

Your Name: _____ Date: _____



Module 3 Worksheet
“USING THE CARES® APPROACH”

1. Write down what each of the individual letters in CARES® stands for:

C: _____

A: _____

R: _____

E: _____

S: _____

2. Imagine that a volunteer comes to stay with your uncle a couple hours each week so that your aunt can run some errands. List 4 ways that getting to know your uncle well will help the volunteer to connect with him more closely:

a)

b)

c)

d)

3. Sometimes your family member with dementia acts in ways that frustrate you. List 2 questions you can ask yourself before intervening to try and stop the behavior:

a)

b)

4. Your family member with dementia has always paid the bills and insists on continuing with this task. Recently, however, you discover that she has mailed checks without putting a mailing address on the envelope. Write down 3 ways you can “Respond Appropriately” while still allowing your family member to feel involved and valued:

a)

b)

c)

5. If a family member has been diagnosed with dementia, it is important to keep the diagnosis private, in order to preserve the family’s dignity.

True

False

6. Discovering that a family member has dementia can cause tension in even the closest families. Describe at least two reasons why it is so important to seek support for the family from the community: