

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



## **Nursing Home, Hospice, Adult Day Care (1-Hour)™ Online Dementia Care Training Program**

### **Module 1 Worksheet: INTRODUCTION TO DEMENTIA**

1. You just met Mrs. Clara Jones. Think about Mr. Sanchez, a person with dementia who is new to your facility. List three good ways to learn about his family, his likes and dislikes, hobbies and interests, food preferences, and previous career:
  - a)
  - b)
  - c)
  
2. On the “You Can Make a Difference” screen in Module 1, you watched many videos of real people who care for someone with dementia. What are two of the most important qualities for dementia caregivers to have, and why?
  
3. List three facts about dementia:
  - a)
  - b)
  - c)

4. **True or False:** Alzheimer's disease accounts for 60 to 80 percent of dementia cases.

True \_\_\_\_\_

False \_\_\_\_\_

5. Give an example of observable changes for each of the following thinking skills:

	"Normal Aging"	Person with Dementia
a) Communication	_____	_____
b) Memory Loss	_____	_____
c) Task Completion	_____	_____
d) Time Recall	_____	_____
e) Problem Solving	_____	_____

6. List the six levels of thinking decline. Hint: Start with **Normal Thinking!**

- a) \_\_\_\_\_
- b) \_\_\_\_\_
- c) \_\_\_\_\_
- d) \_\_\_\_\_
- e) \_\_\_\_\_
- f) \_\_\_\_\_

7. Explain "fluctuating, gradual decline" in your own words.

8. **True or False:** Alzheimer's disease and related dementias cause real physical changes to the brain by damaging and even destroying nerve cells. This is manifested in increasing memory loss, behavioral changes, and significant problems in carrying out activities of daily living.

True \_\_\_\_\_

False \_\_\_\_\_

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## Nursing Home, Hospice, Adult Day Care (1-Hour)™ Online Dementia Care Training Program

### Module 2 Worksheet: COMMUNICATION AND THE CARES® APPROACH

1. Give four reasons why it is important to “connect” with a person who has dementia.

- a)
- b)
- c)
- d)

2. The letters in CARES® stand for:

**C** → \_\_\_\_\_

**A** → \_\_\_\_\_

**R** → \_\_\_\_\_

**E** → \_\_\_\_\_

**S** → \_\_\_\_\_

3. **True or False:** Just like you, the resident with dementia wants to enjoy each day.

True \_\_\_\_\_

False \_\_\_\_\_

4. **Multiple Choice:** The CARES® Approach:

- a) Is a person-centered approach to care, which helps you care for people with dementia in a sensitive, thoughtful, and respectful way
- b) Can be used at any time and in any situation with someone living with dementia
- c) Can be used by anyone who cares for, works with, or lives with someone with dementia including you, family members, and professional staff members
- d) All of the above
- e) Only items (a) and (b)

5. List the six steps to the “positive physical approach”:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

6. List two examples in each of the following categories that might affect the behavior of a person with dementia:

**CHANGES IN HEALTH OR COMFORT**

1) \_\_\_\_\_

2) \_\_\_\_\_

**PROBLEMS WITH THE TASK**

1) \_\_\_\_\_

2) \_\_\_\_\_

**ENVIRONMENTAL PROBLEMS**

1) \_\_\_\_\_

2) \_\_\_\_\_

**COMMUNICATION DIFFICULTY**

1) \_\_\_\_\_

2) \_\_\_\_\_

7. When a person with dementia has trouble using language, remembering the right words, or is “non-responsive,” you can focus less on words and more on