

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



## **Nursing Home, Hospice, Adult Day Care (3-Hour)™ Online Dementia Care Training Program**

### **Module 1 Worksheet: INTRODUCTION TO DEMENTIA**

1. List at least three facts about dementia that are different than the ones you listed on the 1-hour CARES program worksheet.
  - a)
  - b)
  - c)
2. Alzheimer's disease causes real, physical changes to the brain. The brain of someone with Alzheimer's is likely to look \_\_\_\_\_ and \_\_\_\_\_ compared to a normal, healthy brain.
3. Almost \_\_\_\_\_ percent of people over the age of 85 have some form of dementia.
4. Identify five other medical conditions that may result in symptoms that can mimic—or act like—dementia.
  - a) \_\_\_\_\_
  - b) \_\_\_\_\_
  - c) \_\_\_\_\_
  - d) \_\_\_\_\_
  - e) \_\_\_\_\_
5. Use the back of this worksheet to state what is currently known about the causes of Alzheimer's disease and how it is diagnosed.

6. List and describe the seven basic thinking abilities that can be impaired by Alzheimer's disease and related dementias.

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

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

c) \_\_\_\_\_

d) \_\_\_\_\_

e) \_\_\_\_\_

f) \_\_\_\_\_

g) \_\_\_\_\_

7. List at least two examples of a person with dementia experiencing a loss of motor skills.

a)

b)

8. Give some examples in each stage below of how you would provide person-centered assistance with **getting dressed** for someone with dementia.

- The First Signs:
  
- Increasing Problems:
  
- Significant Confusion:
  
- Minimal Self-Care Abilities:
  
- Requires Complete Assistance: