

## GENERAL FAQ

**What is Dementia Reality and what makes it so different from other dementia training programs?** Dementia Reality is an innovative experiential caregiver training program. It uses virtual reality technology to build empathy and understanding through an immersive caregiving experience. Dementia Reality utilizes both a caregiver's and first-person perspective of a person living with dementia to develop the skills and knowledge necessary to provide excellent person-centered care and improve outcomes.

**How long is the training?** Each role specific training module is 1 hour long.

**Will I earn CEUs?** Yes. Nurses, social workers, professional counselors, and nursing home administrators will earn up to 1 hour of CEU credit per module by participating. Please inquire for other professions.

**Who is the training for?** Dementia Reality is designed for professional and para professional caregivers—RNs, CNAs and all residential staff who work with older adults living with dementia.

### **Will Virtual Reality make me dizzy?**

Our 360\* virtual reality videos are filmed specifically to minimize any visual disorientation that might cause dizziness.

### **Can anyone use virtual reality technology?**

Yes, for most individuals virtual reality technology is safe to use. We do not, however, recommend that you use virtual reality if you have vertigo or wear a pacemaker.

### **How will this training benefit me?**

- It will provide increased knowledge and understanding of Alzheimer's disease and other related dementias (ADRD).
- It will develop caregiving skills anchored in empathy. Dementia Reality offers the ability to engage in a natural and meaningful way through realistic environments and scenarios.
- You will learn a supportive and intentional approach to person-centered care that improves behavioral outcomes. Dementia Reality offers real-time coaching and feedback that allows participants the opportunity to reflect upon and apply knowledge gained through concrete experiences.
- You will learn proper caregiving techniques that help to keep you safe and free from work-related injuries.
- It will promote greater job satisfaction.

“Experiential learning is the most powerful and most sticky type of learning because it creates an episodic memory where we are at the center of the action, with all of our senses coding data about what is happening.”

—Dr. Britt Andreatta, *Wired to Grow: Harness the Power of Brain Science to Learn and Master Any Skill (2nd Edition)*