



## Learning Objectives

### Introduction to Activities of Daily Living

After completing this program, you will be able to:

- List the memory and thinking skills that are affected by dementia.
- Describe the early, middle, and late stages of dementia.
- Explain each letter of the CARES® Approach.

### Module 1: Dressing

After completing this module, you will be able to:

- Describe ways to make a person with dementia feel more comfortable getting dressed.
- Respond to common family member concerns with dressing.
- Use the CARES® Approach while assisting a person with dressing.

### Module 2: Eating

After completing this module, you will be able to:

- Understand how eating abilities change at the different stages of dementia.
- Adjust your care to match the changes in a person's eating preferences.
- Recognize things you can do to encourage eating and make it a more pleasant experience for people with dementia.
- Consider the impact of dementia when caring for other chronic illnesses.
- Use the CARES® Approach while assisting a person with eating.

### Module 3: Using the Bathroom

After completing this module, you will be able to:

- List two reasons why it's important to help a person with dementia continue to use the toilet as independently as possible.
- Describe three behaviors or signs that often mean that a person has to use the toilet.
- List two things you can do to learn a person's bathroom patterns.
- Apply the CARES® Approach to assisting a person with going to the bathroom.

# CARES® 4-Hour Activities of Daily Living™ Learning Objectives

## Module 4: Mobility, Transferring, and Positioning

After completing this module, you will be able to:

- Describe how proper transferring and positioning are important to the health and well-being of people.
- Describe safe practices for transferring and positioning people.
- Explain the importance of connecting with people before moving them.
- Use the CARES® Approach while assisting a person with transferring and positioning.