

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

Date: \_\_\_\_\_



## Module 1 Worksheet

### ***“INTRODUCTION TO DEMENTIA AND THE CARES® APPROACH”***

1. **(Screen 5)** There are nearly 200 different types of dementia. What is the most common form of dementia?
  
2. **(Screen 5)** What body part does dementia affect?
  
3. **(Screen 5)** Alzheimer’s is a chronic, progressive, terminal disease. In your own words, what does that mean?
  
4. **(Screen 6)** Over time, dementia changes a person’s thinking skills. List eight thinking skills that are affected by dementia.  

a) _____	e) _____
b) _____	f) _____
c) _____	g) _____
d) _____	h) _____
  
5. **(Screen 7)** By 2050, it is estimated the number of people living with dementia will be:
  - a) 16 million
  - b) 50 million
  - c) 75 million
  - d) 100 million

6. **(Screen 7, “What About Wellness” Pop-up Info)** Heart health affects brain health and having high blood pressure or high cholesterol could increase a person’s risk of developing Alzheimer’s disease.

True

False

7. **(Screen 8)** People living with Alzheimer’s disease lose their ability to think, but it doesn’t happen all at once. It happens over time. People go through stages, some more quickly than others. In this program, we categorize Alzheimer’s disease in four stages. Name these four stages.

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

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

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

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

8. **(Screen 9)** Person-centered care is the basis of the CARES<sup>®</sup> Approach. It’s about helping others in a sensitive, thoughtful, and respectful way. It is about respecting a person’s choices and adjusting care based on a person’s likes, dislikes, and abilities. The letters in CARES stand for:

**C** = \_\_\_\_\_

**A** = \_\_\_\_\_

**R** = \_\_\_\_\_

**E** = \_\_\_\_\_

**S** = \_\_\_\_\_

9. **(Screen 10, Healthcare Staff Videos #1 and #2)** In addition to helping the person living with dementia, the CARES Approach also helps the caregiver. Write down two ways the CARES Approach will help the caregiver.

a)

b)

10. **(Screen 10, Educators Videos #1 and #2)** Mr. Harris is resisting your help with personal care. What should you do?

# CARES® Activities of Daily Living™

## Module 2 Worksheet

### ***“CREATING MEANING IN ACTIVITIES OF DAILY LIVING”***

1. **(Screen 4, “Late Stage” Pop-up Info, and Screen 8, “Educators” Video #1)** List three examples of a sensory activity appropriate for a person with late-stage dementia.
  - a) \_\_\_\_\_
  - b) \_\_\_\_\_
  - c) \_\_\_\_\_
  
2. **(Screen 4, “Late Stage” Pop-up Info and Screen 7, “Scents” and “Visual” Pop-ups Info)** Mrs. Tran is in the late stage of dementia and is becoming more withdrawn. You are having a hard time connecting with her. You learn she used to work in a flower shop. How could you use this information to try connecting with her?
  
  
  
  
  
  
  
  
  
  
3. **(Screen 5 Text and Video)** What does it mean to “connect” with a person?
  
  
  
  
  
  
  
  
  
  
4. **(Screen 6 and Screen 7)** In your own words, explain the term “person-centered care.”
  
  
  
  
  
  
  
  
  
  
5. **(Screen 6, CARES® Tip)** Each person is unique and it’s important to take the time to learn about his or her life so that you can talk about and do things that are meaningful to the person. By doing this, you build trust and a relationship with the person. List six ideas for topics to discuss with a person in your care to get to know them better.
  - a) \_\_\_\_\_
  - b) \_\_\_\_\_
  - c) \_\_\_\_\_
  - d) \_\_\_\_\_
  - e) \_\_\_\_\_
  - f) \_\_\_\_\_

6. **(Screen 7, “Music” Pop-up Info)** Memory for music is usually one of the last parts of the brain to be affected. Music from a person’s earlier years will probably provide the most pleasure.

True

False

7. **(Screen 7, “Massage” Pop-up Info and Audio Icon)** Explain the possible benefits of a simple hand or foot massage.

