



Learning Objectives

Module 1: Dementia and the CARES® Approach

After completing this module, you will be able to:

- List the memory and thinking skills that are affected by dementia.
- Describe the early, middle, and late stages of dementia.
- Explain each letter of the CARES® Approach.

Module 2: Creating Meaning in Activities of Daily Living

After completing this module, you will be able to:

- Describe ways that you can learn the life story of a person with dementia.
- Explain how you can make any interaction with a person with dementia into an activity or meaningful moment.
- Use the CARES Approach when performing any activity with a person with dementia.

Module 3: Recognizing and Managing Pain

After completing this module, you will be able to:

- Describe common signs of pain for people with dementia.
- List ways that you can help relieve pain and discomfort that do not involve medications.
- Use the CARES Approach to identify and comfort people who are experiencing pain and discomfort.

Module 4: Bathing

After completing this module, you will be able to:

- Explain why bathing preferences are important to people and how you can learn about them.
- Describe ways to make bathing or showering a more comfortable experience for people with dementia.
- Explain how bathing can be adjusted based on a person's abilities, preferences, or fears.
- Use the CARES Approach while assisting a person with bathing.

Module 5: Dressing

After completing this module, you will be able to:

- Describe ways to make a person with dementia feel more comfortable getting dressed.
- Respond to common family member concerns with dressing.
- Use the CARES Approach while assisting a person with dressing.

Module 6: Eating

After completing this module, you will be able to:

- Understand how eating abilities change at the different stages of dementia.
- Adjust your care to match the changes in a person's eating preferences.
- Recognize things you can do to encourage eating and make it a more pleasant experience for people with dementia.
- Consider the impact of dementia when caring for other chronic illnesses.
- Use the CARES® Approach while assisting a person with eating.

Module 7: Grooming

After completing this module, you will be able to:

- Describe techniques to help prevent people with dementia from getting anxious during grooming care.
- Describe how and why it's important to communicate with people with dementia and their families about grooming and personal care.
- Use the CARES Approach while assisting a person with grooming.

Module 8: Mouth Care

After completing this module, you will be able to:

- List two reasons why good oral hygiene is important for people with dementia.
- Describe three ways to encourage or prompt people with dementia to brush their teeth.
- Describe three signs of mouth pain.
- Apply the CARES Approach to assisting a person with mouth care.

Module 9: Using the Bathroom

After completing this module, you will be able to:

- List two reasons why it's important to help a person with dementia continue to use the toilet as independently as possible.
- Describe three behaviors or signs that often mean that a person has to use the toilet.
- List two things you can do to learn a person's bathroom patterns.
- Apply the CARES Approach to assisting a person with going to the bathroom.

Module 10: Mobility, Transferring, and Positioning

After completing this module, you will be able to:

- Describe how proper transferring and positioning are important to the health and well-being of people.
- Describe safe practices for transferring and positioning people.
- Explain the importance of connecting with people before moving them.
- Use the CARES Approach while assisting a person with transferring and positioning.