# Answers to Questions in the Workbook, Chapter 9, Caring for People With Dementia

**Activity A FILL IN THE BLANKS**

* 1. Dementia is the permanent and progressive loss of mental functions, caused by damage to the brain tissue.
  2. Delirium is a temporary state of confusion that can be a symptom of an underlying disorder, such as an infection.

**Activity B TRUE OR FALSE**

**1. F.** Once the cause of DELIRIUM is identified and treated, the DELIRIUM will go away.

**2. T**

* 1. **T**
  2. **F.** A person with dementia is NOT able to make responsible decisions.
  3. **F.** Dementia usually has a GRADUAL onset.

**Activity C IDENTIFY THE DIFFERENT STAGES**

1. M
2. L
3. E
4. L
5. M
6. L
7. M
8. L

**Activity D MATCHING**

1. **c**
2. **d**
3. **a**
4. **b**

**Activity E FILL IN THE BLANKS**

**1.** Four of the most common causes of dementia are Alzheimer disease, vascular dementia, Lewy body dementia, and frontotemporal dementia.

**2.** The frontal lobe is the area of the brain that is responsible for personality and behavior.

**3.** Alzheimer disease is the most common type of dementia, accounting for more than 60% of cases of dementia.

**4.** If no cure is found for Alzheimer disease, it is estimated that around 14 million people will have the disease by the year 2050.

**5.** Alzheimer disease usually occurs in people older than 65 years of age.

**Activity F FILL IN THE BLANKS**

Amnesia means difficulty remembering.

Aphasia means difficulty using language.

Agnosia means difficulty recognizing information obtained using the five senses.

Apraxia means difficulty coordinating the steps needed to complete a task.

**Activity G SHORT ANSWER**

Barry should be made aware of the following risk factors for developing vascular dementia: (1) a history of myocardial infarction (heart attack); (2) hypertension; (3) diabetes mellitus; (4) peripheral vascular disease; (5) transient ischemic attacks (TIAs); (6) obesity; (7) smoking; (8) high blood cholesterol levels.

**Activity H MATCHING**

**1. e**

**2. c**

**3. d**

**4. b**

**5. a**

**6. j**

**7. h**

**8. i**

**9. g**

**10. f**

**Activity I TRUE OR FALSE**

**1. T**

**2. F.** A person with dementia may do the same thing over and over again. This is called PERSEVERATION.

**3. F.** If one of your residents is delusional, DO NOT try to correct the person.

**4. T**

**5. F.** VALIDATION therapy stresses the importance of acknowledging the person’s reality rather than correcting the person.

**Activity J MATCHING**

**1. e**

**2. h**

**3. g**

**4. f**

**5. a**

**6. c**

**7. b**

**8. d**

**Activity K SHORT ANSWER**

**1.** A person with dementia loses the ability to communicate effectively. A change in behavior may be a sign that the person is trying to tell you something. It is important not to just consider behaviors a normal part of the person’s disease process. The person may have a physical or emotional need that is not being met, and the only way she can communicate this is through her behavior.

**2.** In this situation, it would be best to say something like, “Tell me about your son, Mr. Alvarado. I understand he was a good football player.”

**Activity L SHORT ANSWER**

**1.** When you are helping a person with dementia with their activities of daily living (ADLs), the five things that you can do to make the task at hand go more smoothly are:

* + 1. Speak clearly, in a calm tone of voice.
    2. Remind the person at each step what they need to do next.
    3. Use hand gestures in addition to spoken instructions.
    4. Plan for the procedure in advance.
    5. Keep to a regular schedule.

**2.**

* + 1. Assisting Mr. Rodriguez with a tub bath: prepare the tub room in advance (fill the tub, make sure the room is warm); provide for modesty and warmth; involve Mr. Rodriguez in the process as much as possible; consider singing to soothe him if he is frightened.
    2. Assisting Mrs. Cheng with dressing: limit the number of outfits Mrs. Cheng has to choose from; help her select articles of clothing that are simple, rather than complex.
    3. Assisting Miss Myrtle with lunch: provide a quiet setting and limited food choices; consider serving “finger foods”; use “hand-over-hand” technique to assist with using utensils.
    4. Assisting Mr. Rider with elimination: taking Mr. Rider to the bathroom on a regular schedule (e.g., every 2 hours); help Mr. Rider to select clothing with fasteners that are easy to manage.

**3.** Types of therapy used to help meet the emotional needs of people with dementia include reminiscence therapy, activity therapy, pet therapy, and music therapy. In reminiscence therapy, the person with dementia is encouraged to remember and share experiences from their past with others. Looking through a photo album together would be an example of reminiscence therapy. Activity therapy helps the person to feel useful and gives them a sense of purpose and accomplishment. There are many different types of activities that a person with dementia can enjoy such as creative activities (flower arranging, painting, baking), intellectual activities (looking at a book of photographs, reading the newspaper aloud together, attending a play), social activities (singing with other residents, going on a picnic), or physical activities (taking a walk, participating in a group exercise class). In music therapy, music is used to calm the person. In pet therapy, people enjoy visits from companion animals, such as dogs or cats. Interacting with animals lowers stress levels and is very enjoyable for many people.

**Activity M TRUE OR FALSE**

**1. F.** It IS necessary to assist a person with dementia with personal hygiene and grooming, since they CAN appreciate being clean and well groomed.

**2. T**

**3. F.** A person with dementia CAN benefit from a kind word, a gentle touch, or a smile.

**4. F.** It IS important to help the person to maintain their independence because THIS HELPS TO PROTECT THE PERSON’S SELF-ESTEEM.

**5. T**

**6. T**

**Activity N TRUE OR FALSE**

**1. F.** It is NEVER acceptable to physically punish a resident with dementia who has cursed at you, spit on you, slapped you, scratched you, pulled your hair, pinched you, or called you something offensive.

**2. T.**

**3. F.** Caring for a person with dementia is emotionally AND physically demanding.

**4. F.** A CAREGIVER could be charged with abuse if they cause any harm to the PERSON WITH DEMENTIA.

**5. T**