

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



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

### Module 1 Worksheet: EATING WELL

1. Why is it important to encourage people with dementia to eat on their own?
2. List two examples of how you can use “cues” at mealtime to help someone with dementia remain independent.
  - a)
  - b)
3. 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)
4. Mrs. Romano is shouting during mealtime and throwing food on the floor. What could be some reasons why she is acting this way?
5. **True or False:** To increase appetite and promote good nutrition, serve many different foods—and a lot of each one—so the person with dementia eats more.

True \_\_\_\_\_

False \_\_\_\_\_

6. List three of the warning signs that a person with dementia is having trouble swallowing:
- a)
  - b)
  - c)
7. For each of the following categories, list two things that can affect the ability or willingness of someone with dementia to eat.
- Physical or Health and Comfort Reasons:
  - Environmental Causes:
  - Problems with the Task:
  - Communication Problems:
8. List two creative ways to make sure people with dementia get enough fluids during the day.
- a)
  - b)
9. Describe at least four symptoms of stress and strategies you can use to decrease the severity or frequency of the symptoms:
- a) c)
  - b) d)
10. In addition to eating, the CARES® Approach is helpful in assisting residents with all Activities of Daily Living (ADLs), like **bathing, grooming, dressing, and using the bathroom**. Choose one of these ADLs and, on the back of this worksheet, describe how to use the CARES Approach to accomplish the activity with someone in the **middle stage** of Alzheimer's disease.