

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: The Brain and Cognition

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

1. A person strikes out at you when you try to help them put on their coat.
You can best help them by:
 - a. Being sure that whoever helps them with this task is very strong and muscular.
 - b. Understanding how changes in their brain affect their ability to do this task.
 - c. Finding out what has caused them to become so stubborn and ornery.

2. During the past two years, a 90-year-old person has become more and more upset when you help them change their clothes. The most likely reason is:
 - a. The older they become, the more uncooperative and angry they appear to be.
 - b. Changes in their brain have spread to more parts of their brain and affected their ability to figure out how to change their clothes.
 - c. Their arthritis has become worse and it's painful for them to move their arms while dressing.

3. You were told that a person you just met becomes upset when someone tells them it's time to take a shower. You assume that:
 - a. They are always uncooperative; that's part of their personality.
 - b. They probably prefer to take a bath.
 - c. Changes in their brain have caused them to be upset because of resulting cognitive changes.

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. This person, communication, the task, and their environment.
 - c. The task, the bathroom/shower room, the family members, and the person's level of functioning.

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5. What is the best way to help a person if they angrily refuse to do a task?
- Point out to this person that their behavior is affecting other people and help them control their emotions.
 - Increase their daily exercise program to reduce stress.
 - Modify their environment, the task, and your communication with them to address the effects of the changes in their 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
- 90 years old or older

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
- graduate school

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

- 0-1 year
- 1-2 years

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2-3 years

3-4 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 this person

providing primary care

assisting with care, but not the primary

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

none

1-3 hours

3-5 hours

5-7 hours

7-9 hours

9 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!