8. **(Screen 7 Text and Activity, and Screen 8, “Families” Pop-Ups and CARES® Tip)** As you choose an activity for someone in your care, think about your goal for that person as well as the types of activities that he or she enjoys. List eight ideas for possible activities.

a)

e)

b)

f)

c)

g)

d)

h)

9. **(Screen 7, “Daily Living” Pop-up Info, Screen 8, “Educators” Video #2, and Screen 11)** Almost everything you do with a person with dementia can be an activity and a chance to connect. List four daily care tasks that can be turned into an enjoyable activity.

a)

b)

c)

d)

10. **(Screen 8, “Educators” Videos #1 and #2)** Circle the correct statement.

a) If activities of daily living such as dressing or bathing can be done quickly, that will leave more time for more meaningful interactions.

b) Activities of daily living can be meaningful interactions when caregivers connect with and engage the people in their care.

**CARES<sup>®</sup> Activities of Daily Living<sup>™</sup>**  
**Module 3 Worksheet**  
**“RECOGNIZING AND MANAGING PAIN”**

1. **(Screen 3, Screen 4, and Screen 8 “Administrators” Video #1)** In your own words, explain why it is important to get to know a person living with dementia in order to provide him or her with appropriate pain management care.
  
2. **(Screen 3, Screen 5 CARES<sup>®</sup> Tip, and Screen 8 “Healthcare Staff” Video #2 and “Administrators” Video #2)** There are many common expressions of pain or discomfort. Some are obvious and others are subtle. List five of them.
  - a)
  - b)
  - c)
  - d)
  - e)
  
3. **(Screen 4 “Addiction” Concern Pop-up Audio Response)** Most pain medications aren't addictive.

True                      False
  
4. **(Screen 5)** Circle the correct answer. An occasional moan or groan indicates \_\_\_\_\_.
  - a) Little or no discomfort
  - b) Moderate pain
  - c) More severe pain
  
5. **(Screen 5, Screen 6, Screen 8 “Administrators” Video #1, Screen 9, and Screen 11 Video)** Mrs. Hayes is rubbing her head and frowning. These behaviors are unusual for her. How should you respond?

6. **(Screen 8 “Healthcare Staff” Video #1)** What percentage of nursing home residents has daily pain? \_\_\_\_\_%
7. **(Screen 8 “Healthcare Staff” Video #3)** What is the difference between chronic and acute pain?
8. **(Screen 8 “Healthcare Staff” Video #4)** Administering pain medication is one way to treat pain. When you know a person is experiencing pain, how much in advance of a planned physical activity should you administer pain medication?
9. **(Screen 9)** If you think a person is showing signs of pain, but you are not sure, you should start by seeing if his or her basic needs are met. List five questions from the Basic Needs Checklist.
  - a)
  - b)
  - c)
  - d)
  - e)
10. **(Screen 10 Activity, Check Answer Pop-up Text)** Often there are things you can do to comfort a person living with dementia who is having mild to moderate pain. List four ideas for comforting people in moderate pain.
  - a)
  - b)
  - c)
  - d)

# CARES® Activities of Daily Living™

## Module 4 Worksheet “BATHING”

1. **(Screen 3 Text and Video)** Explain how using the CARES® Approach can ensure bathing is a pleasant experience for a person living with dementia.
  
2. **(Screen 4 Activity and Videos, and Screen 8 “Healthcare Staff” Video #1)** Name three ways to involve the person in the bathing experience?
  - a)
  - b)
  - c)
  
3. **(Screen 6 Text and CARES Activity, and Screen 8 “Healthcare Staff” Videos #1 and #4)** Explain the importance of knowing the person when it comes to bathing.
  
4. **(Screen 6 Activity, All CARES Steps Pop-up Info, Screen 9 “Safety” Check Answer Pop-up Info, and Screen 11 Video)** Mr. Meyer seems afraid of taking a shower. What can you do to try to make him feel safe?
  
5. **(Screen 7 Text and Activity, and Screen 8 “Healthcare Staff” Video #3)** How can you make someone feel more comfortable while undressed in the presence of a caregiver?

