

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



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

### Module 4 Worksheet: CARE TECHNIQUES, FAMILY CONCERNS, and GRIEF

1. List two ways to “connect” with a person with dementia and why it’s important to do so.

a) \_\_\_\_\_

b) \_\_\_\_\_

because...

2. List at least three ways to “share with others” about the person with dementia.

a)

b)

c)

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

4. Describe two problems in the environment that increase the risk of falling for people with dementia.

a)

b)

5. List two examples of how you can use “cues” at mealtime to help someone with dementia remain independent.
- a)
  - b)
6. 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)
7. List three of the warning signs that a person with dementia is having trouble swallowing:
- a)
  - b)
  - c)
8. Give some examples in each stage below of how you would provide assistance with **getting dressed** for someone who has Alzheimer’s disease or related dementias.
- The First Signs:
  - Increasing Problems:
  - Significant Confusion:
  - Minimal Self-Care Abilities:
  - Requires Complete Assistance:
9. Describe at least four symptoms of stress and a strategy you can use for each to decrease severity or frequency:
- |          |          |
|----------|----------|
| a) _____ | c) _____ |
| _____    | _____    |
| b) _____ | d) _____ |
| _____    | _____    |
10. Use the back of this worksheet to explain, in your own words, what grief is and how it relates to the multiple ongoing losses associated with Alzheimer's disease and related dementias for the person, family members and friends, and caregivers.