



## Learning Objectives

### Module 1: Making a Connection with the Person

After completing this module, you will be able to:

- Describe what it means to “make a connection” with a person who has dementia.
- List three things to talk about with a person who has dementia.
- List three times in a person’s day when it is easy to make a meaningful connection with them.
- Understand how to help a person with dementia be successful regardless of their stage.
- Apply the CARES® Approach when making a connection.

### Module 2: Eating Well

After completing this module, you will be able to:

- List three ways to make mealtime more enjoyable for people with dementia.
- Describe eating abilities at the various stages of dementia.
- State the warning signs of a swallowing problem.
- Apply the CARES® Approach in helping people with dementia to eat well.

### Module 3: Recognizing Pain

After completing this module, you will be able to:

- Identify the nonverbal behaviors and signs that suggest a person with dementia is in pain.
- List some of the underlying causes of pain.
- List three ways how pain might affect a person's ability to do some things.
- Apply the CARES® Approach to recognize pain in a person with dementia.

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## **Module 4: Minimizing Falls**

After completing this module, you will be able to:

- Define a fall.
- Identify factors that make an individual at risk of falling.
- Identify environmental risk factors for falls.
- Explain the importance of continually looking for falls risks.
- Describe what to look for and what to report when working with people at risk for falls.
- Understand the importance of regular exercise and movement in preventing falls.

## **Module 5: Rethinking Wandering**

After completing this module, you will be able to:

- Describe what is meant by wandering.
- Describe why wandering occurs.
- Identify situations that may lead to wandering.
- Explain the difference between safe and unsafe wandering.
- Identify a person at risk for unsafe wandering.
- Apply strategies that promote safe wandering.
- Explain how to respond to a wandering incident.

## **Module 6: Minimizing and Eliminating Restraints**

After completing this module, you will be able to:

- Describe physical and chemical restraints.
- List five ways that physical restraints can cause harm.
- Describe unintended use of medications, and why this is considered a restraint.
- Understand what it may feel like to be restrained.
- List three creative approaches you can use that might avoid the use of restraints with a resident.