6. **(Screen 8 “Healthcare Staff” Video #2 and CARES® Tip)** List four ways you can make the bathing environment more comfortable.
- a)
  - b)
  - c)
  - d)
7. **(Screen 8 “Healthcare Staff” Video #6)** Circle the correct statement.
- a) Bathing can be an exhausting activity for a person living with dementia. It’s always easiest on the person if done quickly.
  - b) Bathing can be an exhausting activity for a person living with dementia. It’s sometimes easiest on the person if done one step at a time.
8. **(Screen 8 “Educators” Video #1)** List three benefits of a bed bath.
- a)
  - b)
  - c)
9. **(Screen 8 CARES® Tip)** What is the definition of a “sponge bath”?
10. **(Screen 8 CARES® Tip)** People living with dementia never care about the gender of the person bathing them.
- True                      False



# CARES<sup>®</sup> Activities of Daily Living™

## Module 5 Worksheet

### ***“DRESSING”***

1. **(Screen 4 “Middle Stage” Pop-up Info and Video)** Mrs. Flores is in the middle stage of Alzheimer’s disease. She doesn’t seem to know what to do with the shirt that has been set out for her to wear today. How can you help her to put on her shirt?
  
2. **(Screen 4 “Middle Stage” and “Late Stage” Pop-up Info and Videos, and Screen 8 CARES<sup>®</sup> Tip)** List four physical cues that can help a person living with dementia with dressing.
  - a)
  - b)
  - c)
  - d)
  
3. **(Screen 5 “Same Outfit” Pop-up Audio Response and CARES<sup>®</sup> Tip)** People living with dementia often want to wear the same thing every day and families often get upset at this. What is a possible solution?
  
  
  
  
  
  
  
  
  
  
4. **(Screen 6 CARES<sup>®</sup> Tip)** If a person living with Alzheimer’s disease tends to get upset by morning care, there is a good chance it’s because he or she is in pain. What should you do in this situation?

5. **(Screen 6)** It's generally best to hurry through the dressing process.

True

False

6. **(Screen 8 "Healthcare Staff" Video #1)** Circle the correct answer. If a person living with dementia is having trouble with dressing, you should:

a) Do it all for him/her so that it goes more quickly.

b) Instruct one item at a time, one step at a time.

7. **(Screen 8 "Healthcare Staff" Video #1)** List four ways can you make dressing meaningful and positive for a person living with dementia?

a)

b)

c)

d)

8. **(Screen 8 "Healthcare Staff" Videos #1 and #2)** How can you make dressing more private for the person?

9. **(Screen 8 "Healthcare Staff" Video #1 and "Family Members" Video #2)** What helpful information can you learn from family members about a person's dressing habits?

10. **(Screen 8 "Healthcare Staff" Videos #2 and #3, and Screen 11 CARES<sup>®</sup> Tip)** What types of clothing can make getting dressed easier for a person living with dementia?

# CARES<sup>®</sup> Activities of Daily Living™

## Module 6 Worksheet

### ***“EATING”***

1. **(Screen 3 Video, and Screen 5 “Late Stage” Video and “End Stage” Pop-up Text and Video)**  
Describe three effective ways to connect with a person living with dementia during mealtimes.
  - a)
  - b)
  - c)
  
2. **(Screen 3 Text and Video, Screen 5 “Middle Stage” and “Late Stage” Videos, Screen 6 CARES<sup>®</sup> Tip, and Screen 7 “Healthcare Staff” Videos #1 and #3)** List three ways you can help a person eat independently for as long as possible.
  - a)
  - b)
  - c)
  
3. **(Screen 4 Video Animation, Screen 7 “Educators” Video #1, and Screen 8 CARES<sup>®</sup> Tip)** If you notice a person living with dementia is starting to have trouble swallowing, you should notify a nurse or doctor. A change in diet may be needed. List four signs that swallowing may be becoming difficult.
  - a)
  - b)
  - c)
  - d)
  
4. **(Screen 4 Text and Video Animation, and Screen 8 “Swallowing Problems” Check Answer Pop-up Text)** Why does swallowing become more difficult in the later stages of dementia?

