

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

## CARES® Activities of Daily Living™

### Module 2 Worksheet

#### *“CREATING MEANING IN ACTIVITIES OF DAILY LIVING”*

- (Screen 4, “Late Stage” Pop-up Info, and Screen 8, “Educators” Video #1)** List three examples of a sensory activity appropriate for a person with late-stage dementia.
  - \_\_\_\_\_
  - \_\_\_\_\_
  - \_\_\_\_\_
  
- (Screen 4, “Late Stage” Pop-up Info and Screen 7, “Scents” and “Visual” Pop-ups Info)** Mrs. Tran is in the late stage of dementia and is becoming more withdrawn. You are having a hard time connecting with her. You learn she used to work in a flower shop. How could you use this information to try connecting with her?
  
  
- (Screen 5 Text and Video)** What does it mean to “connect” with a person?
  
  
- (Screen 6 and Screen 7)** In your own words, explain the term “person-centered care.”
  
  
- (Screen 6, CARES® Tip)** Each person is unique and it’s important to take the time to learn about his or her life so that you can talk about and do things that are meaningful to the person. By doing this, you build trust and a relationship with the person. List six ideas for topics to discuss with a person in your care to get to know them better.
  - \_\_\_\_\_
  - \_\_\_\_\_
  - \_\_\_\_\_
  - \_\_\_\_\_
  - \_\_\_\_\_
  - \_\_\_\_\_

6. **(Screen 7, “Music” Pop-up Info)** Memory for music is usually one of the last parts of the brain to be affected. Music from a person’s earlier years will probably provide the most pleasure.

True

False

7. **(Screen 7, “Massage” Pop-up Info and Audio Icon)** Explain the possible benefits of a simple hand or foot massage.

8. **(Screen 7 Text and Activity, and Screen 8, “Families” Pop-Ups and CARES® Tip)** As you choose an activity for someone in your care, think about your goal for that person as well as the types of activities that he or she enjoys. List eight ideas for possible activities.

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

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

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

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

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

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

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

h) \_\_\_\_\_

9. **(Screen 7, “Daily Living” Pop-up Info, Screen 8, “Educators” Video #2, and Screen 11)** Almost everything you do with a person with dementia can be an activity and a chance to connect. List four daily care tasks that can be turned into an enjoyable activity.

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

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

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

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

10. **(Screen 8, “Educators” Videos #1 and #2)** Circle the correct statement.

a) If activities of daily living such as dressing or bathing can be done quickly, that will leave more time for more meaningful interactions.

b) Activities of daily living can be meaningful interactions when caregivers connect with and engage the people in their care.