

CARES® Activities of Daily Living™ 4-Hour
Module 2 Worksheet
“EATING”

1. **(Screen 3 Video, and Screen 5 “Late Stage” Video and “End Stage” Pop-up Text and Video)** Describe three effective ways to connect with a person living with dementia during mealtimes.
 - a)
 - b)
 - c)

2. **(Screen 3 Text and Video, Screen 5 “Middle Stage” and “Late Stage” Videos, Screen 6 CARES® Tip, and Screen 7 “Healthcare Staff” Videos #1 and #3)** List three ways you can help a person eat independently for as long as possible.
 - a)
 - b)
 - c)

3. **(Screen 4 Video Animation, Screen 7 “Educators” Video #1, and Screen 8 CARES® Tip)** If you notice a person living with dementia is starting to have trouble swallowing, you should notify a nurse or doctor. A change in diet may be needed. List four signs that swallowing may be becoming difficult.
 - a)
 - b)
 - c)
 - d)

4. **(Screen 4 Text and Video Animation, and Screen 8 “Swallowing Problems” Check Answer Pop-up Text)** Why does swallowing become more difficult in the later stages of dementia?

5. **(Screen 4 Video Animation, Screen 10 Video #2 and Check Answer Text, and Screen 13 “Knowledge Check” #4)** What is the best position for eating?
6. **(Screen 4 “Educators” Videos #1 and #2, and “Family Members” Video #1)** Circle the correct statement.
- a) As dementia progresses, a person’s food preferences usually remain the same.
 - b) As dementia progresses, a person’s food preferences usually change.
 - c) It depends on the person.
7. **(Screen 6 CARES® Tip)** Some of our taste sensations dull as we age, but the sweet sensation lasts the longest. List three soft, sweet foods that can be served to help encourage eating.
- a)
 - b)
 - c)
8. **(Screen 6 CARES® Tip)** Snacks throughout the day are a good idea.
- True False
9. **(Screen 8 “Easily Distracted” Check Answer Pop-up Text, and Screen 10 Video #6 and Check Answer Pop-up Text for both questions)** A person living with dementia may be easily distracted at mealtimes. List four things you can do to help keep the person focused on eating.
- a)
 - b)
 - c)
 - d)
10. **(Screen 8 “Recognizing Silverware” Pop-up Audio Info)** Mr. Park is staring at his dinner. He doesn’t seem to recognize the fork, spoon, or even the food. How can you help him start eating?