



**Module 2 Worksheet**  
***“LIVING WITH DEMENTIA AND INCREASING  
MEMORY LOSS”***

1. Sometimes it is difficult to know what stage of Alzheimer’s disease or a related dementia your family member is in—early, middle, or late—but after having watched the video clips of people in various stages making coffee, think of a routine task your family member with dementia is now struggling with. Write down which stage you think the person is in, based on your observations:
  
  
  
  
  
  
  
  
  
  
2. List 3 safety measures you can use in your home that will help your family member with dementia maintain valuable independence in a safe way:
  - a)
  - b)
  - c)
  
  
  
  
  
  
  
  
  
  
3. In your own words, explain why routine is so helpful and important to a person with dementia:
  
  
  
  
  
  
  
  
  
  
4. Imagine that your neighbor’s partner has been diagnosed with Alzheimer’s disease and has asked for your help in thinking of ways to keep her involved with activities she loves. You know that she enjoys gardening. List 3 recommendations you can suggest to your neighbor to help his partner continue to enjoy gardening during early, middle and late stages of Alzheimer’s:

a)

b)

c)

5. **Circle the correct response:** Your family member with dementia might be at a point where he experiences difficulty remembering who people are. You should:

a) Stop taking him along on outings.

b) Continue taking him to family gatherings and not worry about who he remembers, as long as he seems to be enjoying himself and is not overly stressed.

c) Take him along, but show him pictures of the people he'll be seeing ahead of time so that you can remind him of their names.

6. Take a little time and think about some of the activities your family member with dementia enjoys but no longer performs perfectly. Are there some tasks that the person can still do, if you let go of the idea of perfection and accuracy? Write down 3 activities or tasks that the person with dementia could still participate in, which would help them to feel independent and valued:

a)

b)

c)

Your Name: \_\_\_\_\_ Date: \_\_\_\_\_