

Resources for Continuing Education for those in Assisted Living Facilities

Free Online Resources:

1. ElderCare Communications

<http://www.eldercarecommunications.com/pages/videos.html>

Description: ElderCare Communications provides a list of free training videos that cover various topics that range from privacy and confidentiality to preventing falls. **They provide a free 45 day trial of these training videos. If you want to use them longer, they must be purchased.**

These include:

- Violence in Long-Term Care
- Skin and Wound Care
- Limiting Exposure to Bloodborne Pathogens
- Resident Care: Privacy and Confidentiality
- Responding to Sexual Harassment
- Assessing Chronic Pain in Cognitively Impaired
- Infection Control
- Nutrition & Dementia
- Dementia & Your Caregiver Decisions
- Avoiding Falls
- Quality of Life
- Resident Transfer: The Safe Way
- A Commitment to Safety
- Residents' Rights
- Preserving Residents' Dignity
- Serving the Assisted Living Community
- Using a Restraint
- Understanding Advanced Directives

2. This Caring Home

http://www.thiscaringhome.org/virtual_home/default.aspx

Description: This Caring Home provides education on establishing a dementia-friendly environment for caregivers and residents by exploring a virtual home. It also provides education on proper techniques throughout the home on safety measures for residents with dementia.

3. Centers for Disease Control Fall Prevention

<https://www.cdc.gov/steady/materials.html>

Description: the Centers for Disease Control and Prevention offers educational articles and handouts for fall precautions. It also provides free Fall Prevention Webinars Some of the handouts include:

- Algorithm for Fall Risk Screening, Assessment, and Intervention
- Preventing Falls in Older Patients
- Medication Links to Falls
- SAFE Medication Review
- Risk Factors for Falls
- Falls Are a Major Threat for Your Patients
- Take Steps to Prevent Older Adult Falls
- 4-Stage Balance Test
- Measuring Orthostatic Blood Pressure
- Fall Risk Checklist
- Fall Fact Sheet

4. Alzheimer's and Dementia Caregiver Center

<https://www.alz.org/care/alzheimers-dementia-care-training-certification.asp>

Description: Alzheimer's and Dementia Caregiver Center offers a free consultation workshop for individuals and professionals. It also offers programs, workshops and classes that are eligible for C.E. credits. This resource has free e-learning workshops on Alzheimer's and dementia. Some of the workshops you may choose to do the course in English or Spanish. Topics include:

- Know the 10 signs: early detection matters
- The basics: memory loss, dementia, and Alzheimer's
- Dementia conversations: driving, doctor visits, legal & financial planning
- Effective communication strategies
- Healthy living for your brain and body: tips from the latest research
- Living with Alzheimer's: for caregivers: early signs, middle stage, and late stage
- Living with Alzheimer's for Younger-Onset Alzheimer's
- Understanding and Responding to Dementia-Related Behavior

5. Future Learn

<https://www.futurelearn.com/courses>

Description: This resource provides free courses in many topics such as nutrition and dementia. They do not offer credit hours, however, are free and look to be beneficial learning opportunities:

6. FirstAidWeb

<https://www.firstaidweb.com/>

Description: FirstAidWeb provides a self-guiding CPR course and First Aid course that is a time-saving alternative for individuals who schedules may not permit lengthy lectures. Has step-by-step lessons with a quiz at the end. The website provides free courses with certification upon completion. The courses adhere to American Red Cross's most recent guidelines.

7. Cybrary

<https://www.cybrary.it/course/hipaa-training/>

Description: This website provides free HIPAA training. It is 1 hour and 15 minutes in length and provides one hour of CE. It is a beginner introduction.

8. OSHA Training

<https://www.oshatrain.org/courses/mods/625e.html>

Description: The OSHA Training website provides free online HIPAA training. The course includes 3 modules and takes about 3 hours to complete. Once completed, you have an option to buy a certificate for \$18.95 if required by your facility or such, however the actual course is free. Topics that are covered are as follows:

- HIPAA law components
- Privacy and security rule
- Protecting patients' privacy
- Covered entities
- Personal rights
- Good privacy practices
- Protected information
- Sharing health information
- Protected health care identifier
- Electronic protected health information
- Employers and health information in the workplace

9. Centers for Disease Control STEADI training

<https://www.cdc.gov/steady/training.html>

Description: STEADI (stopping elderly accidents, deaths, and injuries) provides training and continuing education courses online. The STEADI Older Adult Fall Prevention are available online for free. Workers can earn CEs for taking them and the webinar is about an hour long.

