



Module 4 Worksheet “THE CARES[®] APPROACH”

1. **(Screen 2, Screen 3, Screen 7, and Screen 17)** In this program, you learned the CARES[®] Approach. Select all answers that apply:
 - a) It is a person-centered approach to care, which helps you care for people living with dementia in a sensitive, thoughtful, and respectful way.
 - b) It can be used at any time and in any situation with someone living with dementia.
 - c) It can be used at any stage of the disease.
 - d) It can be used by anyone who cares for, works with, or lives with someone with dementia including you, other family members, and professional staff members.

2. **(Screen 4-“C” Pop-up Video and Screen 5-“C” Pop-up Info)** List 2 ways to connect with a person living with dementia.
 - a)

 - b)

3. **(Screen 4-“A” and “R” Pop-up Videos)** List 2 benefits of assessing behavior when interacting with someone living with dementia.
 - a)

 - b)

4. **(Screen 4-“R” Pop-up Video and Screen 15-CARES[®] Reminder Card and CARES Tip Pop-up)** List 2 ways to respond appropriately to a person living with dementia.
 - a)

 - b)

5. **(Screen 4-“S” Pop-up Video and Screen 5-“S” Pop-up Info)** List 2 ways to “share with others” about the person living with dementia.

a)

b)

6. **(Screen 8-Key #2 Pop-up)** List the 6 steps to the Positive Physical Approach:

a) _____

b) _____

c) _____

d) _____

e) _____

f) _____

7. **(Screen 8-Pop-up Topics/Keys)** List 5 other keys to success with CARES®:

a) _____

b) _____

c) _____

d) _____

e) _____

8. **(Screen 13-CARES Tip Pop-up)** You are using the CARES® Approach. Once you have made a connection with the person, do everything you can to maintain that connection.

a) True

b) False

9. **(Screen 16-Assessment Process Pop-up)** When should a care plan be updated?

a) _____

b) _____

c) _____

d) _____

e) _____

f) _____

10. **(Screen 16-Assessment Process Pop-up)** The assessment process gathers information from:

a) _____

b) _____

c) _____

d) _____

11. **(Screen 16)** The team is creating a care plan for Ms. Bette Dunn. It should be comprehensive, so it can be used throughout the remainder of her life without being updated.

b) True

b) False

12. **(Screen 16-Life History Pop-up/Feedback)** In your own words, answer the following question:

A person's life history is useful for care planning. Which step of the CARES[®] Approach is the life history information most like? Why?

13. **(Screen 16-Advance Planning Pop-up)** A person's care plan should focus on dignity, respect, and choice throughout all stages of Alzheimer's disease.

a) True

b) False

14. **(Screen 16-Communication Pop-up)** Like the CARES[®] Approach, the assessment and care planning process is a team approach. The team should include as many members as possible. Team members could include:

a) _____

b) _____

c) _____

d) _____

e) _____