

## THE LONGEST LOSS: ALZHEIMER'S DISEASE AND DEMENTIA

### Self-Study DVD or ONLINE Course

#### ABOUT THE PROGRAM

When the diagnosis is Alzheimer's disease or another dementia, grief doesn't wait for death. Grieving can begin before a formal diagnosis or in the doctor's office when patients and families receive confirmation of illness. Over a span of what may be a decade or more, multiple losses associated with dementia become a pervasive part of everyday life for millions of patients, families and friends. After the death, survivors' grief may be complicated by the nature of a lengthy disease process that has changed their relationship with the deceased. Through a combination of candid, compelling interviews and unscripted in-studio discussions, experts will identify how medical and social service professionals can best improve care for patients, families and themselves while coping with loss and grief associated with these progressive illnesses.

#### METHOD OF PRESENTATION / PROGRAM MATERIALS / FEES

Hospice Foundation of America has taken the award-winning HFA *Living With Grief*® program and created a self-study course for professionals. The self-study course is available in both DVD and ONLINE formats. As there are no refunds on registration (all registrations have immediate access to program video & materials), please be sure to test the system requirements prior to purchase. All self-study courses are for one individual only.

**DVD COURSE.** The DVD course may be completed at your convenience, at home. All materials are sent to you via mail. Materials contain a full-length DVD of HFA's program, a copy of HFA's *Living With Grief* companion textbook, learning objectives, panel information and a participant evaluation and exam.

#### HOW THE SELF-STUDY DVD PROGRAM WORKS:

**Step 1** - Register for the course.

**Step 2** - View the DVD in its entirety (2 hrs, 35min).

**Step 3** - Read the 3 selected chapters of HFA's companion book.

**Step 4** - Follow the instructions provided to receive your CE certificate online. An evaluation form and a short exam are a part of this online process.

**ONLINE COURSE.** The ONLINE course may be completed at your convenience, directly online. All materials are available to you immediately after registering for the course (at [www.hospicefoundation.org](http://www.hospicefoundation.org)). Materials contain the full-length Online Video, three selected chapters of HFA's companion book (posted online only), learning objectives, panel information and a participant evaluation and exam. A link to the materials is also available in your receipt for the program.

**Please note:** Use this test page (<http://hospicefoundation.org/Professionals/All-Programs/All-Self-Studies/Video-Test-Page>) to see if you support our video player. Please ensure you have the capabilities to view and hear the program, as HFA does not provide refunds on registration. HFA is not responsible for any charges you may incur from your mobile service provider.

#### HOW THE ONLINE SELF-STUDY PROGRAM WORKS:

**Step 1** - Register for the course. The online video and program information are then available to you on the Download area online.

**Step 2** - View the ONLINE Video in its entirety (2 hrs, 35min).

**Step 3** - Read the 3 selected chapters of HFA's companion book (located online).

**Step 3** - Follow the instructions provided to receive your CE certificate online. An evaluation form and a short exam are a part of this online process.

## REGISTRATION INFORMATION

Register directly online, on HFA's website: [www.hospicefoundation.org](http://www.hospicefoundation.org). To have a registration form mailed to you, contact HFA at 800-854-3402 or by email at [educate@hospicefoundation.org](mailto:educate@hospicefoundation.org).

## REGISTRATION FEES

For current prices, please see HFA's website at [www.hospicefoundation.org](http://www.hospicefoundation.org).

**There are no refunds for registration after 30 days after registration is complete (or after materials are shipped).** \*Few exceptions may occur depending on the circumstance. To request a refund, a written request must be received (and granted) by HFA and all program materials must be shipped back to HFA's main office, at the cost of the individual sender, before the refund is granted.

## MODERATED BY

**Frank Sesno**, *Director of the School of Media and Public Affairs* at The George Washington University

## EXPERT PANELISTS

- **Charles Corr, PhD**, former Chair of the International Work Group on Death, Dying, and Bereavement; current caregiver.
- **Kenneth J. Doka, PhD, MDiv**, Professor of Gerontology, College of New Rochelle; participant in 22 *Living with Grief*® programs.
- **Nancy Pearce, LISW-CP**, licensed gerontological social worker with expertise in communicating and connecting effectively with persons with dementia.
- **Peter V. Rabins, MD, MPH**, Director, Geriatric Psychiatry Program, Johns Hopkins; co-author of "The 36-Hour Day," a widely used guide for lay caregivers of people with Alzheimer's or other dementias.
- **Kathie Supiano, PhD, LCSW, FT, F-GSA**, Associate Professor, and director of Caring Connections: A Hope and Comfort in Grief Program at the University of Utah College of Nursing.

