

Your Name: _____ Date: _____



Module 13 Worksheet
“MAINTAINING THE PATIENT’S ABILITY”

1. As Alzheimer’s disease progresses, a person’s level of function gradually declines. In your own words, explain what functional decline is and why hospitalizations can speed it up.

2. Involving patients in their care helps to ensure they will still have the same self-care skills when they leave the hospital that they had before entering it. List three examples of how hospital staff can help patients with dementia continue to do things on their own.
 - a)

 - b)

 - c)

3. In your own words, explain how you can use the CARES® Approach to determine how much help to provide.

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Module 14 Worksheet
“EATING AND DRINKING”

1. List four ways that dementia can interfere with the ability to eat and drink.
 - a)
 - b)
 - c)
 - d)

2. List three techniques for helping patients with dementia maintain their independence while still getting the nutrition and fluids they need.
 - a)
 - b)
 - c)

3. Patients in the middle to late stages of dementia become more likely to choke or inhale food and fluid into their lungs. List three techniques you can use to help prevent this.
 - a)
 - b)
 - c)

4. In your own words, explain how the CARES® Approach can help you make mealtimes more enjoyable and successful for your patients with dementia.

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Module 15 Worksheet
“MAINTAINING CONTINENCE”

1. People living with dementia are five to six times more likely to have trouble controlling urination and bowel movements. For each thinking skill affected by dementia, describe how it can affect continence.

Memory: _____

Motor Skills: _____

Reasoning: _____

Judgment: _____

Abstract Thinking: _____

Perception: _____

Attention: _____

Language: _____

2. For many reasons (i.e., new medications, a different diet, pain, unfamiliar environment), hospitalization can make it even harder for a patient with dementia to maintain continence. List three ways you can help a patient with dementia maintain continence.

a)

b)

c)

3. In your own words, describe how the CARES® Approach can help you provide the appropriate amount of help and maintain the patient's dignity while helping him or her use the toilet.

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Module 16 Worksheet
“BATHING AND HYGIENE”

1. List three ways a decline in thinking skills can impact a patient’s ability and willingness to bathe and do other self-cares.

- a)
- b)
- c)

2. List four ways to make bathing a more comfortable and enjoyable experience for patients with dementia.

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

3. **True or False:** The CARES® Approach helps you make the well-being of the patient more important than the task of bathing. **Circle the correct answer.**

True

False