



**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

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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?

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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?

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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