

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



## Assisted Living Facility (ALF) Level I™ Online Dementia Care Training Program

### Module 4 Worksheet: THE CARES® APPROACH

1. **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, other family members, and professional staff members
  - d) All of the above
  - e) Only (a) and (b) above
2. List two ways to “connect” with a person with dementia.
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3. List two benefits of assessing behavior when interacting with someone with dementia.
  - a)
  - b)
4. List two ways to respond appropriately to a person with dementia.
  - a)
  - b)

5. **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

6. List two ways to “share with others” about the person with dementia.

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

- a) \_\_\_\_\_
- b) \_\_\_\_\_
- c) \_\_\_\_\_
- d) \_\_\_\_\_
- e) \_\_\_\_\_
- f) \_\_\_\_\_

8. **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, on the back of this worksheet or on a separate sheet of paper, write down the following information:

- Who you tried the approaches with
- What happened