



**DSHS Approved Online CE Courses from Cornerstone
Sponsored by Lahari
(Valid until 4/31/2016)**

1 CEU
Falls and Fall Prevention - This course is a basic class on falls and fall prevention. It includes slides with audio as well as an assignment and test.
Getting Enough ZZZs, The Importance of Sleep - This course discusses the importance health benefits of sleep and the science of sleep. It also discusses senior sleep patterns.
2 CEUs
The Process of Elimination - The course covers the process of the elimination of waste products from the human body. It will teach you <ol style="list-style-type: none">1) How to promote good bowel and bladder functioning for a client;2) Problems with bowel and bladder functioning, the causes, signs, what can help, and what to report; and3) Assisting with toileting, including:<ol style="list-style-type: none">a) common toileting assistive equipment;b) incontinence products; andc) peri care, colostomy, and catheter care.
Client's Rights - Covers Client rights in the various residential care settings (assisted living, DDD homes, Adult Family Homes) and the client's own private home. The four main topic areas covered are Client Rights, Advance Directives, Abuse and Mandatory Reporters, and Restraints
Assisting a Client w/ Chronic Pain - This course will teach caregivers how to support clients who have chronic pain.
Establishing Trust Through Communication - This course is about developing good communication skills for working with long-term clients and/or elderly.
Recognizing Depression in Your Older Client - This course will show you how to recognize depression in your client and how to address it.
3 CEUs
Back to the Basics of Nutrition - This is a 3 hour continuing education course focused on nutrition and meal planning.
Isn't Dementia the Same Thing as Alzheimer's? - This course is a brief overview of 11 different types of Dementia. It is not designed to provide in depth knowledge of each type. It is designed to create an awareness that different types exist.
The Difference between a Right & Left Sided Stroke - After completing the course, you will be able to say what a stroke is and state two major causes. You will know how a stroke affects the brain and be able to list some helpful tips for left-brain injuries and for right-brain injuries. You will also learn about other complications that result from brain injuries and ways to assist with care.

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