

The day you were **Born** e.g., 06 or 17): \_\_\_\_\_

First 3 letters of your **Mother's First Name** \_\_\_\_\_

Your City & State of residence: \_\_\_\_\_

City & State of this Educational Session \_\_\_\_\_

Today's date \_\_\_\_\_

## **Pre-Session Form**

### Session 1

***Please select (by circling) the letter of the best answer for helping a person with cognitive needs.***

1. You've just met Ms. S., an 88 year old woman with cognitive needs, and are told that she becomes upset when someone tells her it's time to take a shower. You assume that:
  - a. She was always uncooperative; that's part of her personality.
  - b. She probably prefers to take a bath.
  - c. Changes in her brain have caused her to be upset.
  
2. Mr. G. is an 85-year-old man with cognitive needs who tries to strike out at you when you help him with his shower. You can best help him by:
  - a. Being sure that a man always helps him take a shower.
  - b. Understanding how changes in his brain affect his ability to take a shower.
  - c. Finding out what has caused him to become so mean and ornery.
  
3. During the past two years, Mr. B., a 90-year-old man with cognitive needs, has become more and more upset during his shower. The most likely reason is that:
  - a. The older he becomes, the more uncooperative and angry he appears to be.
  - b. Changes in his brain have spread to more parts of his brain and affected his ability to figure out how to take a shower.
  - c. His arthritis has become worse and it's painful for him to move around in the shower.
  
4. Which four factors are most important to examine closely in most situations?
  - a. The mealtime experience, the environment, the family members, and the type of residence where the person lives.
  - b. The person, communication, the task, and the environment.
  - c. The task, the bathroom/shower room, the family members, and the person's level of functioning.

***Next page please***

The day you were **Born** e.g., 06 or 17): \_\_\_\_\_

First 3 letters of your **Mother's First Name** \_\_\_\_\_

Your City & State of residence: \_\_\_\_\_

City & State of this Educational Session \_\_\_\_\_

Today's date \_\_\_\_\_

5. What is the best way to help a person with cognitive needs if she angrily refuses to take a shower?
- a. Point out to the person that her behavior is affecting other people and help her control her emotions.
  - b. Increase her daily exercise program to reduce stress.
  - c. Modify her environment, the task, and your communication with her to address the effects of the changes in her brain.

***Participant Information*** (Please select, by circling your answers)

6. How old are you?

- younger than 20 years old
- 20-30 years old
- 30-40 years old
- 40-50 years old
- 50-60 years old
- 60-70 years old
- 70-80 years old
- 80-90 years old
- older than 90 years old

7. Are you: Male Female N/A

8. What is the highest grade you completed in school or college?

- 8<sup>th</sup> grade or less
- some high school
- high school graduate or equivalent
- some college
- college degree
- graduate school

9. How much experience have you had caring for persons with cognitive needs?

- 0-1 year
- 1-2 years
- 2-3 years

***Next Page Please***

The day you were **Born** e.g., 06 or 17): \_\_\_\_\_

First 3 letters of your **Mother's First Name** \_\_\_\_\_

Your City & State of residence: \_\_\_\_\_

City & State of this Educational Session \_\_\_\_\_

Today's date \_\_\_\_\_

\_\_4 years or more

10. Identify your current position(s):

\_\_ nursing assistant

\_\_ nurse

\_\_ social worker

\_\_ administrator

\_\_ home health aide

\_\_ activity/recreational therapist

\_\_ case manager

\_\_ care manager

\_\_ physician

\_\_ therapist (OT, PT)

\_\_ speech therapist

\_\_ mental health professional

\_\_ psychologist

\_\_ service provider

\_\_ supervisor

\_\_ personal assistant

\_\_ other (please specify)

\_\_\_\_\_

11. Are you caring for a friend or a member of your family? \_\_yes \_\_no

If yes, please select (by circling) all that apply:

\_\_ living with the person

\_\_ providing primary care

\_\_ assisting with care, but not the primary

12. How much training have you had in caring for someone with cognitive needs?

\_\_ none

\_\_ 1-3 hours

\_\_ 4-6 hours

\_\_ 7-9 hours

\_\_ 10 hours or more

13. What group of persons do you have the most experience with?

\_\_ Older adults

\_\_ Persons with dementia

\_\_ Persons with a developmental difference

\_\_ Persons with a mental illness

\_\_ Other (please specify): \_\_\_\_\_

***Thank you very much for your help!***