

MODULE 3
“THE CARES® APPROACH AND ELDER ABUSE PREVENTION”

1. **(Screen 3)** What are the 4 strategies to help prevent elder abuse?
 - a)
 - b)
 - c)
 - d)

2. **(Screen 4)** What are 2 ways you can report Elder Abuse?
 - a)
 - b)

3. **(Screen 5)** What is your favorite step of the CARES® Approach? Why do you feel this step is so important?

4. **(Screen 8)** Explain in your own words why caregivers should respond to feelings and not words.

5. **(Screen 9)** How many signs of stress can you list?

6. **(Screen 10)** What are some methods you use to release stress?

7. **(Screen 11)** Why is it important to ask for help?

8. **(Screen 12)** How can family caregivers become isolated?

9. **(Screen 12)** Who or what are some organizations that caregivers can get support from?

10. **(Screen 13)** Why is it a good idea to:
 - a) Breath -

 - b) Slow Down -

 - c) Let Go -