

Your Name: _____ Date: _____



Assisted Living Facility (ALF) Level I™ Online Dementia Care Training Program

Module 1 Worksheet: MEET CLARA JONES

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 and why:
 - a)
 - b)

3. Describe two specific ways to communicate effectively with people who have dementia:
 - a)
 - b)

4. **True or False:** Caring for the person with dementia relies on your ability to make a connection, understand the resident's behavior, and respond appropriately.

True _____

False _____

5. The letters in CARES® stand for:

C → _____

A → _____

R → _____

E → _____

S → _____

6. List three benefits of using the CARES® Approach:

a)

b)

c)

7. List three appropriate ways to share information about people who have dementia with others involved in providing care:

a)

b)

c)

Your Name: _____ Date: _____



Assisted Living Facility (ALF) Level I™ Online Dementia Care Training Program

Module 2 Worksheet: INTRODUCTION TO DEMENTIA

1. List three facts about dementia:
 - a)
 - b)
 - c)
2. Alzheimer's disease causes real, physical changes to the brain. The brain of someone with Alzheimer's disease is likely to look _____ and _____ compared to a normal, healthy brain.
3. **True or False:** Most cases of Alzheimer's disease develop after age 85.
True _____ False _____
4. List the two types of medication—and their side effects—currently approved by the FDA to treat cognitive symptoms of Alzheimer's disease:
 -
 -
5. When a person with dementia has trouble using language or remembering the right words, you can focus less on words and more on...

6. List and describe the seven basic thinking abilities that can be impaired by dementia.

a) _____

b) _____

c) _____

d) _____

e) _____

f) _____

g) _____

7. Explain “fluctuating, gradual decline” in your own words:

8. List four things you can do to help someone who is in the grieving process:

a) _____

b) _____

c) _____

d) _____

9. Describe the ethical principles of justice, autonomy, and beneficence in relation to caring for a person with dementia. (Continue on the back of this sheet, if necessary.)

Your Name: _____ Date: _____



Assisted Living Facility (ALF) Level I™ Online Dementia Care Training Program

Module 3 Worksheet: UNDERSTANDING RESIDENT BEHAVIOR AS COMMUNICATION

1. Mr. Silverstein has dementia and is often confused, scared, and overwhelmed. Describe an appropriate, effective approach you could take with him.

2. Describe “dementia-related behavior” in your own words.

3. **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 _____

4. List three things you can learn from family members that might help you understand a person’s dementia-related behavior:

a)

b)

c)

5. It is important to think about what might be causing a person's behavior. List two specific examples of dementia-related behavior for each of the following categories.

- Changes in Health and Comfort:

a)

b)

- Environmental Causes:

a)

b)

- Problems with a Task:

a)

b)

- Communication Difficulties:

a)

b)

6. **Multiple Choice:** When it comes to communicating with people with dementia who are beyond the early stages of their disease...

a) It is best to speak to them as little as possible; your words will only confuse them.

b) It is best to repeat yourself until people with dementia do what you ask.

c) It is best to teach people with dementia simple routines, so they will remember the actions even if they forget the words.

d) It is best to think about your own facial expressions, tone of voice, and general attitude, because the person may not have control of their behavior.

7. Describe three things you should do to promote safety for people with dementia no matter where they are:

a)

b)

c)

Your Name: _____ Date: _____



Assisted Living Facility (ALF) Level I™ Online Dementia Care Training Program

Module 4 Worksheet: THE CARES® APPROACH

1. **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, other family members, and professional staff members
 - d) All of the above
 - e) Only (a) and (b) above
2. List two ways to “connect” with a person with dementia.
 -
 -
3. List two benefits of assessing behavior when interacting with someone with dementia.
 - a)
 - b)
4. List two ways to respond appropriately to a person with dementia.
 - a)
 - b)

5. **Multiple Choice:** You are using the CARES® Approach to encourage Mr. Brown to eat more of his dinner. You have connected with him by talking about his daughter’s cooking, assessed his behavior and determined he appears calm and happy, and responded by helping him with a spoon of rice. But when you do, Mr. Brown gets very upset. What should you do?

