



cares[®]
Dementia 5-Step Method[™]

 HEALTHCARE INTERACTIVE[®]

Learning Objectives

Module 1: Meet Clara Jones

After completing this module, you will be able to:

- Describe person-centered care.
- List three examples of how to learn more about a person living with dementia.
- State what each letter in CARES[®] stands for.
- Identify the members of the care team.
- List ways to decrease stress in your life.
- List two strategies that can help you cope with grief.

Module 2: Introduction to Dementia

After completing this module, you will be able to:

- List some differences between normal aging, dementia, and Alzheimer's disease.
- List four thinking skills affected by dementia.
- Identify key facts about Alzheimer's disease.
- List the stages of Alzheimer's disease and the changes in a person's ability to perform an activity.
- Identify activities that a person may do in each stage of Alzheimer's disease.
- Know the FDA-approved medications for treating Alzheimer's disease symptoms.
- Know who to talk to if you think a person, you are caring for is showing signs of depression.

Module 3: Understanding Behavior as Communication

After completing this module, you will be able to:

- Explain how behavior is a form of communication.
- Name three common things that can cause a change in a person's behavior.
- Describe a person's behavior accurately to others on the care team.
- Understand the person's "sense of reality."
- List three ways you can change your approach or the environment to help a person living with dementia have a good day.

- Identify three strategies you can use to respond to dementia-related behavior.
- Identify the types and signs of elder abuse and know who to talk to if you suspect an elder has been abused.

Module 4: The CARES® Approach

After completing this module, you will be able to:

- State three reasons why it is important to connect with people living with dementia.
- List three effective ways to connect with a person with dementia.
- Describe how using the CARES® Approach can help with daily care routines such as bathing, eating, and dressing.
- List two ways that using the CARES Approach can improve life for a person with dementia.
- State at least three keys to success with CARES.
- List two ways that using the CARES Approach can improve your job or make it easier.
- Describe the Positive Physical Approach.
- Describe how respecting differences in people helps you provide the best possible care.