



Module 3 Worksheet
***“BREAKING DOWN THE CARES[®] APPROACH FOR
DEMENTIA-RELATED BEHAVIOR”***

1. **(Screen 2, Info and CARES[®] Tip)** Imagine that you are a caregiver for Mrs. Field. She has been a housewife and at-home mom her entire life. Every evening around dinnertime, she becomes very anxious and repeatedly looks out of the window. Use the CARES[®] Approach. What are two ways to help ease her anxiety?
 - a)
 - b)

2. **(Screen 5, “Don’t Argue” Video and Screen 6, “I promise to...” Info)** Which of the following statements is true:
 - a) You should gently work to remind a person living with dementia where they are at. Bringing the person into “reality” will make your job much easier.
 - b) Don’t try to correct their reality. Instead, be with them in their world, in a gentle and reassuring way.
 - c) Talk to the family; their long-time relationship will help them reduce the person’s dementia-related behavior.

3. **(Screen 6, CARES[®] Tip)** In your own words, define “excess disability.”

4. a) **(Screen 7, including Activities)** Suppose that Mr. Mandel, a person living with dementia in your care, has recently started using offensive language and saying hurtful things to you and other caregivers. In your own words, why might Mr. Mandel be using such language with caregivers?
- b) **(Screen 7, including Activities)** Using the CARES[®] Approach, write down two ways you can help Mr. Mandel to feel less agitated.
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5. **(Screen 9, “Becky” Video and Activity/Feedback)** “Share With Others” is the last step in the CARES Approach. Describe this step, and write down why it’s such an important part of the process.