- a) Start the CARES® Approach all over again from the beginning.
- b) Try a spoonful of something different that he might enjoy.
- c) Think about what he is trying to communicate when he gets upset.
- d) All of the above
- e) Only (a) and (c) above

6. List two ways to “share with others” about the person with dementia.

-
-

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

- a) _____
- b) _____
- c) _____
- d) _____
- e) _____
- f) _____

8. **Take a break.** Now we would like you try the “positive physical approach” and the CARES® Approach with someone you care for. (If you do not currently care for anyone with dementia, try these approaches with a family member or friend.) Then, on the back of this worksheet or on a separate sheet of paper, write down the following information:

- Who you tried the approaches with
- What happened

Your Name: _____ Date: _____



Assisted Living Facility (ALF) Level I™ Online Dementia Care Training Program

Module 5 Worksheet: MAKING A CONNECTION WITH THE RESIDENT

1. List two reasons why it's important to know something about the people in your care.
 - a)
 - b)
2. Explain two benefits of speaking to someone with dementia in a positive, kind way.
 -
 -
3. List three examples of things to talk about with someone who has dementia to help build a connection.
 - a)
 - b)
 - c)
4. It is not a good strategy to call someone with dementia "dear" or "honey" to make them more comfortable. What could you say instead?

5. How would you adjust your approach as you connect with someone at each of the following stages of dementia?
- The First Signs:

 - Increasing Problems:

 - Significant Confusion:

 - Minimal Self-Care Abilities:

 - Requires Complete Assistance:
6. You can almost always make a good connection with Mrs. Perez, but today she is not even able to interact with you. List two reasons why this might be happening.
- a)

 - b)
7. How long does it take to “connect” with a person who has dementia? And, give some examples of how to do so.

Your Name: _____ Date: _____



Assisted Living Facility (ALF) Level II™ Online Dementia Care Training Program

Module 1 Worksheet: EATING WELL

1. Why is it important to encourage people with dementia to eat on their own?
2. List two examples of how you can use “cues” at mealtime to help someone with dementia remain independent.
 - a)
 - b)
3. 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)
4. Mrs. Romano is shouting during mealtime and throwing food on the floor. What could be some reasons why she is acting this way?
5. **True or False:** To increase appetite and promote good nutrition, serve many different foods—and a lot of each one—so the person with dementia eats more.

True _____

False _____

Your Name: _____ Date: _____



Assisted Living Facility (ALF) Level II™ Online Dementia Care Training Program

Module 2 Worksheet: RECOGNIZING PAIN

1. List four verbal or physical signs to look for to recognize when a person with dementia is in pain, even if he or she cannot tell you in words.
 - a) _____
 - b) _____
 - c) _____
 - d) _____
2. Write down three ways you can help to ease pain or discomfort in someone you care for.
 - a) _____
 - b) _____
 - c) _____
3. Give an example of an instance where pain medication would be necessary.
4. Give an example of an instance where pain medication would **not** be necessary.
5. What is "impaired pain perception"?

6. It is important to think about how pain might affect the ability of someone with dementia to do certain things. Joint pain is a very common cause of discomfort during activities. Give at least one example of specific causes of pain for each of the following categories.

- Changes in Health and Comfort:
- Environmental Causes:
- Problems with a Task:
- Communication Difficulties:

7. In your own words, write down the definitions of “acute pain” and “chronic pain,” and provide examples of each.

8. What percentage of elders in long-term care settings experience some form of pain?

_____ %

9. After you've visited with Mr. Wilson for a few minutes, you see that he is wincing with every movement. What are two possible reasons this could be happening?

a)

b)

10. **True or False:** Before planning or beginning an activity, you should take into account the level of the person's dementia and abilities, as well as their current situation or behavior (like the presence of pain, discomfort, fear, or desire).