5. **(Screen 4 Video Animation, Screen 10 Video #2 and Check Answer Text, and Screen 13 “Knowledge Check” #4)** What is the best position for eating?
6. **(Screen 4 “Educators” Videos #1 and #2, and “Family Members” Video #1)** Circle the correct statement.
- a) As dementia progresses, a person’s food preferences usually remain the same.
  - b) As dementia progresses, a person’s food preferences usually change.
  - c) It depends on the person.
7. **(Screen 6 CARES® Tip)** Some of our taste sensations dull as we age, but the sweet sensation lasts the longest. List three soft, sweet foods that can be served to help encourage eating.
- a)
  - b)
  - c)
8. **(Screen 6 CARES® Tip)** Snacks throughout the day are a good idea.
- True                      False
9. **(Screen 8 “Easily Distracted” Check Answer Pop-up Text, and Screen 10 Video #6 and Check Answer Pop-up Text for both questions)** A person living with dementia may be easily distracted at mealtimes. List four things you can do to help keep the person focused on eating.
- a)
  - b)
  - c)
  - d)
10. **(Screen 8 “Recognizing Silverware” Pop-up Audio Info)** Mr. Park is staring at his dinner. He doesn’t seem to recognize the fork, spoon, or even the food. How can you help him start eating?

# CARES® Activities of Daily Living™

## Module 7 Worksheet

### “GROOMING”

1. **(Screen 2, Screen 3, and Screen 5)** Why is important to learn the personal grooming habits of the people in your care?
  
  
  
  
  
  
  
  
  
  
2. **(Screen 4 “Middle Stage” Pop-up Text and Video Voiceover Info)** How can you assist a person in the middle stage of Alzheimer’s disease with grooming?
  - a) Physical prompts
  - b) Simple reminders
  - d) Attention re-direction
  - d) All of the above
  
  
  
  
  
  
  
  
  
  
3. **(Screen 5 “Upset Families” Response Pop-up Audio, and CARES® Tip)** Describe ways to make hair care easier.
  
  
  
  
  
  
  
  
  
  
4. **(Screen 6 C/A Video Animations)** You are about to shave Mr. Hudson, but he seems confused. What can you do to help him be more comfortable with this?

5. **(Screen 6 C/A/R/E/S Activity Video Animations and Screen 9 “Restlessness” Check Answer Pop-up Text)** How can you help prevent anxiety when assisting with grooming?
6. **(Screen 7 C/AR/E Video Animations, and Screen 9 “Long Nails” Check Answer Pop-up Text)** Describe effective techniques when cutting a person’s nails.
7. **(Screen 8 “Healthcare Staff” Video #1)** List three ways you can help keep people living with dementia involved in their own grooming care.
- a)
  - b)
  - c)
8. **(Screen 8 “Administrators” Video #2)** Involving a person living with dementia with their own grooming always takes longer.
- True                      False
9. **(Screen 8 “Administrators” Video #1)** Why is it important to keep people living with dementia involved in their own grooming care?
10. **(Screen 9 “Applying Make-up” Check Answer Pop-up Text)** Explain why applying makeup to women living with dementia can be important.



5. **(Screen 5 “Dentures” Concern and Response Audio Info, and Screen 8 “Healthcare Staff” Video #4)** List three reasons why wearing dentures when possible is important for people living with dementia.
- a)
  - b)
  - c)
6. **(Screen 5 “Dentures” Concern and Response Audio Info, and Screen 8 “Healthcare Staff” Videos #4 and #5)** Mr. Morales becomes upset when you place his dentures in his mouth. What should you do?
7. **(Screen 6 CARES<sup>®</sup> Tip, and Screen 8 “Healthcare Staff” Video #1)** List three alternative approaches to mouth care in people living with dementia.
- a)
  - b)
  - c)
8. **(Screen 8 “Healthcare Staff” Video #3)** Poor oral care can lead to pneumonia and cardiovascular disease.
- True                      False
9. **(Screen 8 “Healthcare Staff” Video #3)** Describe three signs of mouth pain.
- a)
  - b)
  - c)
10. **(Screen 11 Text and “Knowledge Check” Question #5)** Maintaining good oral hygiene can prevent pain from infection, but it is also important because:
- a) It benefits eating.
  - b) It benefits speech.
  - c) It benefits heart health.
  - d) All of the above.



# CARES® Activities of Daily Living™

## Module 9 Worksheet “USING THE BATHROOM”

1. **(Screen 2 and Screen 3)** List three reasons why it’s important for a person living with dementia to continue to use the toilet as independently as possible.
  - a)
  - b)
  - c)
  
2. **(Screen 3)** Circle the correct statement.
  - a) If you take the person to the toilet regularly, it usually takes more time than cleaning them up and re-dressing them after an accident.
  - b) If you take the person to the toilet regularly, it usually takes less time than cleaning them up and re-dressing them after an accident.
  
