

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



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

### **Module 5 Worksheet: MINIMIZING AND ELIMINATING RESTRAINTS**

1. Why was the Nursing Home Reform Act of 1987 important?
  
  
  
  
  
  
  
  
  
  
2. Define a "restraint."
  
  
  
  
  
  
  
  
  
  
3. What is "the key" to minimizing the use of restraints?
  
  
  
  
  
  
  
  
  
  
4. List three examples of restraints:
  - a)
  
  
  
  - b)
  
  
  
  - c)

5. What are three good approaches to avoid using restraints on people with dementia?
- a)
  - b)
  - c)
6. How can you involve family members so that restraints can be avoided?
7. What are three things you can do with people who have dementia to help eliminate or reduce the use of restraints:
- a)
  - b)
  - c)
8. You are in a staff meeting and your supervisor asks you to suggest three ways to help create a restraint-free environment. What suggestions might you have for the group?
- a)
  - b)
  - c)
9. **True or False:** Your organization has decided to stop using all restraints. This can lead to more falls but that is okay, because research has shown that the majority of falls do not cause serious injury.

True \_\_\_\_\_

False \_\_\_\_\_