

National Certification Board for Alzheimer Care

Content Guideline and Test Plan for the Certified Alzheimer Educator (CAEd) Exam

I. Knowledge of Disease (12 – 16%)

- 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 (15 – 20%)

- 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 – 8%)

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

IV. Behavior (18 – 22%)

- 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/interventions

V. Activities (10 – 14%)

- 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 (5 – 10%)

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

VII. Caregiver Needs (2 – 5%)

- 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

IX. Adult Learning Theory and Techniques (12 – 17%)

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- A. Theories of adult learning
- B. Self directed learning
 1. Participative decision making
- C. Experiential learning
 1. Integrate past w/ current learning
 2. Learn by example/doing
- D. Reflective learning
- E. Instructional strategies
 1. Discussion
 2. Lecture
 3. Case study
 4. Small group
 5. Role play
 6. Visual aids
 7. Handouts
- F. Types of adults learners/styles
- G. Learning barriers
 1. Culture
 2. Language
 - Vocabulary
 - English as a second language
 3. Previous experience
 4. Limited time/appropriate amount of time
- H. Evaluation
 1. Learning
 2. Performance evaluation
- I. Coaching & mentoring