3. **(Screen 4 “Early Stage” Video and Screen 11 Text)** List two things you can do to learn a person’s bathroom habits.
  - a)
  - b)
  
4. **(Screen 6, Screen 8 “Healthcare Staff” Video #3 and “Administrators” Video #2, and Screen 11 “Knowledge Check” Question #3)** Describe three behaviors or signs that often mean that a person has to use the toilet.
  - a)
  - b)
  - c)
  
5. **(Screen 8 “Healthcare Staff” Videos #1 and #2 plus the CARES® Tip)** Because of changes in perception, it is common for persons living with dementia to have trouble finding or recognizing the toilet. List three strategies that can make it easier to see the toilet.
  - a)
  - b)
  - c)

6. **(Screen 8 “Educators” Video #1)** People living with dementia eventually lose the ability to go to the bathroom themselves. How can you help family members who may be struggling with the fact that their family member is incontinent?
7. **(Screen 8 CARES<sup>®</sup> Tip)** List two changes in a person’s toileting that should be reported to a nurse or doctor.
- a)
- b)
8. **(Screen 8 CARES<sup>®</sup> Tip)** Limiting fluids is a good way to help a person stay continent.
- True                      False
9. **(Screen 9 “Privacy” Check Answer Pop-up Text)** Describe ways you can make using the bathroom more private, while still assisting the person.
10. **(Screen 9 “Assistance” Check Answer Pop-up Text, and Screen 10 Video and “Check Answer” Pop-up Text)** Mrs. Hanson gets upset when you help her use the toilet. What can be done to make her more comfortable with being assisted?

# CARES® Activities of Daily Living™

## Module 10 Worksheet

### ***“MOBILITY, TRANSFERRING, AND POSITIONING”***

1. **(Screen 3 and Screen 7 “Educators” Video #2)** Explain why it is important to help people living with dementia to walk and bear weight for as long as possible.
  
2. **(Screen 4 “Pain” Response Pop-up Audio Info and Screen 8 “Knowledge Check” Question #1)** List two steps you can take to minimize or eliminate pain before moving or re-positioning someone.
  - a)
  - b)
  
3. **(Screen 4 “Pain” Response Pop-up Audio Info, Screen 5 CARES® Tip, and Screen 7 “Healthcare Staff” Video #4)** Sitting in wheelchairs can be uncomfortable for long periods of time. List two things you should regularly do for people in wheelchairs.
  - a)
  - b)
  
4. **(Screen 4 “Repositioning” Response Pop-up Audio Info and Screen 8 “Knowledge Check” Question #2)** If a person is leaning in a wheelchair, you should try to identify the problem. List four things to consider.
  - a)
  - b)
  - c)
  - d)

5. **(Screen 6, Screen 7 “Healthcare Staff” Video #1, and Screen 10 “See the Real Thing” Video Voiceover Info)** Explain the importance of connecting with people before moving them.
6. **(Screen 6 CARES<sup>®</sup> Tip, and Screen 7 “Educators” Video #1)** Even when people living with dementia are mobile and walking well, they are still at risk of falling because they have trouble processing or understanding things around them. List three things you can do to help reduce the risk of falls.
- a)
  - b)
  - c)
7. **(Screen 6 A/Assess Behavior and R/Respond Appropriately Video Animations, and Screen 8 “Getting Hurt” Check Answer Pop-up Text and “Pain” Check Answer Pop-up Text)** Mrs. Stone is able to walk with a walker, but today she is resisting getting up and moving. What should you do?
8. **(Screen 7 “Healthcare Staff” Video #2)** List two visual cues that can help a person understand it’s time to stand up and move.
- a)
  - b)
9. **(Screen 8 “Getting Hurt” Check Answer Pop-up Text)** Circle the correct statement.
- a) If a person is actively resisting you, it’s best to move them as quickly as possible.
  - b) If a person is actively resisting you, it is unsafe to move them.
10. **(Screen 8 “Muscle Tightness” Check Answer Pop-up Text)** Muscle tightness and joint contractures are common in people in the late stage.

True

False