10. CNA CEs

<https://www.mycnajobs.com/free-ceu-courses/>

Description: This website provides free CE for CNAs. All of the courses are one credit hour. The topics include:

- Client-Centered Care
- Understanding Alzheimer's Disease
- Working with Difficult & Combative People
- End of Life Care
- Activities of Daily Living
- Understanding Fall Risk Factors
- Legal Issues for Nurse Aides

11. The Home Instead Senior Care Network

<https://www.caregiverstress.com/geriatric-professional-resources/webinars/upcoming-caregiver-webinars/>

Description: The Home Instead Senior Care Network offers free continuing education credits in conjunction with the web series, which addresses senior resistance to care and features relevant issues such as seniors and nutrition, navigating the senior maze, and seniors and cognitive issues. The program has been adapted for CEU accreditation in cooperation with the American Society on Aging. CEUs are available for 60 days following the live event. There is a web seminar schedule online.

12. Medline University

<https://www.medlineuniversity.com/lms/courses?type=subject&id=330>

Description: This website provides online courses for healthcare assistants and nursing home administrators. It also has free certifications in CPR, BLS, ACLS, and Blood-borne Pathogens. The courses include:

- Elder Abuse
- Family Interactions
- Long-term Care

Oral Health
 Personal Hygiene
 Personal Protective Equipment
 Respect & Dignity
 Recognizing & Reporting Changes in a Resident's Mental Condition
 Ventilator-Associated Pneumonia

13. Alaska Native Tribal Health Consortium

<http://anthc2.dreamhosters.com/wp-content/uploads/2015/12/Grandmas%20Recipes.pdf>

Description: The Alaska Native Tribal Health Consortium provides Grandma's Recipes, which is an Alaska Native Traditional Food Cookbook for Assisted Living Homes. It includes the role of Native food, nutritional facts, and a huge variety of Alaska Native recipes. This is a great resource for assisted living homes who have Alaska Native residents.

Low Cost Online Resources:

1. Acquire Training Solutions

<https://www.aquiretraining.com/caregiver-training-courses/care-training/caregiver-skills.html>

Description: This website provides online training. Some of them are expensive, but there are quite a few that are relatively cheap (under \$20). Each course provides credit hours for continuing education. Here are the topics provided:

Class	Cost	Credits
Back & Lifting Safety Online	\$20	0.5 credits
Companion Care	\$20	1.0 credit
Understanding HIPAA	\$20	1.0 credit
Introduction to Care Settings	\$20	1.0 credit
Infection Control Basics	\$20	1.0 credit
Working with Families	\$20	1.0 credit
Regulatory Compliance in Home Health	\$20	1.0 credit
Boundaries in Home Care and Hospice	\$20	1.0 credit

Use of Restraints in Care Settings	\$20	1.0 credit
Rest & Sleep for Client Health	\$20	0.5 credit
Understanding Resident Rights	\$10	1.0 credit
Understanding Service Plan	\$20	1.0 credit
Understanding Cultural Differences in the Senior Population	\$20	1.0 credit
Managing Your Work & Avoiding Caregiver Stress	\$20	1.0 credit
Caregiver First Aid	\$16	1.0 credit
End of Life Care	\$16	1.0 credit
Understanding Sexual Harassment & Misconduct	\$16	1.0 credit
Stroke	\$16	1.0 credit
Burns & Poisons	\$16	1.0 credit
Heart Attack & Shock	\$16	1.0 credit
Choking & Falls	\$16	1.0 credit
Infection Prevention & Control	\$16	1.0 credit
Workplace Hazards & Safety	\$16	1.0 credit
Nutrition & Hydration: Special Diets & Fluid	\$16	1.0 credit
Elimination & Toileting	\$16	1.0 credit
Activities of Daily Living	\$16	1.0 credit
Providing Skin Care	\$16	1.0 credit
Aging Process	\$16	1.0 credit
Observation, Reporting, & Recording	\$16	1.0 credit

2. National Pressure Ulcer Advisory Panel

<http://www.npuap.org/resources/educational-and-clinical-resources/>

Description: The National Pressure Ulcer Advisory Panel has many continuing education options and resource information. All of these vary in prices from \$10-\$50 per course. Some of the education and clinical resources provided include:

Pressure Injury Stages	Pressure Injury Intervention
Treatment of Pressure Ulcers	Prevalence & Incidence of Ulcers

These are **free/complimentary** educational webinars:

Unavoidable Pressure Injuries, Ulcerations & Skin Failure

Why is This Wound Not Healing?

