

Your Name: _____ Date: _____



Module 1 Worksheet
“UNDERSTANDING MEMORY LOSS”

1. List 4 thinking skills affected by dementia besides memory loss:
 - a)
 - b)
 - c)
 - d)

2. Write down 3 possible signs of early dementia in a family member that suggest you should visit the doctor:
 - a)
 - b)
 - c)

3. Give 3 reasons why it is beneficial to get an early diagnosis of Alzheimer’s disease:
 - a)
 - b)
 - c)

4. **True or False:** Alzheimer's is not a progressive illness. **Circle the correct answer.**

True

False

5. Mr. Bernard has early dementia. While shopping at his local grocery store, he becomes confused by the store's aisles, which are named after streets in his town. Write a brief explanation why Mr. Bernard may be feeling confused and lost:

6. **Circle the correct statement:**

a) There are many forms of dementia and each kind can progress differently.

b) Alzheimer's is the only form of dementia where thinking skills are diminished.

c) Early intervention is key in order to cure Alzheimer's disease.

7. Think about your family member who has been diagnosed with Alzheimer's disease or a related dementia. Write down 3 incidents that, in retrospect, clearly demonstrated that the person was having increased difficulty with thinking skills and say which thinking skill was affected in each incident:

a)

b)

c)

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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)

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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 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)

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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.