



Content Guideline and Test Plan for the CAC Exam

I. Knowledge of Disease (8 – 10%)

- A. Definitions of the Disease
 - 1. Delirium
 - 2. Delusions
 - 3. Hallucinations

- B. Stages
 - 1. What will happen, what to expect
 - 2. End of life issues

- C. Umbrella of dementias
 - 1. Reversible dementias
 - a) *Hydroencephaly*
 - b) *Endocrine disorders*
 - c) *Drug/alcohol induced dementias*
 - d) *Malnutrition/dehydration*

 - 2. Irreversible dementias
 - a) *Pick's/frontal lobe*
 - b) *Vascular*
 - c) *Lewy Body*
 - d) *Drug/alcohol induced dementias*
 - e) *Creutzfeld-Jakob Disease*

 - 3. Dementia vs delusions
 - 4. Other dementias



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II. Communication (20 – 25%)

- A. With patient
 - 1. Strategies
 - a) *Orientation*
 - b) *Validation*
 - c) *Redirection*
 - d) *Simple sentences*
 - e) *Cueing*
 - 2. Assessment - changes in ability
 - 3. Infantilization
 - 4. Empathy
 - 5. Nonverbal
 - a) *Eye contact*
 - b) *Touch*
 - c) *Body language*
 - 6. Cultural/language differences
- B. With family
 - 1. Strategies
 - a) *Reframing*
 - b) *Understanding family dynamics*
 - 2. Cultural /language differences
- C. With medical professionals
 - 1. Documentation
 - 2. Appropriate notification

III. Patient Rights (5 – 10%)

- A. Ethics
- B. Legal issues
- C. Dignity/respect (independence & autonomy)
- D. End of life
- E. Confidentiality & HIPPA



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IV. Behavior (20 – 25%)

- A. Behavior Assessment
 - 1. Identify presenting symptoms
 - 2. Individual triggers
 - 3. Behavior meaning/underlying cause

- B. Recognition of triggers
 - 1. Pain
 - 2. Food
 - 3. Change in general
 - 4. Medications
 - 5. Physical status
 - 6. Environment – e.g. lighting, noise
 - 7. Communication

- C. Behavioral Issues
 - 1. Agitation
 - 2. Combative/aggressive
 - 3. Elopement
 - 4. Wandering
 - 5. Sundowning
 - 6. Withdrawal
 - 7. Sexuality
 - 8. Hoarding
 - 9. Resistance
 - 10. Repetition
 - 11. Delusions & hallucinations

- D. Strategies/prevention and interventions



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V. Activities (12 – 17%)

- A. Promoting independence & autonomy
- B. Activities of Daily Living
 - 1. Elimination
 - 2. Eating/Nutrition
 - 3. Mobility
 - 4. Bathing/Oral Care
 - 5. Dressing
- C. Leisure Activities
 - 1. Life Skills
 - 2. Religious/Spiritual
 - 3. Hobbies
 - 4. Exercise
 - 5. Music/Art/Dance
 - 6. Reminiscence
 - 7. Pets

VI. Health (8 – 12%)

- A. Medications
- B. Skin care
- C. Pain
- D. Health Assessment - change in condition
- E. Nutrition & hydration

VII. Caregiver Needs (4 – 6%)

- A. Self-governance
- B. Boundaries
- C. Evolving caregiver needs over lifetime of the disease
- D. Grief
- E. Support services
- F. Burnout



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VIII. Safety (4 – 6%)

- A. Caregiver safety
- B. Potential toxic substances
- C. Safety hazards
- D. First aid
- E. Balance autonomy with safety