Module 1 Worksheet

“Introduction to Dementia and the CARES Approach”

1. There are nearly 100 different types of dementia. What is the most common form of dementia?

2. What body part does dementia affect?

3. Alzheimer’s is a chronic, progressive, terminal disease. In your own words, what does that mean?

4. Over time, dementia changes a person’s thinking skills. List eight thinking skills that are affected by dementia.
   a) 
   b) 
   c) 
   d) 
   e) 
   f) 
   g) 
   h) 

5. By 2050 it is estimated the number of people with dementia will be:
   a) 50 million
   b) 75 million
   c) 100 million
6. Heart health affects brain health and having high blood pressure or high cholesterol could increase a person’s risk of developing Alzheimer’s disease.

True  False

7. People with dementia lose their ability to think, but it doesn’t happen all at once. It happens over time. People go through stages of dementia, some more quickly than others. In this program we categorize dementia in four stages. Name these four stages.
   a) 
   b) 
   c) 
   d) 

8. Person-centered care is the basis of the CARES Approach. It’s about helping others in a sensitive, thoughtful, and respectful way. It is about respecting a person’s choices and adjusting care based on a person’s likes, dislikes, and abilities. The letters in CARES stand for:
   C ________________________________
   A ________________________________
   R ________________________________
   E ________________________________
   S ________________________________

9. In addition to helping the person with dementia, the CARES Approach also helps the caregiver. Write down two ways the CARES Approach will help the caregiver.
   a) 
   b) 

10. Mr. Harris is resisting your help with personal care. What should you do?
1. In your own words, explain the term “person-centered care.”

2. What does it mean to “connect” with a person?

3. Each person is unique and it’s important to take the time to learn about his or her life so that you can talk about and do things that are meaningful to the person. By doing this, you build trust and a relationship with the person. List six ideas for topics to discuss with a person in your care to get to know them better.
   a) 
   b) 
   c) 
   d) 
   e) 
   f) 

4. As you choose an activity for someone in your care, think about your goal for that person as well as the types of activities that he or she enjoys. List eight ideas for possible activities.
   a) 
   b) 
   c) 
   d) 
   e) 
   f) 
   g) 
   h)
5. Memory for music is usually one of the last parts of the brain to be affected. Music from a person’s earlier years will probably provide the most pleasure.

   True       False

6. List three examples of a sensory activity appropriate for a person with late-stage dementia.
   a)  
   b)  
   c)  

7. Circle the correct statement.
   a) If activities of daily living such as dressing or bathing can be done quickly, that will leave more time for more meaningful interactions.
   b) Activities of daily living can be meaningful interactions when caregivers connect with and engage the people in their care.

8. Almost everything you do with a person with dementia can be an activity and a chance to connect. List four daily care tasks that can be turned into an enjoyable activity.
   a)  
   b)  
   c)  
   d)  

9. Explain the possible benefits of a simple hand or foot massage.

10. Mrs. Tran is in the late stage of dementia and is becoming more withdrawn. You are having a hard time connecting with her. You learn she used to work in a flower shop. How could you use this information to try connecting with her?
1. There are many common expressions of pain or discomfort. Some are obvious and others are subtle. List five of them.
   a) 
   b) 
   c) 
   d) 
   e) 

2. In your own words, explain why it is important to get to know a person with dementia in order to provide him or her with appropriate pain management care.

3. Circle the correct answer. An occasional moan or groan indicates _____________.
   a) Little or no discomfort
   b) Moderate pain
   c) More severe pain

4. If you think a person is showing signs of pain, but you are not sure, you should start by seeing if his or her basic needs are met. Refer to Screen 9 and then list the 10 questions on the Basic Needs Checklist.
   a) 
   b) 
   c) 
   d) 
   e) 
   f) 
   g) 
   h)
5. What percentage of nursing home residents has daily pain?

