



Maine Dementia Care *Partnership*



Direct Care Provider Competencies Checklist

	<p>Providing care for people with dementia can be challenging for care partners because of the varied symptoms that can be present in people with changing cognitive abilities, including “behavioral expressions” that can be easily misunderstood.</p>
	<p>Our facility has committed to assessing if our resident may have a need they cannot express or be in a situation they don’t understand before jumping to a medication. We ask, “Is it for me, or is it for you?”</p>

Educational Components

- ✓ Understanding Dementia
- ✓ Communication
- ✓ Reduction of Preventable Hospitalization
- ✓ Dining and Nutrition
- ✓ Pain Management
- ✓ Empowering the Person
- ✓ Palliative and End-of-Life Care

Understanding Dementia	Completed	Date of Competency Assessment	Reassessment Needed?
Understands the different types of Dementia and knows the difference between irreversible and reversible Dementia.			
Understands the difference between Alzheimer’s disease and Dementia.			
Knows the causes and symptoms of Dementia.			
Understand factors relating to an individual’s experience of Dementia.			

Communication	Completed	Date of Competency Assessment	Reassessment Needed?
Understand the factors that can influence communication and interaction with individuals living with Dementia.			
Understand how to respond to behaviors that can challenge those supporting individuals living with Dementia through person centered approaches.			
Uses culturally appropriate ways to communicate with the person living with Dementia and their families.			
Uses positive and respectful communication that can be understood by the individual, and actively listens and responds in a respectful and caring manner.			
Uses simple and clear terms that individuals living with Dementia and their families can understand.			
Reducing Unnecessary Readmissions	Completed	Date of Competency Assessment	Reassessment Needed?
Assists family and individuals with dementia in medication management			
Ensures the safety of individuals with dementia to prevent injury related to falling			
Understands the appropriate use and misuse of psychotropic medications			
Understands that the individual with dementia can have comorbid conditions and is attentive to abnormal signs and symptoms.			
Dining and Nutrition	Completed	Date of Competency Assessment	Reassessment Needed?
Understands meal preferences of the individual.			
Creates a pleasant and calm environment during meals by recognizing individual preferences of the resident.			
Pain Management	Completed	Date of Competency Assessment	Reassessment Needed?
Is aware of the nonverbal signs of pain and that behavioral changes may be a symptom of pain			
Observes and listens carefully to the individual if they try to communicate any difficulty or distress			
Understands that failure to manage pain can result in behavioral symptoms			
Routinely monitors for verbal and nonverbal signs of pain and recognizes it as a "fifth vital sign"			

Empower the Person living with Dementia	Completed	Date of Competency Assessment	Reassessment Needed?
Supports and encourages the individual to engage in meaningful activities.			
Provide information and advice to support individuals in undertaking desired occupational and non-occupational activities.			
Recognizes the importance of sleep and rest for individuals with Dementia and maintains an appropriate environment.			
Is aware that sleep habits (time, temperature of room, lightening, etc.) may vary from individual to individual. Understandsknowing the person and their life-story is important to provide the appropriate environment.			
Recognizes and honors the importance of pleasurable activities in a person’s life including sexual activity, the need for intimacy, and feeling close to others.			
Contribute to the protection of individuals living with Dementia from harm and abuse			
Palliative and End of Life Care	Completed	Date of Competency Assessment	Reassessment Needed?
Understands the meaning of palliative care for persons living with Dementia.			
Understands the individual’s code status, the chains of communication within the facility, and where they can go to getadditional help in advocating for the person.			
Provides psycho-social and spiritual support to the person and family.			
Understands the cultural and traditional preferences of the individuals living with Dementia and their families.			

Adapted from www.aging.ga.gov/dementia-resources