

## Learning Objectives

### Module 1: Eating Well

After completing this module, you will be able to:

- Describe the eating abilities at various stages of dementia.
- List three ways to make mealtime more enjoyable for residents with dementia.
- State the warning signs of a swallowing problem.
- Apply the CARES® Approach in helping residents to eat well.
- Name four possible signs of stress and some strategies that might help to decrease your stress.
- List four strategies for success in performing activities of daily living (ADLs).

### Module 2: Recognizing Pain

After completing this module, you will be able to:

- Identify the non-verbal behaviors and signs that suggest a resident is in pain.
- List three ways how pain might affect a resident's ability to do some things.
- Apply the CARES® Approach to recognize pain in a resident.
- List four factors to take into consideration before determining individual and group activities for a resident.

### Module 3: Minimizing Falls

After completing this module, you will be able to:

- Define a fall.
- Identify factors that make an individual at risk of falling.
- Identify environmental risk factors for falls.
- Explain the importance of continually looking for falls risk.
- Describe what to look for and what to report when working with residents at risk for falls.
- List three types of medication currently approved for people with Alzheimer's disease and their most common side effects.

### Module 4: Rethinking Wandering

After completing this module, you will be able to:

- Describe what is meant by wandering.
- Describe why wandering occurs.
- Identify situations that may lead to wandering.

- Explain the difference between safe and unsafe wandering.
- Identify a resident at risk for unsafe wandering.
- Apply strategies that promote safe wandering.
- Explain how to respond to a wandering incident.

## **Module 5: Minimizing and Eliminating Restraints**

After completing this module, you will be able to:

- Describe what a physical restraint is.
- List five consequences of physical restraints.
- List three creative approaches you can use that might avoid the use of restraints with a resident.