6. Often there are things you can do to comfort a person who is having mild to moderate pain. List six ideas for comforting people in moderate pain.
a) 
b) 
c) 
d) 
e) 
f) 

7. What is the difference between chronic and acute pain?

8. Administering pain medication is one way to treat pain. When you know a person is experiencing pain, how much in advance of a planned physical activity should you administer pain medication?

9. Most pain medications aren’t addictive.

   True       False

10. Mrs. Hayes is rubbing her head and frowning. These behaviors are unusual for her. How should you respond?
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Module 4 Worksheet
“Bathing”

1. Explain how using the CARES Approach can ensure bathing is a pleasant experience for a person with dementia.

2. Name three ways to involve the person in the bathing experience?
   a) 
   b) 
   c) 

3. List four ways you can make the bathing environment more comfortable.
   a) 
   b) 
   c) 
   d) 

4. How can you make someone feel more comfortable while undressed in the presence of a caregiver?

5. Explain the importance of knowing the person when it comes to bathing.

6. List three benefits of a bed bath.
   a) 

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7. People living with dementia never care about the gender of the person bathing them.

   True          False

8. Circle the correct statement.
   a) Bathing can be an exhausting activity for a person with dementia. It’s always easiest on the person if done quickly.
   b) Bathing can be an exhausting activity for a person with dementia. It’s sometimes easiest on the person if done one step at a time.

9. What is the definition of “bed bath?”

10. Mr. Meyer seems afraid of taking a shower. What can you do to try to make him feel safe?
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Module 5 Worksheet
“Dressing”

1. What helpful information can you learn from family members about a person’s dressing habits?

2. People with dementia often want to wear the same thing every day and families often get upset at this. What is a possible solution to this problem?

3. How can you make dressing more private for the person?

4. If a person with dementia tends to get upset by morning care, there is a good chance it’s because he or she is in pain. What should you do in this situation?

5. It’s generally best to hurry through the dressing process.
   True  False

6. List four ways can you make dressing meaningful and positive for a person with dementia?
   a) 
   b) 
   c) 

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7. List four physical cues that can help a person with dementia with dressing.
   a)
   b)
   c)
   d)

8. What types of clothing can make getting dressed easier for a person living with dementia?

9. Circle the correct answer. If a person with dementia is having trouble with dressing, you should:
   a) Do it all for him/her so that it goes more quickly.
   b) Instruct one item at a time, one step at a time.

10. Mrs. Flores is in the middle stage of dementia. She doesn’t seem to know what to do with the shirt that has been set out for her to wear today. How can you help her to put on her shirt?
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Module 6 Worksheet
“Eating”

1. Why does swallowing become more difficult in the later stages of dementia?

2. If you notice a person with dementia is starting to have trouble swallowing, you should notify a nurse or doctor. A change in diet may be needed. List four signs that swallowing may be becoming difficult.
   a) 
   b) 
   c) 
   d) 

3. Describe three effective ways to connect with a person with dementia during mealtimes.
   a) 
   b) 
   c) 

4. List three ways you can help a person with dementia maintain their independence when eating for as long as possible.
   a) 
   b) 
   c) 

5. Circle the correct statement.
   a) As dementia progresses, a person’s food preferences usually remain the same.
   b) As dementia progresses, a person’s food preferences usually change.

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6. Some of our taste sensations dull as we age, but the sweet sensation lasts the longest. List three soft, sweet foods that can be served to help encourage eating.
   a) 
   b) 
   c) 

7. A person with dementia may be easily distracted at mealtimes. List four things you can do to help keep the person focused on eating.
   a) 
   b) 
   c) 
   d) 

8. What is the best position for eating?

9. Snacks throughout the day are a good idea.
   True  False

10. Mr. Park is staring at his dinner. He doesn’t seem to recognize the fork, spoon, or even the food. How can you help him start eating?
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Module 7 Worksheet
“Grooming”

1. Why is it important to learn the personal grooming habits of the people in your care?

2. Why is it important to keep people with dementia involved in their own grooming care?

3. List three ways you can help keep people with dementia involved in their own grooming care.
   a)
   b)
   c)

4. Involving a person with dementia with their own grooming always takes longer.
   True False

5. How can you assist a person in the middle stage of dementia with grooming?
   a) Physical prompts
   b) Simple reminders
   c) Attention re-direction
   d) All of the above

