

**CARES® Activities of Daily Living™ 4-Hour**  
**Module 1 Worksheet**  
**“DRESSING”**

1. **(Screen 3 “Middle Stage” and “Late Stage” Pop-up Info and Videos, and Screen 8 CARES® Tip)** List four physical cues that can help a person living with dementia with dressing.
  - a)
  - b)
  - c)
  - d)
  
2. **(Screen 5 “Same Outfit” Pop-up Audio Response and CARES® Tip)** People living with dementia often want to wear the same thing every day and families often get upset at this. What is a possible solution?
  
  
  
  
  
  
  
  
  
  
3. **(Screen 6 CARES® Tip)** If a person living with Alzheimer’s disease tends to get upset by morning care, there is a good chance it’s because he or she is in pain. What should you do in this situation?
  
  
  
  
  
  
  
  
  
  
4. **(Screen 6)** It’s generally best to hurry through the dressing process.

True                      False
  
  
  
  
  
  
  
  
  
  
5. **(Screen 8 “Healthcare Staff” Video #1)** Circle the correct answer. If a person living with dementia is having trouble with dressing, you should:
  - a) Do it all for him/her so that it goes more quickly.
  - b) Instruct one item at a time, one step at a time.

6. **(Screen 8 “Healthcare Staff” Video #1)** List four ways can you make dressing meaningful and positive for a person living with dementia?
- a)
  - b)
  - c)
  - d)
7. **(Screen 8 “Healthcare Staff” Videos #1 and #2)** How can you make dressing more private for the person?
8. **(Screen 8 “Healthcare Staff” Video #1 and “Family Members” Video #2)** What helpful information can you learn from family members about a person’s dressing habits?
9. **(Screen 8 “Healthcare Staff” Videos #2 and #3, and Screen 11 CARES® Tip)** What types of clothing can make getting dressed easier for a person living with dementia?
10. **(Screen 9 “Appropriate Dress”)** You should try and reason with a person who will not wear a coat when it is cold, rainy, or if there is snow on the ground?

True

False