

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

cares<sup>®</sup>  
Dementia 5-Step Method  
for Hospitals<sup>™</sup>

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 HEALTHCARE INTERACTIVE<sup>®</sup>

**Module 1 Worksheet**  
**INTRODUCTION TO DEMENTIA-FRIENDLY CARE**

1. **True or False:** Most patients with dementia have the diagnosis in their medical records. **Circle the correct answer.**

True

False

2. You may not know right away that the person you are caring for has dementia. List 6 symptoms or behaviors that are important to recognize as possible signs of dementia.

a)

b)

c)

d)

e)

f)

3. In your own words, explain why it is important to get to know your patients with dementia.

4. A person with dementia relies heavily on routines and familiar surroundings to feel secure. This sense of security can be lost during a hospital stay. List six things in a hospital that might cause stress for someone with dementia.

a)

b)

c)

d)

e)

f)

## Module 2 Worksheet

### COMMUNICATION AND THE CARES® APPROACH

1. In your own words, describe how you should approach a patient with dementia.

2. Write what each of the individual letters in CARES® stands for:

C: \_\_\_\_\_

A: \_\_\_\_\_

R: \_\_\_\_\_

E: \_\_\_\_\_

S: \_\_\_\_\_

3. List 3 ways family members of your patients with dementia can help you provide better care.

a)

b)

c)

## Module 3 Worksheet

### BEHAVIOR AS COMMUNICATION

1. **True or False:** Behavior is often how patients with dementia communicate. Your job as a caregiver is to figure out what a behavior means so you can respond appropriately. **Circle the correct answer.**

True

False

2. List 3 common communication issues for hospital patients with dementia.

a)

b)

c)

3. Like all patients, patients with dementia want to feel comfortable and secure. Imagine you are caring for a patient with dementia who becomes physically aggressive. What are some things to consider when trying to figure out what is triggering her behavior?

## Module 4 Worksheet

### DELIRIUM AND OTHER ADVERSE EVENTS

1. Explain 4 differences between dementia and delirium.

a)

b)

c)

d)

2. List 4 ways to help prevent delirium.

a)

b)

c)

d)

3. Adverse events can increase the time a patient is in the hospital. Besides delirium, list 3 common adverse events for hospital patients with dementia.

a)

b)

c)

## Module 5 Worksheet

### UNDERSTANDING THE PATIENT WITH DEMENTIA

1. List 8 thinking skills affected by dementia.

a)

b)

c)

d)

e)

f)

g)

h)

2. In your own words, describe how the hospital experience is especially challenging for patients with dementia.

3. List 3 ideas for adjusting your care for patients with dementia.

a)

b)

c)

## **Module 6 Worksheet**

### **DEMENTIA-RELATED BEHAVIOR**

1. In your own words, explain dementia-related behavior.

2. Physical needs, the environment, and psychological needs are three types of triggers for dementia-related behavior. Give an example for each type of trigger.

Physical Needs:

The Environment:

Psychological Needs:

3. Imagine your patient with dementia becomes agitated and starts swearing at you when you are providing care. How should you proceed?

## Module 7 Worksheet

### THE CARES<sup>®</sup> APPROACH EXPLAINED

1. Connect with the Person is the first, and most important, step of the CARES<sup>®</sup> Approach, a person-centered approach that helps you recognize and address the needs of your patients while helping them feel safe and secure. In your own words, describe how you can connect with a person with dementia and explain how that will help you provide better care.
2. Share with Others is the final step of the CARES<sup>®</sup> Approach. Explain what types of information to share and why sharing information is important for the care team.
3. In your own words, describe the benefits of the CARES<sup>®</sup> Approach for both patients and caregivers.



## Module 8 Worksheet

### PARTNERING WITH FAMILIES

1. **True or False:** A family caregiver is a person who plays an important role in the patient's life. A family caregiver is the most important person on the care team. **Circle the correct answer.**

True

False

2. List 6 ways family members of patients with dementia can be valuable members of the care team.

a)

b)

c)

d)

e)

f)

3. In your own words, describe how you can earn the trust of family caregivers.

## Module 9 Worksheet

### RECOGNIZING AND MANAGING PAIN

1. Patients with dementia may not be able to tell you they are experiencing pain. List 6 common signs of pain.

a)

b)

c)

d)

e)

f)

2. **True or False:** You will most likely be looking for signs of pain in the Assess step of the CARES® Approach. **Circle the correct answer.**

True

False

3. In addition to wanting your patient to be comfortable, list 3 other reasons why managing pain is important.

a)

b)

c)

## **Module 10 Worksheet**

### **MAINTAINING PATIENT SAFETY**

1. In your own words, explain why patients with dementia are vulnerable to safety risks in hospitals.
  
  
  
  
  
  
  
2. Helping patients stay calm will keep their stress levels down and reduce their safety risks. List 4 strategies for reducing a patient’s stress.
  - a)
  
  
  
  - b)
  
  
  
  - c)
  
  
  
  - d)
  
  
  
  
  
  
  
3. Patients with dementia are at risk for abuse by others. Recognizing abuse isn’t always easy, but there are signs to look for and if you suspect that a person with dementia has been abused you should report it to your supervisor. List 5 types of elder abuse.
  - a)
  
  
  
  
  - b)
  
  
  
  
  - c)
  
  
  
  
  - d)
  
  
  
  
  - e)

## Module 11 Worksheet

### WANDERING AND FALLS

1. **True or False:** Wandering by patients with dementia is always unsafe and should be prevented. **Circle the correct answer.**

True

False

2. In your own words, explain why patients with dementia are at a higher risk for falling in hospitals.

3. Physical restraints can be harmful, so restraint-free care is always the goal. List 3 steps to follow when managing dementia care situations without using restraints.

a)

b)

c)

## Module 12 Worksheet

### MOBILITY, POSITIONING, AND TRANSFER

1. In your own words, explain dementia’s impact on mobility and why it’s important to encourage patients with dementia to walk and move.
  
  
  
  
  
  
  
  
  
  
2. People often become confined to bed in the later stages of dementia. List five reasons it is important to reposition those patients frequently throughout the day.
  - a)
  
  
  - b)
  
  
  - c)
  
  
  - d)
  
  
  - e)
  
  
  
  
  
  
  
  
  
  
3. Imagine you are a patient with dementia, and you need to be transferred. Describe how you might feel and what your caregivers could do to help you relax and cooperate.

## 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 3 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.

## Module 14 Worksheet

### EATING AND DRINKING

1. List 4 ways that dementia can interfere with the ability to eat and drink.
  - a)
  - b)
  - c)
  - d)
  
2. List 3 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 2 techniques you can use to help prevent this.
  - a)
  - b)
  
4. In your own words, explain how the CARES® Approach can help you make mealtimes more enjoyable and successful for your patients with dementia.

## 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 3 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.



## Module 16 Worksheet

### BATHING AND HYGIENE

1. List 3 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 4 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