



Module 1 Worksheet

“MEET CLARA JONES”

1. **(Screen 3 and Screen 4)** You just met Mrs. Clara Jones. Now think about a person you actually care for. List 3 ways to learn about his or her family, likes and dislikes, hobbies and interests, food preferences, and previous career:
 - a)
 - b)
 - c)

2. **(Screen 5 and Screen 14-Video 1)** In your own words, what is “person-centered care”?

3. **(Screen 5-Critical Concept Pop-up)** True or False?

When you learn something about the person living with dementia, apply it in your caregiving. This will make their time with you more meaningful.

- a) True b) False

4. **(Screen 6)** You are both a caregiver and a team member. List 2 ways that you can help make activities more person-centered.
 - a)
 - b)

5. **(Screen 6 and Screen 14-Video 2)** List 2 ways to communicate effectively with people you care for:
- a)
 - b)
6. **(Screen 7-Critical Concept Pop-up)** In your own words, define:
- a) “Dignity” -

 - b) “Respect” -

 - c) “Choice” -
7. **(Screen 7)** Multiple Choice:
- Treating the person with _____ is always the right way to respond!
- a) Love, respect, and kindness
 - b) Dignity, respect, and choice
 - c) Approval, understanding, and humor
8. **(Screen 8)** The letters in CARES[®] stand for:
- C = _____
- A = _____
- R = _____
- E = _____
- S = _____

9. **(Screen 8 and Screen 11)** List 3 ways to share information about the person with others on the care team:
- a)
 - b)
 - c)
10. **(Screen 12 and Screen 14-Video 4)** What are 3 things you can do to decrease your stress level?
- a)
 - b)
 - c)
11. **(Screen 14-Video 3)** What impact does person-centered care have on families, loved ones, and other care team members?