True _____

False _____

Your Name: _____ Date: _____



Assisted Living Facility (ALF) Level II™ Online Dementia Care Training Program

Module 3 Worksheet: MINIMIZING FALLS

1. Why is someone with dementia more at risk of falling?

2. What are three examples of what would be considered a fall?
 - a)
 - b)
 - c)

3. Describe three problems in the environment that increase the risk of falling for people with dementia.
 - a)
 - b)
 - c)

4. Give at least one specific cause of falling for each of the following categories.
 - Changes to the Eye or Visual System:

 - Changes to Joints or to Muscles:

 - Changes to Reflex Responses:

5. When and why is it important to fill out a Falls Evaluation form?

6. What are five of the categories usually included on a falls evaluation form?
 - a)
 - b)
 - c)
 - d)
 - e)

7. How can knowing the person with dementia and meeting their daily needs help to reduce falls?

8. How would you involve Mrs. Chin's family in order to reduce her chances of falling?

9. List the two types of medications currently approved by the U.S. Food and Drug Administration (FDA) for treating the symptoms of Alzheimer's disease and how their side effects might impact the person's risk of falling.

Your Name: _____ Date: _____



Assisted Living Facility (ALF) Level II™ Online Dementia Care Training Program

Module 4 Worksheet: RETHINKING WANDERING

1. Define the term "elopement."

2. List three reasons why someone with dementia may be wandering.
 - a)
 - b)
 - c)

3. What are two positive aspects of wandering?
 - a)
 - b)

4. What are two negative aspects of wandering?
 - a)
 - b)

5. Mrs. Marino used to be a gardener. You notice that she continues to try to wander outside while repeating, "They need tending to." What is something you can do to help Mrs. Marino?
6. What are two things you can do to prevent a person with dementia from getting lost?
- a)
 - b)
7. The likelihood of wandering changes at each of the stages of dementia. Describe the wandering **behavior** that is common at each stage.
- The First Signs:
 - Increasing Problems:
 - Significant Confusion:
 - Minimal Self-Care Abilities:
 - Requires Complete Assistance:
8. How can "connecting" with someone who has dementia help them to not wander?
9. Besides wandering, list five other common behaviors that might be exhibited by people with dementia:
- a)
 - b)
 - c)
 - d)
 - e)

Your Name: _____ Date: _____



Assisted Living Facility (ALF) Level II™ Online Dementia Care Training Program

Module 5 Worksheet: MINIMIZING AND ELIMINATING RESTRAINTS

1. Why was the Nursing Home Reform Act of 1987 important?

2. Define a “restraint.”

3. What is “the key” to minimizing the use of restraints?

4. List three examples of restraints:
 - a)

 - b)

 - c)

5. What are three good approaches to avoid using restraints on people with dementia?
- a)
 - b)
 - c)
6. How can you involve family members so that restraints can be avoided?
7. What are three things you can do with people who have dementia to help eliminate or reduce the use of restraints:
- a)
 - b)
 - c)
8. You are in a staff meeting and your supervisor asks you to suggest three ways to help create a restraint-free environment. What suggestions might you have for the group?
- a)
 - b)
 - c)
9. **True or False:** Your organization has decided to stop using all restraints. This can lead to more falls but that is okay, because research has shown that the majority of falls do not cause serious injury.

True _____

False _____

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 _____

Your Name: _____ Date: _____



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

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:

Your Name: _____ Date: _____



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

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 _____

Your Name: _____ Date: _____



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:

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:
- -

Your Name: _____ Date: _____



Home Health (2-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 was just assigned to you. List three ways to learn about his family, likes and dislikes, hobbies and interests, food preferences, and previous career:
 - a)
 - b)
 - c)
2. Alzheimer's disease causes real, physical changes to the brain. The brain of someone with Alzheimer's disease is likely to look _____ and _____ compared to a normal, healthy brain.
3. List at least three facts about dementia:
 - a)
 - b)
 - c)
4. Explain "fluctuating, gradual decline" in your own words.

