

Your Name: \_\_\_\_\_ Date: \_\_\_\_\_



## Home Health (2-Hour)<sup>™</sup> Online Dementia Care Training Program

### Module 1 Worksheet: INTRODUCTION TO DEMENTIA

1. You just met Mrs. Clara Jones. Think about Mr. Sanchez, a person with dementia who was just assigned to you. List three ways to learn about his family, likes and dislikes, hobbies and interests, food preferences, and previous career:
  - a)
  - b)
  - c)
2. Alzheimer's disease causes real, physical changes to the brain. The brain of someone with Alzheimer's disease is likely to look \_\_\_\_\_ and \_\_\_\_\_ compared to a normal, healthy brain.
3. List at least three facts about dementia:
  - a)
  - b)
  - c)
4. Explain "fluctuating, gradual decline" in your own words.

5. List and describe the seven basic thinking abilities that can be impaired by Alzheimer's disease and related dementias.

- a) \_\_\_\_\_
- b) \_\_\_\_\_
- c) \_\_\_\_\_
- d) \_\_\_\_\_
- e) \_\_\_\_\_
- f) \_\_\_\_\_
- g) \_\_\_\_\_

6. Give an example of observable changes for each of the following thinking skills:

	"Normal Aging"	Person with Dementia
a) Communication	_____	_____
b) Memory Loss	_____	_____
c) Task Completion	_____	_____
d) Time Recall	_____	_____
e) Problem Solving	_____	_____

7. Give some examples in each stage below of how you would provide person-centered assistance with **getting dressed** for someone who has Alzheimer's disease or related dementias.

- The First Signs:
- Increasing Problems:
- Significant Confusion:
- Minimal Self-Care Abilities:
- Requires Complete Assistance:

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### Module 2 Worksheet: UNDERSTANDING BEHAVIOR AS COMMUNICATION

1. When a person with dementia has trouble using language or remembering the right words, you can focus less on words and more on

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2. **True or False:** All behavior is a form of communication.

True \_\_\_\_\_

False \_\_\_\_\_

3. List three reasons why it is important to connect with people who have dementia.

- 
- 
- 

4. List six reasons or causes why someone with dementia may be wandering.

- |    |    |
|----|----|
| a) | d) |
| b) | e) |
| c) | f) |

5. What are two positive aspects of wandering?

- 
-

6. What are two negative aspects of wandering?

- 
- 

7. In addition to wandering, there is other dementia-related behavior that you will most likely encounter in your caregiving work. Name five examples:

- a) \_\_\_\_\_
- b) \_\_\_\_\_
- c) \_\_\_\_\_
- d) \_\_\_\_\_
- e) \_\_\_\_\_

8. The person's ability to communicate about pain changes as dementia worsens and thinking abilities decline over time. Describe these changes in the stages listed below.

- The First Signs:
- Increasing Problems:
- Significant Confusion:
- Minimal Self-Care Abilities:
- Requires Complete Assistance:

9. Identify six strategies for communicating with people who have dementia, including those who are non-responsive.

- a) \_\_\_\_\_
- b) \_\_\_\_\_
- c) \_\_\_\_\_
- d) \_\_\_\_\_
- e) \_\_\_\_\_
- f) \_\_\_\_\_

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## Home Health (2-Hour)™ Online Dementia Care Training Program

### Module 3 Worksheet: The CARES® APPROACH

1. State what each letter in CARES stands for:

**C** → \_\_\_\_\_

**A** → \_\_\_\_\_

**R** → \_\_\_\_\_

**E** → \_\_\_\_\_

**S** → \_\_\_\_\_

2. List four benefits of using the CARES® Approach. (Hint: Include—but also go beyond—the benefits for the person with dementia.)

a) \_\_\_\_\_

b) \_\_\_\_\_

c) \_\_\_\_\_

d) \_\_\_\_\_

3. Identify the six steps to the “positive physical approach”:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

4. **Multiple Choice:** You are using the CARES® Approach to encourage Mr. Brown to eat more of his dinner. You have connected with him by talking about his daughter's cooking, assessed his behavior and determined he appears calm and happy, and responded by helping him with a spoon of rice. But when you do, Mr. Brown gets very upset. What should you do?
- a) Start the CARES® Approach all over again from the beginning.
  - b) Try a spoonful of something different that he might enjoy.
  - c) Think about what he is trying to communicate when he gets upset.
  - d) All of the above
  - e) Only (a) and (c) above
5. List three ways you can share information about residents who have dementia with others involved in providing care:
- a)
  - b)
  - c)
6. **True or False:** The CARES Approach is about looking at the way a person with dementia sees or experiences a situation, so that you can respond in a way that makes sense to him or her.
- True \_\_\_\_\_ False \_\_\_\_\_
7. **Take a break.** Now we would like you try the “positive physical approach” and the CARES® Approach with someone you care for. (If you do not currently care for anyone with dementia, try these approaches with a family member or friend.) Then, write down the following information (continue on the back of this worksheet, if necessary):
- a) Who you tried the approaches with:
  - b) What happened:

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## Home Health (2-Hour)™ Online Dementia Care Training Program

### Module 4 Worksheet: CARE TECHNIQUES, FAMILY CONCERNS, and GRIEF

1. List two ways to “connect” with a person with dementia and why it’s important to do so.

a) \_\_\_\_\_

b) \_\_\_\_\_

because...

2. List at least three ways to “share with others” about the person with dementia.

a)

b)

c)

3. Why is someone with dementia more at risk of falling?

4. Describe two problems in the environment that increase the risk of falling for people with dementia.

a)

b)

5. List two examples of how you can use “cues” at mealtime to help someone with dementia remain independent.
- a)
- b)
6. It is important to be aware of the things that may affect a person’s ability or willingness to eat. List three of the most common:
- a)
- b)
- c)
7. List three of the warning signs that a person with dementia is having trouble swallowing:
- a)
- b)
- c)
8. Give some examples in each stage below of how you would provide assistance with **getting dressed** for someone who has Alzheimer’s disease or related dementias.
- The First Signs:
  - Increasing Problems:
  - Significant Confusion:
  - Minimal Self-Care Abilities:
  - Requires Complete Assistance:
9. Describe at least four symptoms of stress and a strategy you can use for each to decrease severity or frequency:
- a) \_\_\_\_\_ c) \_\_\_\_\_
- \_\_\_\_\_
- b) \_\_\_\_\_ d) \_\_\_\_\_
- \_\_\_\_\_
10. Use the back of this worksheet to explain, in your own words, what grief is and how it relates to the multiple ongoing losses associated with Alzheimer's disease and related dementias for the person, family members and friends, and caregivers.