Positioning and Pressure Injury Prevention

Considerations for Bariatric Patients in Pressure Injuries

Winning the War Against Pressure Ulcers

Nutrition & Pressure Injuries

Results of the Pressure Staging Consensus Conference

Wound Dressing for the Management of Pressure Injuries

Using Devices for Pressure Ulcer Prevention

History of Pressure Ulcer and Wound Care

Pressure Ulcer Prevention in Vulnerable Elders

Reducing Pressure Ulcers from Medical Devices

3. Nurses CE 4 Less

<https://nursece4less.com/CourseLis>

Description: Nurse CE 4 Less provides 1-4 credit hours depending on the topic at prices from \$5 - \$8. Topic examples include:

Alzheimer's

Bloodborne pathogens

UTIs

Pain management

HIV/Aids

Domestic violence

Diabetic Ketoacidosis

4. The Alaska Training Cooperative

<https://www.aktclms.org>

Description: The Alaska Training Cooperative has an online catalog for training and educational opportunities in Alaska for providers who serve the beneficiaries of the Alaska Mental Health Trust Authority. This online catalog is a web-based system that offers a one-stop shop of training opportunities. It is free to sign-up as a user, but the training courses have a small fee ranging from \$10-\$15 each. The trainings topic include:

Alaska Core Competencies for Direct Care Workers in Health and Human Services

Suicide Prevention

Frontline Leadership Institute

Prevention of Abuse and Neglect of Vulnerable Adults

Supervision and Leadership Learning Network

Anger Reduction and Stress Management for Staff

Ethics and Boundaries

Mental Health Basics

Diversity: Discrimination Awareness Training

Acquired and Traumatic Brain Injury Case Management Training

Psychiatric Advanced Directives

Assistance with Self-Administration of Medications

5. On Course Learning

<https://www.careandcompliance.com/administrator-certification-training/administrator-training/online-continuing-education.html>

Description: This website offers self-paced online courses that are convenient for staff to do according to their own schedules. Some of the low-cost topics include:

Activities: Encouraging Resident Participation	\$19.99
Depression and suicide:	\$19.99
Essential Technology Skills for Administrators	\$19.99
Inhalers and Nebulizers	\$19.99
Respecting Diversity	\$19.99
Medication Basics	\$19.99
Wheelchairs and Other Ambulatory Aides	\$19.99
Monitoring Residents for a Change in Condition	\$19.99
Personal Protective Equipment	\$19.99
Psychosocial Issues	\$19.99
Dementia Essentials	\$19.99
Respecting Resident Rights, Promoting Dignity, and Encouraging Independence	\$19.99
RCFE Facility Questionnaire and CCLD Website Resources	\$19.99
Coping with Memory Loss	\$19.99
Safe Management of Narcotics	\$19.99
Food Safety	\$19.99
Managing Personal Stress	\$19.99
Nutrition Basics	\$19.99
Service Plans	\$19.99
PRN Medications	\$19.99
Understanding Medication Forms, Names, and Routes of Administration	\$19.99
Introduction to Medication Management	\$19.99
Assistance with Medication Administration Online	\$19.99

Medication Orders and Working with Pharmacy	\$19.99
Side Effects, Adverse Reactions, and Medication Errors	\$19.99
Antibiotic Therapy	\$19.99
Dementia Care: Effect of Medication on Persons with Dementia	\$19.99
Managing Behavioral Challenges	\$19.99
Caring for Residents with Dementia	\$19.99
Ethical Issues	\$19.99
Introduction to Dementia	\$19.99
Dementia Care: Wandering	\$19.99
Understanding Stroke	\$19.99
Restraints in Elder Care	\$19.99
Managing Challenging Family Situations	\$19.99
Proper Body Mechanics	\$10

6. Alaska Cache

<https://akcache.org>

Description: AlaskaCACHE provides continuing health education for health professionals. They have a wide variety of courses that include:

Stress Reduction

Primary Care and Behavioral Health

Chronic Disease Prevention & Self-Management

Cardiac Care & Heart Disease

8. Medcom Trainex

<http://www.medcomrn.com/nursece/>

Description: This website provides a wide variety of online course and training that cost \$5-7 per course. Some courses include:

