

This is to certify that

Alexandra Thompson

has successfully completed all modules of the

**UNDERSTANDING
DEMENTIA 2025**

Massive Open Online Course (MOOC)



Professor James Vickers

Director

Wicking Dementia Research and Education Centre

February 2026

21 Recommended CPD Hours

Certification that Alexandra Thompson has completed the Understanding Dementia MOOC from the Wicking Dementia Centre, University of Tasmania, in February 2026

Course Introduction (30 mins)

The brain and how it changes (6 hours)

- Understanding the complexities of dementia
- Overview of how the nervous system works
- The basic anatomy of the brain, a neuron and a synapse
- The pathology of the four major diseases that cause dementia
- The link between brain pathology and the symptoms of dementia
- Understanding biomarkers and why they're important for dementia

Signs, symptoms and risks (4 hours)

- Understanding and defining risk factors
- Identifying differences between typical ageing and dementia
- Understanding how dementia is diagnosed
- Recognising the common symptoms of dementia
- Understanding how dementia symptoms change over time
- Introduction to childhood and younger onset dementias

Caring for people with dementia (6 hours)

- Recognising the challenges of adjusting to a dementia diagnosis
- Defining person-centred and relationship-centred care
- Understanding quality care as dementia progresses
- Understanding the experiences of those supporting people with dementia
- Understanding how behaviour can express unmet needs
- Specific care strategies for changed behaviours
- End of life care and advance care directives

Being and belonging with dementia (4 hours)

- Reablement approaches to dementia support and care
- Overview of cognitive stimulation therapy
- Overview of reminiscence therapy
- Overview of music therapy
- Understanding inclusive environment design principles
- Understanding the importance of inclusive communities
- Understanding dementia through the experiences of those who live with it

Completion (30 mins)

Certificate No:

96061

