

# Dr. Andrea Holzner, PhD

## Advanced Geriatric Educational Solutions Intl

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### Course Objectives

1. Identify the geriatric patient and their needs
2. Understand geriatric treatment planning and new approaches
3. Define sustainable geriatric practices

### Course Curriculum (120mins)

#### 1. Alzheimer's Basics 15 mins

Cognitive decline due to age-related conditions  
Dementia and Alzheimer's'  
Respiratory disease and ALz – \_chronic inflammation  
Understanding stages of ALz and chiropractic needs  
Trauma-informed caregiving  
Behavioral Challenges (for Alzheimer's and older adults without Alzheimer's)

#### 2. Communication with Alzheimer's patients – Patient-centered approach 20 mins

Verbiage – \_Physicality – \_Non-threatening communication  
What to do with behavioral changes – agitation, anxiety, physical limitations, and sexualized  
Behavior (expected with ALz)  
Ethical response

#### 3. Modifying treatment procedures for less invasive and imposing care 20 mins

Modified processes for safety with dementia / ALz  
Coordinated care and education  
Alignment of respiratory care with ALz stages  
Alternative approaches to patient care – \_innovations  
Diversity and Caregiving (exploring biases, support for navigating health care, caregiving)

#### 4. Recognizing dementia and needed secondary support 15mins

Innovative, collaborative, and interdisciplinary care  
Rural Aging Support (for those living in rural areas)  
Medications and Alternative health care (Options for well-being, minimizing behavioral upset, and ethical care)

#### 5. Recognizing abuse and reporting 10mins

#### 6. Secondary conditions and comorbidity issues affecting care and treatment 10mins

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7. Quality of Life and dementia/Alzheimer's 10mins
8. Daily planning with Caregiver 10mins  
ADL's  
Caregiving and Covid (Providing cleanliness, navigating safety issues, and overall health)
9. Overview of course and sustainability in respiratory care 10mins