



## Learning Objectives

### Module 1: Meet Clara Jones

After completing this module, you will be able to:

1. List two examples of how to learn more about a resident.
2. Explain the role of the certified nurse aide as it relates to the team involved in dementia resident care.
3. State what each letter in CARES stands for.

### Module 2: Introduction to Dementia

After completing this module, you will be able to:

1. Compare the differences between normal aging, dementia, and Alzheimer's disease.
2. List four thinking skills that are affected by dementia.
3. List the various stages of dementia and the changes in a resident's ability to perform an activity.
4. Define the ethical principles of autonomy, beneficence, and justice.
5. State why grief can be a normal reaction for the person with dementia, their family, and the healthcare team—and things you can do to help yourself and others in the grieving process.

### Module 3: Understanding Behavior as Communication

After completing this module, you will be able to:

1. Explain how behavior is a form of communication.
2. Name three common things that can cause a change in resident behavior.
3. Describe a resident's behavior accurately to others on the care team.

### Module 4: The CARES® Approach

After completing this module, you will be able to:

1. List two reasons why it is important to connect with residents.
2. Describe the positive physical approach.
3. List two ways that using the CARES Approach can improve life for a resident.
4. List two ways that using the CARES Approach can improve your job or make it easier.

## **Module 5: Making a Connection**

After completing this module, you will be able to:

1. List three things to talk to a resident about.
2. List three circumstances where it does not require a lot of extra time or effort to make an interaction meaningful with a resident.
3. Apply the CARES Approach in making a connection.