



**Module 3 Worksheet**  
***“USING THE CARES<sup>®</sup> APPROACH”***

1. Write down what each of the individual letters in CARES<sup>®</sup> 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 3 ways that getting to know your uncle well will help the volunteer to connect with him more closely:

a)

b)

c)

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 Alzheimer’s disease or a related dementia, it is important to keep the diagnosis private, in order to preserve the family’s dignity. **Circle the correct answer.**

True

False

6. Discovering that a family member has dementia can cause tension in even the closest families. List 3 reasons why it is so important to seek support for the family from the community:

a)

b)

c)

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