

Your Name: _____

Date: _____

CARES® Activities of Daily Living™

Module 4 Worksheet

“BATHING”

1. **(Screen 3 Text and Video)** Explain how using the CARES® Approach can ensure bathing is a pleasant experience for a person living with dementia.

2. **(Screen 4 Activity and Videos, and Screen 8 “Healthcare Staff” Video #1)** Name three ways to involve the person in the bathing experience?
 - a)
 - b)
 - c)

3. **(Screen 6 Text and CARES Activity, and Screen 8 “Healthcare Staff” Videos #1 and #4)** Explain the importance of knowing the person when it comes to bathing.

4. **(Screen 6 Activity, All CARES Steps Pop-up Info, Screen 9 “Safety” Check Answer Pop-up Info, and Screen 11 Video)** Mr. Meyer seems afraid of taking a shower. What can you do to try to make him feel safe?

5. **(Screen 7 Text and Activity, and Screen 8 “Healthcare Staff” Video #3)** How can you make someone feel more comfortable while undressed in the presence of a caregiver?

6. **(Screen 8 “Healthcare Staff” Video #2 and CARES[®] Tip)** List four ways you can make the bathing environment more comfortable.
- a)
 - b)
 - c)
 - d)
7. **(Screen 8 “Healthcare Staff” Video #6)** Circle the correct statement.
- a) Bathing can be an exhausting activity for a person living with dementia. It’s always easiest on the person if done quickly.
 - b) Bathing can be an exhausting activity for a person living with dementia. It’s sometimes easiest on the person if done one step at a time.
8. **(Screen 8 “Educators” Video #1)** List three benefits of a bed bath.
- a)
 - b)
 - c)
9. **(Screen 8 CARES[®] Tip)** What is the definition of a “sponge bath”?
10. **(Screen 8 CARES[®] Tip)** People living with dementia never care about the gender of the person bathing them.

True

False