## REVIEWERS

Pamela Kushner, MA, MD, FAAFP and Lynda Shand, CHPN, CNE

## TARGET AUDIENCE

The program is mainly for professionals already working in the field, but is practical for all levels of education – entry level, intermediate or advanced. The information provided by the expert panel will be useful to clergy, counselors, nurses, nursing home administrators, social workers, case managers, psychologists, physicians, funeral directors, marriage and family therapists, caregivers, and those working with death, dying, grief or bereavement.

## CONTINUING EDUCATION

*The Longest Loss: Alzheimer's Disease and Dementia* is available for 3 credits of continuing education. CE credits are available to participants online only (after completing the course). CE credits are included in the cost of registration. A complete list of board approvals for this course is posted to HFA's website (at [www.hospicefoundation.org](http://www.hospicefoundation.org)).

## COURSE COMPLETION REQUIREMENTS:

Participants must view the entire 2.5-hour program (DVD or ONLINE video) and read the 3 selected book chapters (approximately reading time is 30-minutes). Partial credit is not awarded. Participants must also complete the entire CE process online, before the CE deadline (1 year after purchase of course). In order to

go online, two codes will be issued to you and verified online; a Site # (same as your Order #) and the Course Code (provided in your CE instruction sheet). The online CE process includes a required evaluation form and exam. The exam must be completed at 80% or above (the exam may be re-taken, if necessary). Attendees will be able to choose the board they wish to receive credit from (from Hospice Foundation of America's list of board approvals\*) and will then be able to print their CE certificate immediately after completing all CE requirements online (on HFA's CE site at <https://educate.hospicefoundation.org>).

\*A complete list of board approvals is posted on HFA's website at [www.hospicefoundation.org](http://www.hospicefoundation.org).

## **LEARNING OBJECTIVES**

### **AT THE CONCLUSION OF THIS PROGRAM, PARTICIPANTS WILL BE ABLE TO:**

1. Describe the characteristics of Alzheimer's disease and other dementias, including unique challenges that these diseases present to patients and families;
2. Discuss the grief of persons with dementia, including nonfinite loss and anticipatory mourning, as it is experienced in early stages and during progression of disease;
3. Recognize changes in patient and family behaviors that may be indicative of grief, and describe therapeutic techniques that can be used effectively, including reminiscence and ritual;
4. Support families as they navigate and grieve changes in the relationship and transitions in care as the disease progresses, and understand the potential grief reactions brought about by these changes;
5. Identify the demands and challenges on professional caregivers when caring for individuals with Alzheimer's disease and other dementias and list several strategies for employer support and self-care;
6. Describe innovative ways of supporting family caregivers exhibiting grief reactions throughout the illness as well as after the death of the individual with dementia, noting factors that compound grief, including guilt, ambivalence, fatigue and relief.

## **AGENDA / SEGMENT HIGHLIGHTS**

The program will run 2 hours and 35 minutes in length, with a brief intermission about halfway through. Segment summaries will be as outlined below:

**PART I:** Coping with Loss at the Onset of Disease

**PART II:** Living with Grief and Dementia at Life's End

## **COPYRIGHT NOTICE:**

**HFA's program is copyrighted. Its use and dissemination is restricted and unauthorized duplication is strictly prohibited.** HFA strictly prohibits any other dissemination of this program by any method, including internal WAN or LAN computer networks or telemedicine networks.

## **SPECIAL ACCOMMODATIONS FOR DISABILITY (ADA)**

This is based on individual location(s).

## **CONFLICT OF INTEREST:**

Planners (Panelists and Review Committee Members) disclose no conflict of interest relative to this educational activity.

## **FOR QUESTIONS, COMMENTS, OR ADDRESSING GRIEVANCES**

**Please contact Hospice Foundation of America (HFA)**

## **CONTACT INFORMATION**

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