Infection control

Airway management

CNA training

Long term care

Pain management

9. Quantum Unit Education

<https://www.quantumunitsed.com/online-ceus/assisted-living-and-nursing-home-.php>

Description: This website provides continuing education for assisted living facilities under \$20. .
Some of the topics include:

Verbal De-escalation of the Agitated Patient	\$3.00
Environmental Design for People with Dementia Nearing End of Life	\$3.00
Sexual Violence Later in Life	\$3.00
Lead Protection for Older Adults During All-Hazards Emergencies	\$12.00
Understanding Elder Abuse	\$3.00
Caring for a Person with Alzheimer's Disease	\$15.00
Suicide in the Elderly	\$3.00
Developmentally Disabled Oral and Dementia Care	\$3.00
CPR Guidelines	\$15.00
OSHA Bloodborne Pathogens, Waste, Sharps, and Catheters	\$3.00
Long Term Care Resident Rights	\$6.00
Injury Prevention in Elderly Care	\$9.00
Older Adults and Depression	\$18.00
End of Life Care	\$12.00
Older Adults and Mental Health	\$15.00
Mental Healthy Aging	\$6.00

10. CEU Fast

<https://ceufast.com/#>

Description: CEUfast provides online continuing education courses. There are over 100 courses on a variety of topics, including many state required courses all written by expert authors and peer reviewed. Their library is continually refreshed with new and revised courses. It costs \$30 for unlimited access for one year. The course library includes:

AIDS/HIV	Alzheimer's/Dementia
Workplace Violence	Medication Administration
Care of Patient with Constipation	Chronic Kidney Disease Management
Conflict Management	Heart Failure
Cultural Competency	Depression
Diabetic Medications	Documentation
Elder Abuse	Fire & Safety Requirements for Healthcare Workers
HIPAA	Hypertension
Infection Control	Osteoarthritis
Pain Management	Patient Rights
Patient Safety	Pressure Ulcers
Restraint Use	Suicide Prevention
Traumatic Brain Injury	Urinary Tract Infections
Wounds	

Free Resources in Anchorage:

1. Alzheimer's Resource of Alaska

<http://www.alzalaska.org/event-calendar/>

Phone: (907) 561-3313

Address: 1750 Abbott Rd., Anchorage AK 99507

Description: This link will take you to the Alzheimer's Resource of Alaska event calendar. This calendar shows all the events hosted by this group, including support groups, webinars, and classes for caregivers. Most events are free, but require pre-registration. Some of the events include:

ABC of Caregiving- Being a Friend

Caregiving- The Power of Music

Caregiving- the Behaviors That Challenge Us

Caregiving- Beneficial Reminiscing

Caregiving- Driving & Dementia

Caregiving- Communication Tips for Caregivers

Virtual Dementia Tour

Dementia Care Essentials

Low Cost Resources in Anchorage:

1. Alaska Training Cooperative

<https://aktclms.org/>

Phone: (907) 272-8270

Address: 2702 Gambell Street, Suite 103 Anchorage AK 99503

Description: The Alaska Training Cooperative promotes career development opportunities for direct support professionals, supervisor and professionals in the field engaged with Alaska Mental Health Trust Authority beneficiaries by ensuring that technical assistance and training is accessible and coordinated. They provide web-based online training and face-to-face in person training for continuing education unit hours. Each training is roughly \$10-\$15. The face-to-face training includes:

CPI Nonviolent Crisis Intervention Training
Hearing Voices That Are Distressing
Mental Health First Aid
Mental Health First Aid for Older Adults
Youth Mental Health First Aid
Alaska Core Competencies for Direct Care Workers
Suicide Prevention
Frontline Leadership Institute
Full Lives Conference for Direct Service Professionals
We Are All Elders CPI Training Summit
Prevention of Abuse and Neglect of Vulnerable Adults
Nonviolent Physical Crisis Intervention
Anger Reduction and Stress Management for Staff
Ethics and Boundaries
Mental Health Basics
Diversity: Discrimination Awareness Training

2. CPR Alaska

<https://www.alaskacprtraining.com/>

Phone: (907) 406-3834

Description: CPR Alaska provides CPR certification throughout the week and weekends in Anchorage, Eagle River, Wasilla, Palmer, and throughout Alaska. They have CPR, AED, First Aid, BLS, and bloodborne pathogen classes available in English and Spanish. The prices range from \$65- \$85. Their website provides their hours of operation, but scheduling a class is done over the phone.