

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

Date: \_\_\_\_\_

# CARES<sup>®</sup> Activities of Daily Living<sup>™</sup>

## Module 7 Worksheet

### **“GROOMING”**

1. **(Screen 2, Screen 3, and Screen 5)** Why is important to learn the personal grooming habits of the people in your care?
  
  
  
  
  
  
  
  
  
  
2. **(Screen 4 “Middle Stage” Pop-up Text and Video Voiceover Info)** How can you assist a person in the middle stage of Alzheimer’s disease with grooming?
  - a) Physical prompts
  - b) Simple reminders
  - a) Attention re-direction
  - d) All of the above
  
  
  
  
  
  
  
  
  
  
3. **(Screen 5 “Upset Families” Response Pop-up Audio, and CARES<sup>®</sup> Tip)** Describe ways to make hair care easier.
  
  
  
  
  
  
  
  
  
  
4. **(Screen 6 C/A Video Animations)** You are about to shave Mr. Hudson, but he seems confused. What can you do to help him be more comfortable with this?

5. **(Screen 6 C/A/R/E/S Activity Video Animations and Screen 9 “Restlessness” Check Answer Pop-up Text)** How can you help prevent anxiety when assisting with grooming?
6. **(Screen 7 C/AR/E Video Animations, and Screen 9 “Long Nails” Check Answer Pop-up Text)** Describe effective techniques when cutting a person’s nails.
7. **(Screen 8 “Healthcare Staff” Video #1)** List three ways you can help keep people living with dementia involved in their own grooming care.
- a)
  - b)
  - c)
8. **(Screen 8 “Administrators” Video #2)** Involving a person living with dementia with their own grooming always takes longer.
- True                      False
9. **(Screen 8 “Administrators” Video #1)** Why is it important to keep people living with dementia involved in their own grooming care?
10. **(Screen 9 “Applying Make-up” Check Answer Pop-up Text)** Explain why applying makeup to women living with dementia can be important.