



COMMONWEALTH OF VIRGINIA
DEPARTMENT FOR AGING AND REHABILITATIVE SERVICES

JAMES A. ROTHROCK
Commissioner

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Options Counselor:

Thank you for participating in the dementia-capable training initiative for Virginia's No Wrong Door (NWD) network to expand your knowledge of dementia. I hope you find the trainings and resources useful in your work as an Options Counselor.

There are two options for obtaining the Dementia-Capable Training Certificate. You may view the virtual trainings and review the written supplementary resources listed on page 2. Once you have reviewed these documents, click on the quiz link. You will be directed to a Survey Monkey webpage where you can provide your information and complete the quiz. Or, if you have received training through another organization and feel comfortable that your knowledge will allow you to pass the quiz, you may proceed directly to the quiz link. Once you submit your quiz, your answers will be reviewed within 15 business days. All completers who score 90% or above will receive a Dementia-Capable Training Certificate from DARS.

Please note that some of the training materials for Options Counselors are used for the Information and Referral Specialists and Care Transitions Coaches. If you serve in multiple roles you do not need to view the trainings multiple times, but you will need to complete the quiz for each role-type in order to receive a certificate for each role.

Lastly, DARS requests that you track your interactions with individuals with dementia through the NWD system in PeerPlace. Please select Dementia from the CRIA drop-down menu if you work with an individual with dementia and/or their caregiver(s). By doing so, DARS is better able to track interactions and service needs, which can help guide policymaking and funding in the future.

If you have questions about this training module, please feel free to contact me. Thank you again for taking the time to complete the trainings and for helping Virginia be more responsive to the needs of individuals with dementia and their families.

Sincerely,

Devin Bowers

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Dementia Services Coordinator

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www.alzpossible.org

VIRTUAL TRAININGS

1. **General Dementia Knowledge:** 1 hour, <http://alzpossible.org/webinars-2/return-to-basics/general-dementia-knowledge/>
 2. **You Suspect its Alzheimer's Disease: Now What?:** 33 minutes, <http://www.brookdale.com/webinars/suspect-alzheimers-disease/>
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SUPPLEMENTAL DOCUMENTS

1. **Options Counseling Family Profiles for Practice**, accessed through the Technical Assistance Exchange. Family scenarios that can be used to role play some challenging options counseling situations. This Early Dementia Profile Exercise provides scenario of married couple in their 70s where husband is showing signs of early stage dementia. The exercise includes a worksheet for assessing needs/situation, questions to ask, identifying priorities, and establishing next steps.
 2. **Duke I&R/A Toolkit: Working with Family Caregivers of People with Memory Disorders: Information and Assistance Toolkit**, Duke Family Support Program. An 88 page toolkit developed to help Information and Assistance specialists and care managers/family caregiver specialists provide resource information and enhance communication skills with family caregivers of people with dementia.
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POST-TEST QUIZ

Link: <https://www.surveymonkey.com/r/optionscounseling>

DISCLAIMER

Please note that some of these materials have been developed by other organizations. Rather than re-invent the wheel, the review committee agreed that these would serve as quality resources for Information and Referral Specialists. Some information may have changed slightly or may vary for your area. If you would like additional trainings, resources or information on a specific topic, please feel free to contact Devin Bowers at DARS to see if there is something available to meet your needs.