

Your Name: _____ Date: _____



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

Module 3 Worksheet: GENERAL DEMENTIA TOPICS

1. In your own words, describe the ethical principles of justice, autonomy, and beneficence in relation to person-centered care for people with dementia:

2. 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)

3. Why is it important to encourage people with dementia to eat on their own?

4. List two creative ways to ensure people with dementia get enough fluids during the day.

- a)
- b)

5. List three of the warning signs that a person with dementia is having trouble swallowing:

- a)
- b)
- c)

6. Mrs. White has mid-stage Alzheimer’s disease. You notice during lunch that she is having difficulty reaching her drink and picking up her whole sandwich to take a bite. Using the CARES Approach, how would you assist her?

7. For each of the following categories, list two things that can affect the ability or willingness of someone with dementia to bathe or take a shower.

- Physical or Health and Comfort Reasons:
- Environmental Causes:
- Problems with the Task:
- Communication Problems:

8. **True or False:** In addition to caregivers and family members, the person with dementia may experience grief, because they are “losing the person they used to be.”

True _____ False _____

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. Before you engage a person with dementia in an activity, list at least two things you should do or take into consideration:

-
-