

Your Name: _____ Date: _____



Module 4 Worksheet
“THE CARES® APPROACH AND PROVIDING APPROPRIATE CARE”

1. (Screen 2) Write what each of the individual letters in CARES® stands for:

- C: _____
- A: _____
- R: _____
- E: _____
- S: _____

2. (Screen 2) The CARES Approach is a “person-centered approach.” What does that mean?

3. (Screen 2) **True or False:** As a caregiver, how you interact with a person with SMI is the most important part of the person’s treatment. **Circle the correct answer.**

True

False

4. (Screen 3) Building trust is an important part of building relationships, and it takes time. List six gestures (comments, behaviors, or actions) you can do to help build trust with another person.

a)

b)

c)

d)

e)

f)

5. (Screen 4) Often, when a person becomes upset, something or someone has triggered the reaction. The Assess step in CARES is about figuring out what that trigger may have been. List four questions to ask yourself when assessing behavior.

a)

b)

c)

d)

6. (Screen 5) When a person with SMI is fearful and upset, how should you respond to de-escalate the situation?

7. (Screen 8) Caring for other people is hard work and it can be very stressful. It is important for you to take care of yourself too. What are things you like to do to release some stress?

8. (Screen 10) What is your favorite step of the CARES Approach and why do you feel this step is so important?