**Suggested Answers to Assignments, Chapter 9, Caring for People With Dementia**

| Written Assignments | Learning Objective(s) |
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| Assignment #1. Students will complete Chapter 9 of *Lippincott Workbook for Nursing Assistants.* | 1–9 |
| Assignment #2. Students’ essays might include:   * Going through the grieving process * Fear of losing control and being a burden on family and caregivers * Concern for family and friends and how they will cope * Type and extent of care you wish to receive * End-of-life decisions * The three stages and how they would be experienced | 2, 8, 9 |

| Group Assignments | Learning Objective(s) |
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| Assignment #1. Students’ discussion should include the following:   * Dementia is the permanent and progressive loss of mental functions caused by damage to the brain tissue. * Delirium is a temporary state of confusion and is a symptom of an underlying disorder. * Observations that may indicate delirium include:   + The person is hallucinating   + The person does not recognize someone who is familiar or mistakes a stranger for a family member or close friend   + The person is very restless, especially at night   + The person seems confused   + The person talks about past events, but cannot recall recent events   + The person gets lost and wanders aimlessly in a familiar place | 1 |
| Assignment #2. Students’ responses might be:   * Law enforcement officer could walk the facility to make sure everything is secure * Carpenter could make a wooden box by gluing parts together * Business professional might work with number puzzles or games while seated at a desk * Musician could play a percussion instrument in group music activities | 6, 8 |

| Clinical Assignments | Learning Objective(s) |
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| Assignment #1. Students watch Module 14 of Lippincott Video Series for Nursing Assistants. | 6–8 |
| Assignment #2. During clinical experience, students should observe for characteristics that people with dementia display. Before providing assistance with ADLs, students should review guidelines for caring for a person with dementia. Following clinical experience, students will discuss the effectiveness of following the guidelines with classmates.   * Characteristics   + Wandering   + Pacing   + Repetition   + Rummaging   + Delusions and hallucinations   + Agitation   + Catastrophic reactions   + Sundowning   + Inappropriate sexual behaviors * Guidelines for caring for a person with dementia:   + Maintain a calm, structured environment   + Speak clearly in a calm tone of voice   + Approach the person with dementia slowly and announce yourself before touching   + Avoid arguing or disagreeing with the person   + When asking something, use short words and short sentences   + Avoid instructions that require the person to remember more than one action at a time   + Allow enough time for the person to respond to questions and directions   + Pay attention to body language   + Be aware that solutions that work today might not work tomorrow   + Show affection with kind words, a gentle touch, and smile   + Use hand gestures in addition to spoken instructions   + Plan for a procedure in advance   + Allow the person to do as much as they can for themselves, for as long as possible   + Use visual cues to orient to time and place   + Get the person involved in activities relating to former interests   + Protect the person from physical injury   + Maintain the person’s hygiene and grooming habits   + Be tolerant   + Be self-aware   + Keep to the person’s regular schedule | 4, 5, 7 |

| Web Assignment | Learning Objective(s) |
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| Assignment #1. Students can enter “dementia treatment” to find such web sites as:  <http://www.webmd.com/alzheimers/tc/dementia-treatment-overview#1> | 2, 3, 6, 8 |