

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



## **Assisted Living Facility (ALF) Level I™ Online Dementia Care Training Program**

### **Module 1 Worksheet: MEET CLARA JONES**

1. You just met Mrs. Clara Jones. Think about Mr. Sanchez, a person with dementia who is new to your facility. List three good ways to learn about his family, his likes and dislikes, hobbies and interests, food preferences, and previous career:
  - a)
  - b)
  - c)
2. On the “You Can Make a Difference” screen in Module 1, you watched many videos of real people who care for someone with dementia. What are two of the most important qualities for dementia caregivers and why:
  - a)
  - b)
3. Describe two specific ways to communicate effectively with people who have dementia:
  - a)
  - b)

4. **True or False:** Caring for the person with dementia relies on your ability to make a connection, understand the resident's behavior, and respond appropriately.

True \_\_\_\_\_

False \_\_\_\_\_

5. The letters in CARES® stand for:

**C** → \_\_\_\_\_

**A** → \_\_\_\_\_

**R** → \_\_\_\_\_

**E** → \_\_\_\_\_

**S** → \_\_\_\_\_

6. List three benefits of using the CARES® Approach:

a)

b)

c)

7. List three appropriate ways to share information about people who have dementia with others involved in providing care:

a)

b)

c)

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### Module 2 Worksheet: INTRODUCTION TO DEMENTIA

1. List three facts about dementia:
  - 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. **True or False:** Most cases of Alzheimer's disease develop after age 85.  
True \_\_\_\_\_ False \_\_\_\_\_
4. List the two types of medication—and their side effects—currently approved by the FDA to treat cognitive symptoms of Alzheimer's disease:
  - \_\_\_\_\_
  - \_\_\_\_\_
5. When a person with dementia has trouble using language or remembering the right words, you can focus less on words and more on...  
\_\_\_\_\_  
\_\_\_\_\_

6. List and describe the seven basic thinking abilities that can be impaired by dementia.

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

7. Explain “fluctuating, gradual decline” in your own words:

8. List four things you can do to help someone who is in the grieving process:

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

9. Describe the ethical principles of justice, autonomy, and beneficence in relation to caring for a person with dementia. (Continue on the back of this sheet, if necessary.)

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## Assisted Living Facility (ALF) Level I™ Online Dementia Care Training Program

### Module 3 Worksheet: UNDERSTANDING RESIDENT BEHAVIOR AS COMMUNICATION

1. Mr. Silverstein has dementia and is often confused, scared, and overwhelmed. Describe an appropriate, effective approach you could take with him.
  
  
  
  
  
  
  
  
  
  
2. Describe “dementia-related behavior” in your own words.
  
  
  
  
  
  
  
  
  
  
3. **True or False:** When people with dementia engage in behavior that seems pointless, meaningless, or silly, it is okay to allow the behavior to continue, as long as it is not causing any harm.  
  
True \_\_\_\_\_ False \_\_\_\_\_
  
  
  
  
  
  
  
4. List three things you can learn from family members that might help you understand a person’s dementia-related behavior:
  - a)
  
  
  
  - b)
  
  
  
  - c)

5. It is important to think about what might be causing a person's behavior. List two specific examples of dementia-related behavior for each of the following categories.

- Changes in Health and Comfort:

a)

b)

- Environmental Causes:

a)

b)

- Problems with a Task:

a)

b)

- Communication Difficulties:

a)

b)

6. **Multiple Choice:** When it comes to communicating with people with dementia who are beyond the early stages of their disease...

- a) It is best to speak to them as little as possible; your words will only confuse them.
- b) It is best to repeat yourself until people with dementia do what you ask.
- c) It is best to teach people with dementia simple routines, so they will remember the actions even if they forget the words.
- d) It is best to think about your own facial expressions, tone of voice, and general attitude, because the person may not have control of their behavior.

7. Describe three things you should do to promote safety for people with dementia no matter where they are:

a)

b)

c)

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## **Assisted Living Facility (ALF) Level I™ Online Dementia Care Training Program**

### **Module 4 Worksheet: THE CARES® APPROACH**

1. **Multiple Choice:** The CARES® Approach...
  - a) Is a person-centered approach to care, which helps you care for people with dementia in a sensitive, thoughtful, and respectful way
  - b) Can be used at any time and in any situation with someone living with dementia
  - c) Can be used by anyone who cares for, works with, or lives with someone with dementia including you, other family members, and professional staff members
  - d) All of the above
  - e) Only (a) and (b) above
2. List two ways to “connect” with a person with dementia.
  - 
  -
3. List two benefits of assessing behavior when interacting with someone with dementia.
  - a)
  - b)
4. List two ways to respond appropriately to a person with dementia.
  - a)
  - b)

5. **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

6. List two ways to “share with others” about the person with dementia.

- 
- 

7. List the six steps to the “positive physical approach”:

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

8. **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, on the back of this worksheet or on a separate sheet of paper, write down the following information:

- Who you tried the approaches with
- What happened



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## **Assisted Living Facility (ALF) Level I™ Online Dementia Care Training Program**

### **Module 5 Worksheet: MAKING A CONNECTION WITH THE RESIDENT**

1. List two reasons why it's important to know something about the people in your care.
  - a)
  - b)
2. Explain two benefits of speaking to someone with dementia in a positive, kind way.
  - 
  -
3. List three examples of things to talk about with someone who has dementia to help build a connection.
  - a)
  - b)
  - c)
4. It is not a good strategy to call someone with dementia "dear" or "honey" to make them more comfortable. What could you say instead?

5. How would you adjust your approach as you connect with someone at each of the following stages of dementia?
- The First Signs:
  - Increasing Problems:
  - Significant Confusion:
  - Minimal Self-Care Abilities:
  - Requires Complete Assistance:
6. You can almost always make a good connection with Mrs. Perez, but today she is not even able to interact with you. List two reasons why this might be happening.
- a)
- b)
7. How long does it take to “connect” with a person who has dementia? And, give some examples of how to do so.