

## Module 1 Worksheet

### **“INTRODUCTION TO DEMENTIA AND THE CARES<sup>®</sup> APPROACH”**

1. **(Screen 5)** There are nearly 200 different types of dementia. What is the most common form of dementia?
  
2. **(Screen 5)** What body part does dementia affect?
  
3. **(Screen 5)** Alzheimer’s is a chronic, progressive, terminal disease. In your own words, what does that mean?
  
4. **(Screen 6)** Over time, dementia changes a person’s thinking skills. List eight thinking skills that are affected by dementia.
  - a) \_\_\_\_\_
  - b) \_\_\_\_\_
  - c) \_\_\_\_\_
  - d) \_\_\_\_\_
  - e) \_\_\_\_\_
  - f) \_\_\_\_\_
  - g) \_\_\_\_\_
  - h) \_\_\_\_\_
  
5. **(Screen 7)** By 2050, it is estimated the number of people living with dementia will be:
  - a) 16 million
  - b) 50 million
  - c) 75 million
  - d) 100 million
  
6. **(Screen 7, “What About Wellness” Pop-up Info)** Heart health affects brain health and having high blood pressure or high cholesterol could increase a person’s risk of developing Alzheimer’s disease.

True                      False

7. **(Screen 8)** People living with Alzheimer’s disease lose their ability to think, but it doesn’t happen all at once. It happens over time. People go through stages, some more quickly than others. In this program, we categorize Alzheimer’s disease in four stages. Name these four stages.

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

8. **(Screen 9)** Person-centered care is the basis of the CARES® Approach. It’s about helping others in a sensitive, thoughtful, and respectful way. It is about respecting a person’s choices and adjusting care based on a person’s likes, dislikes, and abilities. The letters in CARES stand for:

- C** = \_\_\_\_\_
- A** = \_\_\_\_\_
- R** = \_\_\_\_\_
- E** = \_\_\_\_\_
- S** = \_\_\_\_\_

9. **(Screen 10, Healthcare Staff Videos #1 and #2)** In addition to helping the person living with dementia, the CARES Approach also helps the caregiver. Write down two ways the CARES Approach will help the caregiver.

- a)
- b)

10. **(Screen 10, Educators Videos #1 and #2)** Mr. Harris is resisting your help with personal care. What should you do?