Managing Behavioral Symptoms and Providing Comfort

Caring for individuals with dementia often involves addressing behavioral changes that can be challenging for caregivers. The course Dementia - Understanding Behavioral Symptoms helps caregivers recognize that behavior is a form of communication for people with dementia, and it provides strategies to manage or prevent these symptoms. Additionally, Dementia - End-of-Life Care offers guidance on providing compassionate care during the later stages of the disease. This specific course helps team members support both the physical and emotional needs of residents, promoting comfort and dignity.

## Continuing Education and Industry Recognition

The Nursing Learning Management System doesn't just provide training—it offers caregivers the opportunity to earn CEUs, which are required in many states. In fact, Minnesota directs assisted living directors to Residex to fulfill CEU requirements through BELTSS-certified courses. This recognition highlights the quality and depth of the training offered, ensuring that assisted living directors are fully equipped to handle the

increasing demands of dementia care. By investing in education, Residex is helping providers improve care outcomes for individuals with Alzheimer's, while also supporting the professional growth of their staff.

## How Residex's Nursing LMS Supports Alzheimer's Care

The Nursing Learning Management System offers a comprehensive suite of courses designed to enhance dementia care through practical skills, person-centered approaches, and continuing education. By integrating these training programs, your team will be well-prepared to deliver exceptional care and support to those affected by Alzheimer's and other forms of dementia.

Ready to improve your dementia care training? Discover how Residex can help your organization provide top-notch care while meeting industry standards. Contact us today to schedule a demo and see firsthand how our Nursing Learning Management System can transform your approach to dementia care.

*Let's work together to make a difference in the lives of those we serve.*

### Sources

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