

Your Name: _____

Date: _____



Module 2 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 mealtimes 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. How can you help make mealtime pleasant for a person with dementia? List three ways.
 - a)
 - b)
 - c)

5. List two of the warning signs that a person with dementia is having trouble swallowing:
 - a)
 - b)

CARES® Dementia Advanced Care™, Module 2 Worksheet (continued)

6. Mrs. Peterson, a resident in the middle stage of Alzheimer’s disease, is having trouble eating. She is rubbing her stomach, rocking back and forth, and staring at her plate. What may Mrs. Peterson be trying to communicate?
7. To increase appetite and promote good nutrition, serve many different foods—and a lot of each one—so the person with dementia eats more. **Circle the correct answer.**

True

False

8. 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:

9. List two creative ways to make sure people with dementia get enough fluids during the day.

a)

b)