

Your Name: _____ Date: _____



Module 6 Worksheet: MINIMIZING AND ELIMINATING RESTRAINTS

1. Define each of the following:
 - a. Physical restraint
 - b. Chemical restraint

2. List three examples of restraints:
 - a)
 - b)
 - c)

3. What are three good approaches to avoid using restraints on people with dementia?
 - a)
 - b)
 - c)

4. How can you involve family members so that restraints can be avoided?

CARES® Dementia Advanced Care™, Module 6 Worksheet (continued)

5. What is “the key” to minimizing the use of restraints?
6. What are three things you can do with people who have dementia to help eliminate or reduce the use of restraints:
- a)
 - b)
 - c)
7. You are in a staff meeting and your supervisor asks you to suggest three ways to help create a restraint-free environment. What suggestions might you have for the group?
- a)
 - b)
 - c)
8. Your organization has decided to stop using all restraints. This can lead to more falls, but that is okay, because the majority of the falls do not cause serious injury. **Circle the correct answer.**

True

False