

Your Name: _____ Date: _____



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

Module 1 Worksheet: EATING WELL

1. Why is it important to encourage people with dementia to eat on their own?
2. List two examples of how you can use “cues” at mealtime to help someone with dementia remain independent.
 - a)
 - b)
3. 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)
4. Mrs. Romano is shouting during mealtime and throwing food on the floor. What could be some reasons why she is acting this way?
5. **True or False:** To increase appetite and promote good nutrition, serve many different foods—and a lot of each one—so the person with dementia eats more.

True _____

False _____

6. List three of the warning signs that a person with dementia is having trouble swallowing:
- a)
 - b)
 - c)
7. For each of the following categories, list two things that can affect the ability or willingness of someone with dementia to eat.
- Physical or Health and Comfort Reasons:
 - Environmental Causes:
 - Problems with the Task:
 - Communication Problems:
8. List two creative ways to make sure people with dementia get enough fluids during the day.
- a)
 - b)
9. Describe at least four symptoms of stress and strategies you can use to decrease the severity or frequency of the symptoms:
- a)
 - b)
 - c)
 - d)
10. In addition to eating, the CARES® Approach is helpful in assisting residents with all Activities of Daily Living (ADLs), like **bathing, grooming, dressing, and using the bathroom**. Choose one of these ADLs and, on the back of this worksheet, describe how to use the CARES Approach to accomplish the activity with someone in the **middle stage** of Alzheimer's disease.

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Module 2 Worksheet: RECOGNIZING PAIN

1. List four verbal or physical signs to look for to recognize when a person with dementia is in pain, even if he or she cannot tell you in words.
 - a) _____
 - b) _____
 - c) _____
 - d) _____
2. Write down three ways you can help to ease pain or discomfort in someone you care for.
 - a) _____
 - b) _____
 - c) _____
3. Give an example of an instance where pain medication would be necessary.
4. Give an example of an instance where pain medication would **not** be necessary.
5. What is "impaired pain perception"?

6. It is important to think about how pain might affect the ability of someone with dementia to do certain things. Joint pain is a very common cause of discomfort during activities. Give at least one example of specific causes of pain for each of the following categories.

- Changes in Health and Comfort:

- Environmental Causes:

- Problems with a Task:

- Communication Difficulties:

7. In your own words, write down the definitions of “acute pain” and “chronic pain,” and provide examples of each.

8. What percentage of elders in long-term care settings experience some form of pain?

_____ %

9. After you’ve visited with Mr. Wilson for a few minutes, you see that he is wincing with every movement. What are two possible reasons this could be happening?

a)

b)

10. **True or False:** Before planning or beginning an activity, you should take into account the level of the person’s dementia and abilities, as well as their current situation or behavior (like the presence of pain, discomfort, fear, or desire).

True _____

False _____

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Module 3 Worksheet: MINIMIZING FALLS

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

2. What are three examples of what would be considered a fall?
 - a)
 - b)
 - c)

3. Describe three problems in the environment that increase the risk of falling for people with dementia.
 - a)
 - b)
 - c)

4. Give at least one specific cause of falling for each of the following categories.
 - Changes to the Eye or Visual System:
 - Changes to Joints or to Muscles:
 - Changes to Reflex Responses:

5. When and why is it important to fill out a Falls Evaluation form?
6. What are five of the categories usually included on a falls evaluation form?
- a)
 - b)
 - c)
 - d)
 - e)
7. How can knowing the person with dementia and meeting their daily needs help to reduce falls?
8. How would you involve Mrs. Chin's family in order to reduce her chances of falling?
9. List the two types of medications currently approved by the U.S. Food and Drug Administration (FDA) for treating the symptoms of Alzheimer's disease and how their side effects might impact the person's risk of falling.

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Module 4 Worksheet: RETHINKING WANDERING

1. Define the term “elopement.”

2. List three reasons why someone with dementia may be wandering.
 - a)
 - b)
 - c)

3. What are two positive aspects of wandering?
 - a)
 - b)

4. What are two negative aspects of wandering?
 - a)
 - b)

5. Mrs. Marino used to be a gardener. You notice that she continues to try to wander outside while repeating, "They need tending to." What is something you can do to help Mrs. Marino?
6. What are two things you can do to prevent a person with dementia from getting lost?
- a)
- b)
7. The likelihood of wandering changes at each of the stages of dementia. Describe the wandering **behavior** that is common at each stage.
- The First Signs:
 - Increasing Problems:
 - Significant Confusion:
 - Minimal Self-Care Abilities:
 - Requires Complete Assistance:
8. How can "connecting" with someone who has dementia help them to not wander?
9. Besides wandering, list five other common behaviors that might be exhibited by people with dementia:
- a)
- b)
- c)
- d)
- e)

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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 _____