5. 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) _____

6. 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	_____	_____

7. Give some examples in each stage below of how you would provide person-centered assistance with **getting dressed** for someone who has Alzheimer's disease or related dementias.

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

Your Name: _____ Date: _____



Home Health (2-Hour)[™] Online Dementia Care Training Program

Module 2 Worksheet: UNDERSTANDING BEHAVIOR AS COMMUNICATION

1. When a person with dementia has trouble using language or remembering the right words, you can focus less on words and more on

2. **True or False:** All behavior is a form of communication.

True _____

False _____

3. List three reasons why it is important to connect with people who have dementia.

-
-
-

4. List six reasons or causes why someone with dementia may be wandering.

- | | |
|----|----|
| a) | d) |
| b) | e) |
| c) | f) |

5. What are two positive aspects of wandering?

-
-

6. What are two negative aspects of wandering?

-
-

7. In addition to wandering, there is other dementia-related behavior that you will most likely encounter in your caregiving work. Name five examples:

- a) _____
- b) _____
- c) _____
- d) _____
- e) _____

8. The person's ability to communicate about pain changes as dementia worsens and thinking abilities decline over time. Describe these changes in the stages listed below.

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

9. Identify six strategies for communicating with people who have dementia, including those who are non-responsive.

- a) _____
- b) _____
- c) _____
- d) _____
- e) _____
- f) _____

Your Name: _____ Date: _____



Home Health (2-Hour)™ Online Dementia Care Training Program

Module 3 Worksheet: The CARES® APPROACH

1. State what each letter in CARES stands for:

C → _____

A → _____

R → _____

E → _____

S → _____

2. 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)

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

• _____

• _____

• _____

• _____

• _____

• _____

4. **Multiple Choice:** You are using the CARES® Approach to encourage Mr. Brown to eat more of his dinner. You have connected with him by talking about his daughter's cooking, assessed his behavior and determined he appears calm and happy, and responded by helping him with a spoon of rice. But when you do, Mr. Brown gets very upset. What should you do?

- a) Start the CARES® Approach all over again from the beginning.
- b) Try a spoonful of something different that he might enjoy.
- c) Think about what he is trying to communicate when he gets upset.
- d) All of the above
- e) Only (a) and (c) above

5. List three ways you can share information about residents who have dementia with others involved in providing care:

- a)
- b)
- c)

6. **True or False:** The CARES Approach is about looking at the way a person with dementia sees or experiences a situation, so that you can respond in a way that makes sense to him or her.

True _____

False _____

7. **Take a break.** Now we would like you try the "positive physical approach" and the CARES® Approach with someone you care for. (If you do not currently care for anyone with dementia, try these approaches with a family member or friend.) Then, write down the following information:

- a) Who you tried the approaches with:

- b) What happened:

Your Name: _____ Date: _____



Home Health (2-Hour)[™] Online Dementia Care Training Program

Module 4 Worksheet: CARE TECHNIQUES, FAMILY CONCERNS, and GRIEF

1. List two ways to “connect” with a person with dementia and why it’s important to do so.
 - a) _____
 - b) _____
because...

2. List at least three ways to “share with others” about the person with dementia.
 - a)
 - b)
 - c)

3. Why is someone with dementia more at risk of falling?

4. Describe two problems in the environment that increase the risk of falling for people with dementia.
 - a)
 - b)

5. List two examples of how you can use “cues” at mealtime to help someone with dementia remain independent.

a)

b)

6. 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)

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

a)

b)

c)

8. Give some examples in each stage below of how you would provide assistance with **getting dressed** for someone who has Alzheimer’s disease or related dementias.

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

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. Use the back of this worksheet to explain, in your own words, what grief is and how it relates to the multiple ongoing losses associated with Alzheimer's disease and related dementias for the person, family members and friends, and caregivers.