

Your Name: _____ Date: _____



Module 1 Worksheet: INTRODUCTION TO END-OF-LIFE DEMENTIA CARE

1. Circle all of the following that are examples of a reflex:
 - a) Sucking
 - b) Talking
 - c) Grasping
 - d) Waving

2. Define mottled. (Hint: The answer is in a video!)

3. List four signs that could indicate a person is near the end of life:
 -
 -
 -
 -

4. Which of the following factors influence the way people handle end of life?

a) Cultural background

b) Religious faith

c) Gender

d) All of the above

e) None of the above

5. In your own words, describe paratonia:

6. What are contractures, and how could they be prevented or delayed?

7. What are three other names for a pressure ulcer?

a) _____

b) _____

c) _____

8. What should be the last option for managing dementia-related behavior, and why?

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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?

•

•

•

•

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			

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Module 3 Worksheet: DECISION MAKING AT THE END OF LIFE

1. What does **POLST** stand for?

P: _____

O: _____

L: _____

S: _____

T: _____

2. **True or False.** It is best to avoid sending someone with dementia to the hospital.

_____ True

_____ False

3. Approximately how many years will a person with dementia live in each stage?

Early:

Middle:

Late:

End:

4. Name some common care decisions that families are asked to make at end of life.

- _____
- _____
- _____
- _____

5. Sometimes a doctor may decide to **stop** treatments or therapies that prolong life. Name three of them.

a)

b)

c)

6. **True or False.** Feeding tubes have been proven to extend a person's life or improve nutrition.

_____ True

_____ False

7. In your own words, describe a "DNR" form.

8. Describe at least two ways that you can help a family understand what is happening to their family member with dementia at the end of life.

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Module 4 Worksheet: COMFORT CARE

1. In your own words, describe comfort care.

2. What are three goals of comfort care?
 - a)
 - b)
 - c)

3. What is the goal of palliative care?

4. **True or False.** A person does not have to be dying or even have a terminal illness to receive palliative care.
_____ True _____ False

5. Hospice care is palliative care for people who are in the dying process and have a life expectancy of _____ months or less.

6. Name four places that a person might receive hospice care:

-
-
-
-

7. Which of the following is **not** a behavior at the end of life that you might observe?

- a) Gurgling
- b) Thrashing
- c) Moaning
- d) All of the above could be observed at the end of life

8. What are two important things to know about the last moments of life?

- a)
- b)

9. In your own words, describe the “comfort care approach.” (Remember to include CARES.)

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Module 5 Worksheet: EMOTIONAL AND SPIRITUAL SUPPORT

1. Name three resources or people that families can turn to when having to make difficult decisions for the person living with dementia.
 - a)
 - b)
 - c)

2. Which of the following is **not a good way** for you to acknowledge the death of someone you cared for?
 - a) Attend the memorial service.
 - b) Go to a reception in their honor.
 - c) Speak with family members.
 - d) Tell all other staff that the person has passed away.
 - e) Place flowers outside their door.

3. **True or False.** It is important that caregivers talk to someone about their feelings when a person they cared for dies.

_____ True _____ False

4. List four ways to enhance the environment and make it meaningful for the dying person.

a)

b)

c)

d)

5. **True or False.** As caregivers, it is best to be emotionally distant from those in our care.

_____ True

_____ False

6. Circle all ways that loved ones can be involved at the end of life.

Applying lotion

Providing mouth care

Shaving the person

Turning the person

Singing to the person

Bathing the person

Praying with the person

Having one last holiday or birthday party

7. **True or False.** It is okay for families to bring their loved ones home at the end of life (even if we, as caregivers, do not think it is a good idea).

_____ True

_____ False

8. Describe at least three ways you can help families in the grieving process.

a) _____

b) _____

c) _____