6. Describe effective techniques when cutting a person’s nails.
7. Describe ways to make hair care easier.

8. Explain why applying makeup to women with dementia can be important.

9. How can you help prevent anxiety when assisting with grooming?

10. You are about to shave Mr. Hudson but he seems confused. What can you do to help him be more comfortable with this?
1. Why is it important for care providers to understand each person’s patterns and preferences when it comes to mouth care?

2. In your own words, describe why people with dementia often resist oral care.

3. Describe three signs of mouth pain.
   a) 
   b) 
   c) 

4. Sometimes people with dementia will pocket their food, meaning they will store it in their cheeks instead of swallowing it. Why is this harmful and what can be done to help prevent it?

5. Maintaining good oral hygiene can prevent pain from infection, but it is also important because:
   a) It benefits eating.
   b) It benefits speech.
   c) It benefits heart health.
   d) All of the above.
6. Poor oral care can lead to pneumonia and cardiovascular disease.

   True   False

7. List three ways to physically cue a person to brush their teeth.
   a) 
   b) 
   c) 

8. List three alternative approaches to mouth care in people with dementia.
   a) 
   b) 
   c) 

9. List three reasons why wearing dentures when possible is important for people with dementia.
   a) 
   b) 
   c) 

10. Mr. Morales becomes upset when you place his dentures in his mouth. What should you do?
Module 9 Worksheet
“Using the Bathroom”

1. List three reasons why it’s important for a person with dementia to continue to use the toilet as independently as possible.
   a) 
   b) 
   c) 

2. Describe three behaviors or signs that often mean that a person has to use the toilet.
   a) 
   b) 
   c) 

3. List two things you can do to learn a person’s bathroom habits.
   a) 
   b) 

4. Circle the correct statement.
   a) Taking people to the toilet usually takes more time than cleaning them up and re-dressing them.
   b) Taking people to the toilet usually takes less time than cleaning them up and re-dressing them.

5. List two changes in a person’s toileting that should be reported to a nurse or doctor.
   a) 
   b) 

6. Limiting fluids is a good way to help a person stay continent.
7. Because of changes in perception, it is common for persons living with dementia to have trouble finding or recognizing the toilet. List three strategies that can make it easier to see the toilet.
   a) 
   b) 
   c) 

8. Describe ways you can make using the bathroom more private, while still assisting the person.

9. People with dementia eventually lose the ability to go to the bathroom themselves. How can you help family members who may be struggling with the fact that their family member is incontinent?

10. Mrs. Hanson gets upset when you help her use the toilet. What can be done to make her more comfortable with being assisted?
1. Explain why it is important to help people living with dementia to walk and bear weight for as long as possible.

2. List two steps you can take to minimize or eliminate pain before moving or re-positioning someone.
   a) 
   b) 

3. Explain the importance of connecting with people before moving them.

4. Sitting in wheelchairs can be uncomfortable for long periods of time. List two things you should regularly do for people in wheelchairs.
   a) 
   b) 

5. If a person is leaning in a wheelchair, you should try to identify the problem. List four things to consider.
   a) 
   b) 
   c) 
   d) 

6. List two visual cues that can help a person understand it’s time to stand up and move.
   a) 
   b)
7. Circle the correct statement.
   a) If a person is actively resisting you, it’s best to move them as quickly as possible.
   b) If a person is actively resisting you, it is unsafe to move them.

8. Muscle tightness and joint contractures are common in people with advanced dementia.
   True          False

9. Even when people with dementia are mobile and walking well, they are still at risk of falling
   because they have trouble processing or understanding things around them. List three
   things you can do to help reduce the risk of falls.
   a)  
   b)  
   c)  

10. Mrs. Stone is able to walk with a walker but today she is resisting getting up and moving.
    What should you do?