

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 5

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

1. When anticipating a particular activity for Ms. S., such as getting dressed, you should:
 - a. Think about what aspects of the task she enjoys most, and plan to do those first.
 - b. Make changes in approach so she won't get bored.
 - c. Break the task down into steps she can understand.

2. Mr. G seems to get agitated when you start helping him to get ready for a shower. You should:
 - a. Find out what he's used to doing to get clean (e.g., shower, bath, sponge bath).
 - b. Leave the room and let him try to do it since he might be embarrassed.
 - c. Wait until evening when he's more tired and may not be as resistive.

3. You know Alice is capable of fixing her own lunch, yet sometimes she mixes things up, like pouring milk on her plate rather than in her glass. You should:
 - a. Take the milk and pour it into a glass so she won't be embarrassed by a spill.
 - b. Break the lunch-making into simpler steps and do one step at a time. For example, arranging a few necessary dishes on the table, then preparing a sandwich at the counter, putting the sandwich on her plate at the table, then pouring the milk.
 - c. Demonstrate the process of getting a meal together and then let her try the next time.

4. Which concept is most important regarding tasks and daily routines when helping a person with cognitive needs?
 - a. That the person is well fed, clothed appropriately, and kept clean.
 - b. That the person feels good during and after the task.
 - c. That both the care partner and the person enjoy the task.
 - d. That the order and task complexity of task steps match the person's ability.
 - e. That the task is accomplished as efficiently as possible to allow time and energy for the activities the person most wants to do.

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5. Match the concepts about tasks and daily routines with the corresponding statements by selecting the appropriate letters and recording them where indicated (write the letter of each concept next to the statement it matches):

- a. Consistency
- b. Break down complex task into simple steps
- c. Timing
- d. Modification of objects

_____ The person goes to bed right after preparing for bed.

_____ The person is used to using bar soap.

_____ Showering is always done in the morning.

_____ The pants and shirt are laid out for the person, then the person puts the pants and shirt on without help, then has help with shoes and socks.

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?

___8th grade or less

___some high school

___high school graduate or equivalent

___some college

___college degree

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__graduate school

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

__0-1 year

__1-2 years

__2-3 years

__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!