



Module 4 Worksheet

“Keys to Success with CARES®”

1. **True or False:** How you approach a person with dementia is a big part of “making a connection” with him or her. **Circle the correct answer.**

True

False

2. **Circle the correct statement:**

- a) If you see that your mother is getting frustrated while trying to brush her teeth and then stops before she is done, it’s important that you start brushing her teeth for her.
- b) One of the biggest keys to success when interacting with your brother who has dementia is to slow down.
- c) As long as you have connected with your husband and are speaking slowly, it is appropriate to ask him what he would like to have for dinner.
- d) Your grandmother has severe dementia. You should not take her dementia-related behavior seriously, because she is acting that way on purpose.

3. If your grandfather (who is living with Alzheimer’s disease) no longer has intelligible speech, what are three ways he can still communicate with you?

- a)
- b)
- c)

4. Mr. Baker is the primary caregiver for his wife, Sophie, who is nearing the late stage of Alzheimer’s disease. They usually eat breakfast together and talk, but today he needs to get her to a doctor’s appointment. To save time, he doesn’t eat anything and

proceeds to feed her. Sophie is confused by this, and she pushes his hand away. He puts down the fork, saying: “If you’re not hungry, just drink this juice—but please hurry. I told you last night that you were seeing the doctor this morning. Remember?”

What are 3 “keys to success” that Mr. Baker could have used in order to make this a better experience?

a)

b)

c)

5. List at least 3 of the remaining 7 “keys to success” that were not stated in your answer to Question 4:

a)

b)

c)

6. **True or False:** *Saying things in a positive way* is one of the keys to success when using the CARES[®] Approach. This means that, when we communicate with the person who has dementia, the words “no” and “don’t” need to be removed from our vocabulary. **Circle the correct answer.**

True

False

7. In your own words, explain what it means to “focus on strengths” when interacting with your loved one.