

Your Name: _____ Date: _____



Module 1 Worksheet
“UNDERSTANDING MEMORY LOSS”

1. List 4 thinking skills affected by dementia besides memory loss:
 - a)
 - b)
 - c)
 - d)

2. Write down 3 possible signs of early dementia in a family member that suggest you should visit the doctor:
 - a)
 - b)
 - c)

3. Give 3 reasons why it is beneficial to get an early diagnosis of Alzheimer’s disease:
 - a)
 - b)
 - c)

4. Alzheimer's is a progressive illness (meaning it gets worse over time).

True

False

5. Mr. Peck has early dementia. While shopping at his local grocery store, he becomes confused by the store's aisles, which are named after streets in his town. Write a brief explanation why Mr. Bernard may be feeling confused and lost:

6. Circle the correct statement:

a) There are many forms of dementia and each kind can progress differently.

b) Alzheimer's is the only form of dementia where thinking skills are diminished.

c) Early intervention is key in order to cure Alzheimer's disease.

7. Think about your family member who has been diagnosed with dementia. Write down 3 incidents that, in retrospect, clearly demonstrated that the person was having increased difficulty with thinking skills and say which thinking skill was affected in each incident:

a)

b)

c)

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Module 2 Worksheet
***“LIVING WITH DEMENTIA AND INCREASING
MEMORY LOSS”***

1. Sometimes it is difficult to know what stage of dementia your family member is in—early, middle, or late—but after having watched the video clips of people in various stages making coffee, think of a routine task your family member with dementia is now struggling with. Write down which stage of dementia you think the person is in, based on your observations:

2. List 3 safety measures you can use in your home that will help your family member with dementia maintain valuable independence in a safe way:
 - a)

 - b)

 - c)

3. In your own words, explain why routine is so helpful and important to a person with dementia:

4. Imagine that your neighbor's partner has been diagnosed with dementia and has asked for your help in thinking of ways to keep her involved with activities she loves. You know that she enjoys gardening. List three recommendations you can suggest to your neighbor to help his partner continue to enjoy gardening during early, middle and late stages of dementia:
 - a)
 - b)
 - c)

5. Your family member with dementia might be at a point where he experiences difficulty remembering who people are. Should you:
 - a) Stop taking him along on outings?
 - b) Continue taking him to family gatherings and not worry about who he remembers, as long as he seems to be enjoying himself and is not overly stressed?
 - c) Take him along, but show him pictures of the people he'll be seeing ahead of time so that you can remind him of their names?

6. Take a little time and think about some of the activities your family member with dementia enjoys but no longer performs perfectly. Think of some tasks that the person can still do, if you let go of the idea of perfection and accuracy.

List and describe 3 activities or tasks that the person with dementia could still participate in, which would help them to feel independent and valued:

- a)

- b)

- c)

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Module 3 Worksheet
“USING THE CARES® APPROACH”

1. Write down what each of the individual letters in CARES® stands for:

C: _____

A: _____

R: _____

E: _____

S: _____

2. Imagine that a volunteer comes to stay with your uncle a couple hours each week so that your aunt can run some errands. List 4 ways that getting to know your uncle well will help the volunteer to connect with him more closely:

a)

b)

c)

d)

3. Sometimes your family member with dementia acts in ways that frustrate you. List 2 questions you can ask yourself before intervening to try and stop the behavior:

a)

b)

4. Your family member with dementia has always paid the bills and insists on continuing with this task. Recently, however, you discover that she has mailed checks without putting a mailing address on the envelope. Write down 3 ways you can “Respond Appropriately” while still allowing your family member to feel involved and valued:

a)

b)

c)

5. If a family member has been diagnosed with dementia, it is important to keep the diagnosis private, in order to preserve the family’s dignity.

True

False

6. Discovering that a family member has dementia can cause tension in even the closest families. Describe at least two reasons why it is so important to seek support for the family from the community: