



**DSHS Approved Online CE Courses from Cornerstone
Up to 5 CEUs Sponsored by Lahari**

(Valid until 8/31/2017)

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.
Customer Service Skills - This course provides an excellent, yet simple, approach to training key staff in the basic commandments of excellence in customer service.
How to be a Great Team Member – This 1 CE HR DSHS approved course teaches individuals how to be effective team members.
1.5 CEUs
Grief & Loss – This course on Grief and Loss is a copy of one module of the HCA training curriculum. It has been approved by the DSHS for 1.5 hours of CE credit for Long Term Care Workers (LTCW). Please ignore the references to HCA training and certification.
Self-Care and the Caregiver - This 1.5 CE Hour course is approved by DSHS for Long Term Care Workers (LTCW) and focuses on helping caregivers recognize the need for self care and how to identify warning signs of burnout.
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; and 3) Assisting with toileting, including: <ol style="list-style-type: none"> a) common toileting assistive equipment; b) incontinence products; and c) 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.

First Things First, Taking Care of Yourself - In this class you will learn about the healthy life balance of taking care of yourself first.

Substance Abuse & Addiction in the Older Client – This course is designed to introduce Long Term Care Workers (LTCW) to the misuse of alcohol and substances by the senior population.

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.

5 CEUs

Medication Assistance Training - This course covers

- 1)Self-Directed Care for the IP
- 2)Delegation
- 3)Medications
- 4)Medications & Dementia.

It discusses the proper procedure for assisting and administering meds. It teaches proper documentation and what things should be observed and reported.

[Register for Classes Here](#)