

CARES® Activities of Daily Living™ 4-Hour

Module 3 Worksheet "USING THE BATHROOM"

1. **(Screen 2 and Screen 3)** List three reasons why it's important for a person living with dementia to continue to use the toilet as independently as possible.

a)

b)

c)

2. **(Screen 3)** Circle the correct statement.

If you take the person to the toilet regularly, it usually takes more time than cleaning them up and re-dressing them after an accident.

If you take the person to the toilet regularly, it usually takes less time than cleaning them up and re-dressing them after an accident.

3. **(Screen 4 "Early Stage" Video and Screen 11 Text)** List two things you can do to learn a person's bathroom habits.

a)

b)

4. **(Screen 6, Screen 8 "Healthcare Staff" Video #3 and "Administrators" Video #2, and Screen 11 "Knowledge Check" Question #3)** Describe three behaviors or signs that often mean that a person has to use the toilet.

a)

b)

c)

5. **(Screen 8 “Healthcare Staff” Videos #1 and #2 plus the CARES® Tip)** Because of changes in perception, it is common for persons living with dementia to have trouble finding or recognizing the toilet. List three strategies that can make it easier to see the toilet.
- a)
 - b)
 - c)
6. **(Screen 8 “Educators” Video #1)** People living with dementia eventually lose the ability to go to the bathroom themselves. How can you help family members who may be struggling with the fact that their family member is incontinent?
7. **(Screen 8 CARES® Tip)** List two changes in a person’s toileting that should be reported to a nurse or doctor.
- a)
 - b)
8. **(Screen 8 CARES® Tip)** Limiting fluids is a good way to help a person stay continent.
- True False
9. **(Screen 9 “Privacy” Concern and Response Pop-up Audio Info)** Describe ways you can make using the bathroom more private, while still assisting the person.
10. **(Screen 9 “Assistance” Response Pop-up Audio Info, and Screen 10 Video and “Check Answer” Pop-up Text)** Mrs. Hanson gets upset when you help her use the toilet. What can be done to make her more comfortable with being assisted?