

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



## Nursing Home, Hospice, Adult Day Care (1-Hour)™ Online Dementia Care Training Program

### Module 2 Worksheet: COMMUNICATION AND THE CARES® APPROACH

1. Give four reasons why it is important to “connect” with a person who has dementia.

- a)
- b)
- c)
- d)

2. The letters in CARES® stand for:

**C** → \_\_\_\_\_

**A** → \_\_\_\_\_

**R** → \_\_\_\_\_

**E** → \_\_\_\_\_

**S** → \_\_\_\_\_

3. **True or False:** Just like you, the resident with dementia wants to enjoy each day.

True \_\_\_\_\_

False \_\_\_\_\_

4. **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, family members, and professional staff members
- d) All of the above
- e) Only items (a) and (b)

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

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

6. List two examples in each of the following categories that might affect the behavior of a person with dementia:

**CHANGES IN HEALTH OR COMFORT**

1) \_\_\_\_\_

2) \_\_\_\_\_

**PROBLEMS WITH THE TASK**

1) \_\_\_\_\_

2) \_\_\_\_\_

**ENVIRONMENTAL PROBLEMS**

1) \_\_\_\_\_

2) \_\_\_\_\_

**COMMUNICATION DIFFICULTY**

1) \_\_\_\_\_

2) \_\_\_\_\_

7. When a person with dementia has trouble using language, remembering the right words, or is “non-responsive,” you can focus less on words and more on