

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



## **Nursing Home, Hospice, Adult Day Care (3-Hour)™ Online Dementia Care Training Program**

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

1. List at least three facts about dementia that are different than the ones you listed on the 1-hour CARES program worksheet.
  - a)
  - b)
  - c)
2. Alzheimer's disease causes real, physical changes to the brain. The brain of someone with Alzheimer's is likely to look \_\_\_\_\_ and \_\_\_\_\_ compared to a normal, healthy brain.
3. Almost \_\_\_\_\_ percent of people over the age of 85 have some form of dementia.
4. Identify five other medical conditions that may result in symptoms that can mimic—or act like—dementia.
  - a) d)
  - b) e)
  - c)
5. Use the back of this worksheet to state what is currently known about the causes of Alzheimer's disease and how it is diagnosed.

6. List and describe the seven basic thinking abilities that can be impaired by Alzheimer's disease and related dementias.

a) \_\_\_\_\_

b) \_\_\_\_\_

c) \_\_\_\_\_

d) \_\_\_\_\_

e) \_\_\_\_\_

f) \_\_\_\_\_

g) \_\_\_\_\_

7. List at least two examples of a person with dementia experiencing a loss of motor skills.

a)

b)

8. Give some examples in each stage below of how you would provide person-centered assistance with **getting dressed** for someone with dementia.

- The First Signs:
- Increasing Problems:
- Significant Confusion:
- Minimal Self-Care Abilities:
- Requires Complete Assistance:

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### Module 2 Worksheet: COMMUNICATION, BEHAVIOR, and the CARES® APPROACH

1. Describe three ways to communicate effectively with people who have dementia:
  - a)
  - b)
  - c)

2. State what each letter in CARES stands for:

**C** → \_\_\_\_\_

**A** → \_\_\_\_\_

**R** → \_\_\_\_\_

**E** → \_\_\_\_\_

**S** → \_\_\_\_\_

3. List four benefits of using the CARES® Approach. (Hint: Include—but also go beyond—the benefits for the person with dementia.)
  - a)
  - b)
  - c)
  - d)

4. List three ways you can share information about residents who have dementia with others on the care team:

- a)
- b)
- c)

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

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

6. **True or False:** When people with dementia engage in behavior that seems pointless, meaningless, or silly, it is okay to allow the behavior to continue, as long as it is not causing any harm.

True \_\_\_\_\_

False \_\_\_\_\_

7. It is important to think about what might be causing a person’s behavior. List two specific examples of possible causes of dementia-related behavior (DRB) in each of the following categories. Also include the DRB that might be occurring:

- Changes in the Person’s Health and Comfort:
- Environmental Causes:
- Problems with a Task:
- Communication Difficulties:

8. List three things you can learn from family members that can help you understand the behavior of the person with dementia:

- a)
- b)
- c)

9. **True or False:** The key to minimizing the use of restraints is knowing each resident and meeting his or her individual needs.

True \_\_\_\_\_

False \_\_\_\_\_

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## **Nursing Home, Hospice, Adult Day Care (3-Hour)™ Online Dementia Care Training Program**

### **Module 3 Worksheet: GENERAL DEMENTIA TOPICS**

1. In your own words, describe the ethical principles of justice, autonomy, and beneficence in relation to person-centered care for people with dementia:

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2. It is important to be aware of the things that may affect a person's ability or willingness to eat. List three of the most common:

- a)
- b)
- c)

3. Why is it important to encourage people with dementia to eat on their own?

4. List two creative ways to ensure people with dementia get enough fluids during the day.

- a)
- b)

5. List three of the warning signs that a person with dementia is having trouble swallowing:

- a)
- b)
- c)

6. Mrs. White has mid-stage Alzheimer’s disease. You notice during lunch that she is having difficulty reaching her drink and picking up her whole sandwich to take a bite. Using the CARES Approach, how would you assist her?

7. For each of the following categories, list two things that can affect the ability or willingness of someone with dementia to bathe or take a shower.

- Physical or Health and Comfort Reasons:
- Environmental Causes:
- Problems with the Task:
- Communication Problems:

8. **True or False:** In addition to caregivers and family members, the person with dementia may experience grief, because they are “losing the person they used to be.”

True \_\_\_\_\_ False \_\_\_\_\_

9. Describe at least four symptoms of stress and a strategy you can use for each to decrease severity or frequency:

- |          |          |
|----------|----------|
| a) _____ | c) _____ |
| _____    | _____    |
| b) _____ | d) _____ |
| _____    | _____    |

10. Before you engage a person with dementia in an activity, list at least two things you should do or take into consideration:

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