

# National Certification Board for Alzheimer Care

## Content Guideline and Test Plan for the Certified Alzheimer Caregiver (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
    - Hydrocephaly
    - Endocrine disorders
    - Drug/alcohol induced dementias
    - Malnutrition/dehydration
  2. Irreversible dementias
    - Pick's/frontal lobe
    - Vascular
    - Lewy Body
    - Drug/alcohol induced dementias
    - Creutzfeld-Jakob Disease
  3. Dementia vs delusions
  4. Other dementias

### **II. Communication (20 – 25%)**

- A. With patient
  1. Strategies
    - Orientation
    - Validation
    - Redirection
    - Simple sentences
    - Cueing
  2. Assessment - changes in ability
  3. Infantilization-treat as adult
  4. Empathy
  5. Nonverbal
    - Eye contact
    - Touch
    - Body language
  6. Cultural/language differences
- B. With family
  1. Strategies
    - Reframing
    - 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

### **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. Withdrawl
  7. Sexuality
  8. Hoarding
  9. Resistance
  10. Repetition
  11. Delusions & hallucinations
- D. Strategies/prevention/interventions

### **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

### **VIII. Safety (4 – 6%)**

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