

# The **cares** Approach™

A Person-Centered Approach for Dementia Caregivers

## **C**onnect with the Resident

(refer to resident's life stories each time you talk to him/her)

## **A**ssess Behavior

(ask yourself what a resident's behavior means)

## **R**espond Appropriately

(try an approach you think will work best)

## **E**valuate What Works

(look to see if resident responds positively)

## **S**hare with the Team

(tell team members & family what worked)

[www.caresProgram.com/caresApproach](http://www.caresProgram.com/caresApproach)