

Your Name: _____ Date: _____



Nursing Home, Hospice, Adult Day Care (1-Hour)™ 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 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 to have, and why?

3. List three facts about dementia:
 - a)
 - b)
 - c)

4. **True or False:** Alzheimer's disease accounts for 60 to 80 percent of dementia cases.

True _____

False _____

5. 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	_____	_____

6. List the six levels of thinking decline. Hint: Start with **Normal Thinking!**

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

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

8. **True or False:** Alzheimer’s disease and related dementias cause real physical changes to the brain by damaging and even destroying nerve cells. This is manifested in increasing memory loss, behavioral changes, and significant problems in carrying out activities of daily living.

True _____

False _____