

EXCEL TRAINING

Dr. Essa Al-Ahmad
Saudi Family Physician · Healthcare Educator & Trainer

COURSE SYLLABUS · DEMENTIA CARE

Dementia Care for Everyday Caregiving

Practical dementia care skills for safer, calmer, more compassionate support.



FORMAT

5 focused modules

STYLE

Practical & hands-on

AWARD

Certificate of completion

ABOUT THIS COURSE

Course Description

This course prepares caregivers with the practical dementia care skills that everyday caregiving demands. You will learn to support a person living with Alzheimer's disease or dementia in a way that is safer, calmer, and more compassionate.

The focus is person-centered: protecting dignity and independence, reading behavior as communication, and keeping daily routines steady and secure.

Who This Course Is For

Family caregivers — Anyone caring for a parent, spouse, or relative living with dementia at home.

Home health aides & CNAs — Frontline staff who support people with dementia day to day.

Care & assisted-living staff — Teams who want consistent, dignity-first dementia care.

What You Will Learn

1. Apply person-centered care principles that support dignity, independence, and daily routines.
2. Use simple, clear communication techniques to reduce confusion and build trust.
3. Interpret behavior as communication and identify the triggers behind agitation or confusion.
4. Respond to difficult moments with a calm, effective, and supportive approach.
5. Reduce risks during mobility and hygiene tasks while encouraging independence.

Course Modules

MODULE 01

Foundations: Understanding Alzheimer's & Dementia

An introduction to the types and stages of dementia and how the condition changes over time. Sets the foundation for person-centered care that supports dignity, independence, and daily routines.

MODULE 02

Communicating with a Person Living with Dementia

Master simple, clear communication techniques that reduce confusion. Build trust through the effective use of patience and tone.

MODULE 03

Interpreting Behavior as Communication

Learn to pinpoint the specific triggers behind agitation or confusion. Respond to these moments with a calm, effective, and supportive approach.

MODULE 04

Ensuring Safety When Assisting with ADLs

Focus on reducing risks during mobility and personal care. Learn to maintain hygiene tasks while still encouraging the person's independence.

MODULE 05

Sustaining Routines & Caregiver Wellbeing

Build steady daily routines that lower stress for everyone, and practical ways for caregivers to protect their own wellbeing and know when to ask for help.

About the Instructor



Dr. Essa Al-Ahmad

Saudi Family Physician · Healthcare Educator & Trainer

Dr. Essa Al-Ahmad is a Saudi family physician, healthcare transformation leader, educator, and investor in innovation, based in Al-Ahsa, Saudi Arabia. He earned his Bachelor of Medicine and Surgery from King Faisal University and completed his Family Medicine Diploma in 2015.

He spent more than five years in frontline patient care and chronic disease management, helping patients navigate complex, long-term conditions. He directed Al-Qurain Health Center (2016–2018) and Al-Shuqaiq Primary Health Care

Center (2018–2019), which achieved CBAHI accreditation under his leadership, and in 2019 was appointed Director of the Anti-Osteoporosis Program in Al-Ahsa.

Today he is a trainer of doctors and nurses and a passionate advocate for clinician wellbeing, teaching healthcare professionals to build sustainable careers and care for themselves with the same dedication they bring to their patients. He is a member of the Saudi Physicians' Association and sits on the Board of Directors of Alam Holding Company.

EDUCATION

MBBS, King Faisal University

Bachelor of Medicine & Surgery

QUALIFICATION

Family Medicine Diploma

Awarded 2015

EXPERIENCE

5+ years frontline care

Chronic-disease management

LEADERSHIP

3 health centers directed

One CBAHI-accredited

Testimonials

"[SAMPLE TESTIMONIAL — replace with a real quote.] The training was clear and practical. I left feeling far more confident caring for someone with dementia."

[Name]

Family caregiver

"[SAMPLE TESTIMONIAL — replace with a real quote.] Short modules that respected my time, taught by someone who has actually done the work. Highly recommended."

[Name]

Home health aide

"[SAMPLE TESTIMONIAL — replace with a real quote.] Exactly the kind of hands-on guidance our staff needed. The emergency-response section was especially valuable."

[Name]

Care team lead

Sample testimonials shown — to be replaced with verified learner quotes.

Bring this course to your team. Email training@dressalahmad.com or book a meeting to scope a custom program for your facility.