



## Course 4: Personal Care Practices

### Module 13 – Maintaining the Patient’s Abilities (20-25 minutes)

#### *Topics*

- Understanding Functional Decline
- Helping the Patient Maintain Abilities
- Applying the Cares® Approach

#### *Learning Objectives*

After completing Module 13, you will be able to...

- List at least two symptoms for each stage of Alzheimer’s disease (early, middle, and late).
- Explain why it is important for patients with dementia to maintain their abilities as long as possible.
- State at least three strategies for helping patients with dementia maintain their abilities while they are in the hospital.
- Use the CARES® Approach to help patients with dementia maintain their abilities.

### Module 14 – Eating and Drinking (25-30 minutes)

#### *Topics*

- How Dementia Affects Eating and Drinking
- Helping the Patient Eat and Drink
- Mealtime Safety
- Applying the CARES® Approach

#### *Learning Objectives*

After completing Module 14, you will be able to...

- State at least four ways that dementia interferes with the ability to eat and drink.
- Explain at least three techniques to help patients get the nutrition they need for healing and enough fluids to prevent dehydration.
- Explain at least three techniques to prevent choking and getting food and fluids into the lungs.
- Use the CARES® Approach when assisting patients with dementia with eating and drinking.

## **Module 15 – Maintaining Continence (20-25 minutes)**

### ***Topics***

- How Dementia Affects Continence
- Helping the Patient Use the Toilet
- Applying the CARES® Approach

### ***Learning Objectives***

After completing Module 15, you will be able to...

- State at least four ways that dementia can affect a patient's ability to maintain continence.
- Explain at least two ways you can help a person maintain continence.
- Use the CARES® Approach to preserve a person's dignity while helping him or her use the toilet.

## **Module 16 – Bathing and Hygiene (20-25 minutes)**

### ***Topics***

- How Dementia Affects Bathing
- Helping With Bathing and Hygiene
- Applying the CARES® Approach

### ***Learning Objectives***

After completing Module 16, you will be able to...

- State at least three ways that dementia can interfere with a patient's ability to bathe and do other self-cares.
- State at least four ways to making bathing and showering a more comfortable and enjoyable experience for people with dementia.
- Use the CARES® Approach when assisting a person with bathing and hygiene.