



Module 1 Worksheet

“INTRODUCTION TO DEMENTIA-RELATED BEHAVIOR”

1. **(Screen 3, Screen 4, CARES[®] Tip, and Screen 5, Video)** Circle the group of words below that best describes people with dementia-related behavior:
 - a) Difficult, troubled, problematic
 - b) Confused, frustrated, scared
 - c) Challenging, disruptive, annoying

2. **(Screen 4, Screen 7, and Screen 9)** Dementia-related behavior is a form of communication. List four ways a person living with dementia might communicate through behavior:
 - a)
 - b)
 - c)
 - d)

3. **(Screen 6)** Approximately what percentage of people with dementia exhibit dementia-related behavior?
 - a) 25-30%
 - b) 50%
 - c) 70-90%

4. **(Screen 7)** Mrs. Evans is usually cheerful, but today she is shouting out insults and does not want to take her usual morning shower. List two reasons why her behavior might have changed:

a)

b)

5. **(Screen 7, CARES[®] Tip)** People living with dementia should be reminded about how to behave appropriately, because they have forgotten proper behavior.

True

False

6. **(Screen 7, “Physical Pain” Video)** When a person living with dementia is exhibiting dementia-related behavior, what is the first possibility you should investigate?

a) Boredom

b) Confusion

c) Pain

7. **(Screen 7, “Physical Pain” Video and Tips List [after video])** Write down 3 indications that a person living with dementia may be experiencing pain:

a)

b)

c)

8. **(Screen 7)** What is the definition of “sundowning”?

CARES[®] Dementia-Related Behavior[™]
Module 2 Worksheet
“USING THE CARES[®] APPROACH WITH
DEMENTIA-RELATED BEHAVIOR”

1. **(Screen 2, Info and Videos, and Screen 3)** Write down three ways that the CARES[®] Approach will help both the caregiver and the person living with dementia:

a)

b)

c)

2. **(Screen 2 and Screen 3)** Sometimes, when you are in a hurry, it's just not possible to use the CARES[®] Approach.

True

False

3. **(Screen 3, and Screen 4 Videos)** The letters in CARES[®] stand for:

C = _____

A = _____

R = _____

E = _____

S = _____

4. **(Screen 5, “C” Question and Screen 9, Video)** Baths and showers can sometimes present challenges for both the caregiver and the person living with dementia. List two ways the CARES[®] Approach can help make bathing a more comfortable experience for both the caregiver and the person living with dementia.

a)

b)

5. **(Screen 6, Video and Screen 7)** List the 6 steps of the Positive Physical Approach:

a)

b)

c)

d)

e)

f)

6. **(Screen 9, Video)** Making the effort to connect with a person can take more time. Write down your understanding of how taking the time to connect will actually save you time in the end:

CARES[®] Dementia-Related Behavior[™]
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.

CARES® Dementia-Related Behavior™

Module 4 Worksheet

“KEY RESPONSES TO DEMENTIA-RELATED BEHAVIOR”

1. **(Screen 2, “Resisting” Topic, Video #1 “Remember the Causes”)** Write down three reasons why a person living with dementia might resist a caregiver in a given task.
 - a)
 - b)
 - c)

2. **(Screen 2, “Resisting” Topic, Key Responses Pop-up Info)** List two ways that you can distract a person with dementia who may be resisting you.
 - a)
 - b)

3. **(Screen 2, “Resisting” Topic, Video #2 “Talking with Families” and “Begging, Repeating, and Calling Out” Topic, Video #2 “Talking with Families”)** You should inform family members about their loved one’s dementia-related behavior.

True	False
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4. **(Screen 2, “Resisting” Topic, Video #2 “Talking with Families” and “Begging, Repeating, and Calling Out” Topic, Video #2 “Talking with Families”)** What are three important things to remind family members about when discussing their loved one’s dementia-related behavior?
 - a)
 - b)
 - c)

CARES[®] Dementia-Related Behavior[™]

“VALUES” SECTION WORKSHEET (on Main Menu)

1. **(Screen 1 and Screen 2)** List three examples of values mentioned in the Values section.

a)

b)

c)

2. **(Screen 1)** In your own words, explain how our values can affect how we view a person living with dementia.

3. **(Screen 2)** You should spend time explaining your values to people living with dementia and their families.

True

False

4. **(Screen 3, Videos: “An Act of Respect,” “Understanding Others,” and “An Act of Compassion”)** Give three examples of how a person-centered approach helps to minimize dementia-related behavior.

a)

b)

c)