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Confusion, Dementia, and Alzheimer's Disease

1. Discuss confusion and delirium

Short Answer

- 1. What are ten actions that a home health aide can take when helping care for a client who is confused?

- 2. Name four possible causes of delirium.

2. Describe dementia

Multiple Choice

- 1. The ability to think logically and quickly is called
 - (A) Cognition
 - (B) Dementia
 - (C) Awareness
 - (D) Respiration
- 2. When a person has cognitive impairment, that means her _____ are affected.
 - (A) Blood pressure readings and ambulatory abilities
 - (B) Motor skills and fine motor skills
 - (C) Concentration and memory
 - (D) Diet choices and exercise abilities
- 3. Home health aides can help clients by
 - (A) Doing as much as possible for them
 - (B) Encouraging them to make lists of things to remember
 - (C) Reminding them every time they forget something
 - (D) Telling them to think as hard as they can
- 4. The most common cause of dementia is
 - (A) Lewy body dementia
 - (B) Alzheimer's disease
 - (C) Reproductive cancers
 - (D) Chronic obstructive pulmonary disease

3. Describe Alzheimer's disease and identify its stages

True or False

- 1. _____ A person with Alzheimer's disease is usually able to continue using skills that he used often during his lifetime.

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2. _____ Each person with Alzheimer's disease shows the same symptoms at the same times during their lives.
3. _____ An HHA should perform as many activities as possible for clients with Alzheimer's disease.
4. _____ Alzheimer's disease cannot be cured.
5. _____ Most people who have Alzheimer's disease will eventually be dependent on others for care.

4. Identify personal attitudes helpful in caring for clients with Alzheimer's disease

Short Answer

For each of the following, briefly describe why each attitude is helpful when caring for clients with Alzheimer's disease.

1. Do not take things personally.

2. Be empathetic.

3. Work with the symptoms and behaviors noted.

4. Work as a team.

5. Be aware of difficulties associated with caregiving.

6. Work with family members.

7. Remember the goals of the care plan.

5. List strategies for better communication with clients with Alzheimer's disease

Short Answer

Read each scenario below and state an appropriate response.

1. Mrs. Hays, a client with AD, has awakened from her nap and does not recognize her room or anyone around her.

2. Makayla, an HHA, has been trying to give Mr. Collins, a client with AD, a bath. Mr. Collins has become agitated and is asking Makayla "Who are you?" over and over again, although Makayla has already identified herself twice.

3. Mrs. Hays has been telling Makayla a story about her niece. She is showing her a necklace that her niece gave her as a gift. She is having trouble remembering the word *necklace* and is getting upset.

4. Makayla is helping Mr. Collins get ready to eat dinner with his family. Makayla asks him to put his shoes on, but Mr. Collins does not understand what Makayla wants him to do.

Multiple Choice

5. When communicating with a client with Alzheimer's disease, the HHA should
- (A) Quietly approach the client from behind.
 - (B) Stand as close as possible to the client.
 - (C) Communicate in a loud area to help cheer up the client.
 - (D) Speak slowly, using a lower voice than normal.
6. If a client is frightened or anxious, which of the following should the HHA do?
- (A) Check her body language so that she does not appear tense or hurried
 - (B) Turn up the television or radio to try to distract the client
 - (C) Use complex, longer sentences to calm the client
 - (D) Give multiple instructions at one time so that the client has something to process
7. If a client perseverates, this means he is
- (A) Repeating words, phrases, questions, or actions
 - (B) Suggesting words that sound correct
 - (C) Hallucinating
 - (D) Gesturing instead of speaking

8. If the client does not remember how to perform basic tasks, the HHA should
- (A) Do everything for him
 - (B) Break each activity into simple steps
 - (C) Skip explaining each activity
 - (D) Say "don't" as often as the HHA feels is necessary

6. Explain general principles that will help assist clients with personal care

Short Answer

1. What three principles will help home health aides give clients with dementia the best personal care?

7. List and describe interventions for problems with common activities of daily living (ADLs)

Short Answer

For each of the following statements, write G if the statement is a good idea for clients with Alzheimer's disease or B if the statement is a bad idea.

1. ____ Use nonslip mats, tub seats, and handholds to ensure safety during bathing.
2. ____ Always bathe the client at the same time every day, even if the client does not want to do it.
3. ____ Break tasks down into simple steps, introducing one step at a time.
4. ____ Do not attempt to groom the client; people with Alzheimer's disease usually do not care about their appearance.

Name: _____

5. ____ Choose clothes that are simple to put on.
6. ____ If the client has urinary incontinence, do not give her fluids because it makes the problem worse.
7. ____ Mark the bathroom with a sign as a reminder of when to use it and where it is.
8. ____ Check the skin regularly for signs of irritation.
9. ____ Follow Standard Precautions when caring for the client.
10. ____ Do not encourage exercise as this will make the client more agitated.
11. ____ Serve finger foods if the client tends to wander during meals.
12. ____ Schedule meals at the same time every day.
13. ____ Serve new kinds of foods as often as possible to stimulate the client.
14. ____ Put only one kind of food on the plate at a time.
15. ____ Use plain white dishes for serving food.
16. ____ Do not encourage independence as this can lead to aggressive behavior.
17. ____ Reward positive behavior with smiles and warm touches.

8. List and describe interventions for common difficult behaviors related to Alzheimer's disease

Short Answer

For each description below, identify the behavior that the client with Alzheimer's disease is exhibiting, and describe one way of dealing with it.

1. Mr. Fejer gets upset at about nine o'clock every night. He repeatedly asks for snacks or drinks and refuses to go to bed.

2. Mr. Noble is playing chess with a friend who is visiting. Mr. Noble becomes angry when he loses the game. He shoves his friend and when the HHA approaches them, he tells her he is going to hit her.

3. Mrs. Martin gets very upset every time she sees the president on television. She yells at the screen and tells everyone what a poor state our country is in.

4. Ms. Desmond used to enjoy talking to people and reading, but lately she does not seem to enjoy anything. She sleeps most of the day and never talks to anyone unless she is asked to.

5. Ms. Storey is walking around asking her HHA what time it is. Even though she has been told several times, she still seems unsatisfied and keeps asking the question.

6. Mrs. Calderon tells her HHA that her husband just called her on the phone. She says he is coming to pick her up and they are going to dinner at the restaurant where they went on their first date. The HHA knows that her husband has been dead for several years, and their favorite restaurant has long since closed down.

9. Describe creative therapies for clients with Alzheimer's disease**Short Answer**

For each situation described below, identify the therapy that the home health aide is using.

1. Ms. Lee's husband died 10 years ago and she misses him very much. Imani, an HHA who works with her, always asks about her life with her husband and what it was like. Ms. Lee seems to enjoy telling Imani stories about what they did when they were young and how happy she was when they were together.

2. Mr. Elking tells Imani that he has a date with Rose, the pretty girl who lives across the street. He is going to take her dancing and out to a movie. Imani knows that Rose lived in his neighborhood when he was a teenager and that he has not seen her for decades. Mr. Elking rarely gets out of bed. Instead of correcting him, Imani asks him what kind of movie they are going to see and what he thinks he should wear.

3. Mr. Tennant sometimes gets depressed, especially in the evenings. Imani knows that he loves classical music, so she starts playing it for him in the evenings a little before he usually starts feeling sad. He sorts through albums and places them in stacks.

10. Discuss how Alzheimer's disease may affect the family**Short Answer**

1. Why might families of people who have AD have a difficult time?

Name: _____

2. What two major resources affect the ability of clients' families to cope with AD?
