

Your Name: _____ Date: _____



Module 2 Worksheet: The CARES[®] APPROACH

1. What do the letters in CARES[®] stand for?

C = _____

A = _____

R = _____

E = _____

S = _____

2. List three examples of how to connect with a person who is at the end of life.

a)

b)

c)

3. What are four things you could look for when assessing the person with dementia at the end of life?

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4. How would you respond if you observed a person with advanced dementia rubbing his or her knee (with a painful look on his or her face)?

5. **Circle all answers that apply.** CARES[®] is an approach that:

- a) Is person-centered
- b) Can be used with people at any level of thinking decline
- c) Requires more time for caregiving
- d) Includes the family as important members of the “team”
- e) Recognizes that people at the end of life still have a need for human touch and reassurance

6. Fill in the **Pain Assessment (PAINAD)** chart below:

Type of Behavior	0 (little or no discomfort)	1 (moderate pain)	2 (more severe pain)
Breathing Independent of Vocalization			
Negative Vocalization			
Facial Expression			
Body Language			
Consolability			