

Your Name: _____ Date: _____



Home Health (2-Hour)[™] Online Dementia Care Training Program

Module 3 Worksheet: The CARES[®] APPROACH

1. State what each letter in CARES stands for:

C → _____

A → _____

R → _____

E → _____

S → _____

2. List four benefits of using the CARES[®] Approach. (Hint: Include—but also go beyond—the benefits for the person with dementia.)

a)

b)

c)

d)

3. Identify the six steps to the “positive physical approach”:

- _____
- _____
- _____
- _____
- _____
- _____

4. **Multiple Choice:** You are using the CARES® Approach to encourage Mr. Brown to eat more of his dinner. You have connected with him by talking about his daughter's cooking, assessed his behavior and determined he appears calm and happy, and responded by helping him with a spoon of rice. But when you do, Mr. Brown gets very upset. What should you do?

- a) Start the CARES® Approach all over again from the beginning.
- b) Try a spoonful of something different that he might enjoy.
- c) Think about what he is trying to communicate when he gets upset.
- d) All of the above
- e) Only (a) and (c) above

5. List three ways you can share information about residents who have dementia with others involved in providing care:

- a)
- b)
- c)

6. **True or False:** The CARES Approach is about looking at the way a person with dementia sees or experiences a situation, so that you can respond in a way that makes sense to him or her.

True _____

False _____

7. **Take a break.** Now we would like you try the “positive physical approach” and the CARES® Approach with someone you care for. (If you do not currently care for anyone with dementia, try these approaches with a family member or friend.) Then, write down the following information (continue on the back of this worksheet, if necessary):

a) Who you tried the approaches with:

b) What happened: