

CARES® Activities of Daily Living™ 4-Hour
Module 4 Worksheet
“MOBILITY, TRANSFERRING, AND POSITIONING”

1. **(Screen 3 and Screen 7 “Educators” Video #2)** Explain why it is important to help people living with dementia to walk and bear weight for as long as possible.

2. **(Screen 4 “Pain” Response Pop-up Audio Info and Screen 8 “Knowledge Check” Question #6)** List two steps you can take to minimize or eliminate pain before moving or re-positioning someone.
 - a)

 - b)

3. **(Screen 4 “Pain” Response Pop-up Audio Info, Screen 5 CARES® Tip, and Screen 7 “Healthcare Staff” Video #4)** Sitting in wheelchairs can be uncomfortable for long periods of time. List two things you should regularly do for people in wheelchairs.
 - a)

 - b)

4. **(Screen 4 “Repositioning” Response Pop-up Audio Info and Screen 8 “Knowledge Check” Question #2)** If a person is leaning in a wheelchair, you should try to identify the problem. List four things to consider.
 - a)

 - b)

 - c)

 - d)

5. **(Screen 6, Screen 7 “Healthcare Staff” Video #1, and Screen 10 “See the Real Thing” Video Voiceover Info)** Explain the importance of connecting with people before moving them.

6. **(Screen 6 CARES® Tip, and Screen 7 “Educators” Video #1)** Even when people living with dementia are mobile and walking well, they are still at risk of falling because they have trouble processing or understanding things around them. List three things you can do to help reduce the risk of falls.
 - a)

 - b)

 - c)

7. **(Screen 6 A/Assess Behavior and R/Respond Appropriately Video Animations, and Screen 8 “Getting Hurt” Check Answer Pop-up Text and “Pain” Check Answer Pop-up Text)** Mrs. Stone is able to walk with a walker, but today she is resisting getting up and moving. What should you do?

8. **(Screen 7 “Healthcare Staff” Video #2)** List two visual cues that can help a person understand it’s time to stand up and move.
 - a)

 - b)

9. **(Screen 8 “Getting Hurt” Check Answer Pop-up Text)** Circle the correct statement.

If a person is actively resisting you, it’s best to move them as quickly as possible.

If a person is actively resisting you, it is unsafe to move them.

10. **(Screen 8 “Muscle Tightness” Check Answer Pop-up Text)** Muscle tightness and joint contractures are common in people in the late stage.

True

False