

CAIS HANDOUTS

Information and Suggestions for Improving Everyday Life and Reducing Distress by Supporting Cognitive Abilities

By Shelly Weaverdyck

ADDRESSING COGNITIVE ABILITIES

1. **Messages about Cognitive Intervention:** Suggestions about the Basics of Addressing a Person's Cognitive Abilities: 4 pages (CAIS.Handout.1.Messages.Cognitive.Intervention.4.22.20.pdf)
2. **Messages about Cognitive Abilities:** Suggestions of Assumptions to Make about a Person who Needs Help: 3 pages (CAIS.Handout.2.Messages.Cognitive.Abilities.4.22.20.pdf)

COGNITIVE ABILITIES AND THE BRAIN

3. **Cognitive Abilities Listed:** Five Phases of Cognitive Processing: 2 pages (CAIS.Handout.3.Cognitive.Abilities.List.4.22.20.pdf)
4. Understanding **Cognitive Abilities: Questions to Ask:** Adaptation of Handout from Session Two of the CAIS Educational Series: 5 pages (CAIS.Handout.4.Questions.Cognitive.Abilities.4.22.20.pdf)
5. **Recognizing Cognitive Abilities:** Suggestions for Recognizing Evidence of a Person's Cognitive Strengths and Needs: 6 pages (CAIS.Handout.5.Recognizing.Cognitive.Abilities.4.22.20.pdf)
6. The **Healthy Brain and Cognition:** Information about Cognitive Abilities and Parts of the Brain: 4 pages (CAIS.Handout.6.Healthy.Brain.Cognition.4.22.20.pdf)
7. **Brain Changes and the Effects on Cognition:** Information about Parts of the Brain, Cognitive Abilities, and Dementia: 10 pages (CAIS.Handout.7.Changes.Brain.Cognition.4.22.20.pdf)
8. The **Brain and Cognitive Abilities:** Adaptation of Handout One from Session One of the CAIS Educational Series: 8 pages (CAIS.Handout.8.Brain.Cognitive.Abilities.4.22.20.pdf)
9. **Hand Dominance Criteria:** Suggestions of Evidence a Person is Left or Right Handed: 1 page (CAIS.Handout.9.Hand.Dominance.4.22.20.pdf)
10. **Comments about the Brain:** Information about the Brain and Effects of Brain Changes Summarized: 2 pages (CAIS.Handout.10.Brain.4.22.20.pdf)

UNDERSTANDING HOW A PERSON, ENVIRONMENT, TASK, COMMUNICATION AFFECT COGNITIVE ABILITIES

11. Domains to Explore: Suggestions of **Information to Gather** as you Consider How to Help: 2 pages (CAIS.Handout.11.Domains.to.Consider.4.22.20.pdf)
12. Helping a Person with a **Task:** Suggestions for **Adapting** the Environment, Communication, and the Task and **Why:** 16 pages (CAIS.Handout.12.Helping.Task.4.22.20.pdf)
13. Understanding the **Environment: Questions to Ask:** Adaptation of Handout from Session Three of the CAIS Educational Series: 6 pages (CAIS.Handout.13.Questions.Environment.4.22.20.pdf)

List of CAIS Handouts by Shelly Weaverdyck

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Cognitive Abilities and Intervention Strategies (CAIS): Handouts of Information and Suggestions

See CAIS Questions to Ask and CAIS Intervention Strategies

Shelly Weaverdyck, PhD 2010 Revised 4/22/20 On Improving MI Practices website at <https://www.improvingmipractices.org>

14. **Features** of the **Environment** to Consider and Why: Nine Aspects that Affect Cognitive Abilities: 4 pages (CAIS.Handout.14.Features.Environment.4.22.20.pdf)
15. Understanding **Communication: Questions** to Ask: Adaptation of Handout from Session Four of the CAIS Educational Series: 7 pages (CAIS.Handout.15.Questions.Communication.4.22.20.pdf)
16. Understanding the **Task** and Daily Routines: **Questions** to Ask: Adaptation of Handout from Session Five of the CAIS Educational Series: 5 pages (CAIS.Handout.16.Questions.Task.4.22.20.pdf)

CAUSES OF COGNITIVE CHANGE

17. Three Questions About Cause: Suggestions for a Search for the **Reasons Cognitive Changes** are **Occurring Now**: 2 pages (CAIS.Handout.17.Three.Questions.Cause.4.22.20.pdf)
18. Change in Cognition **Questions**: Suggestions for Exploring Possible Reasons for Cognitive Changes in **Mental Illness**: 1 page (CAIS.Handout.18.Change.Cognition.4.22.20.pdf)
19. **Alzheimer's** Disease: Information and Intervention Suggestions with an Emphasis on Cognition: 8 pages (CAIS.Handout.19.Alzheimers.Disease.4.22.20.pdf)
20. **Dementia with Lewy Bodies**: Information and Intervention Suggestions with an Emphasis on Cognition: 9 pages (CAIS.Handout.20.Dementia.LewyBodies.4.22.20.pdf)
21. **Frontotemporal Dementia**: Information and Intervention Suggestions with an Emphasis on Cognition: 9 pages (CAIS.Handout.21.Frontotemporal.Dementia.4.22.20.pdf)

INTERVENTION: SUPPORTING COGNITIVE ABILITIES; IMPROVING COMMUNICATION, TASK PERFORMANCE, HAPPINESS; REDUCING DISTRESS

22. **Four Factors** and Basic Concepts for **Intervention**: Suggestions for Assisting a Person by Addressing their Cognitive Abilities: 2 pages (CAIS.Handout.22.Tips.Four.Factors.4.22.20.pdf)
23. **Four Factors**: Cognitive Abilities and Intervention Strategies: Adaptation of Handout Two from Session One of the CAIS Educational Series: 1 page (CAIS.Handout.23.Four.Factors.4.22.20.pdf)
24. **Do's to Remember**: Suggestions for Preventing and Responding to **Distress** and Distressing Situations: 2 pages (CAIS.Handout.24.Distress.Tips.4.22.20.pdf)
25. Responding to **Distress, Pain, and Needs** of a Person: Suggestions of Verbal and **Nonverbal** Strategies: 3 pages (CAIS.Handout.25.Nonverbal.Pain.Distress.4.22.20.pdf)
26. **Emotions**: Suggestions of How to Recognize **Nonverbal Evidence**: 2 pages (CAIS.Handout.26.Emotions.Nonverbal.4.22.20.pdf)
27. **Touch**: Suggestions for Touching a Person with Changes in Cognitive Abilities: 4 pages (CAIS.Handout.27.Touch.4.22.20.pdf)
28. **Movement with Less Distress**: Suggestions for Moving a Part of the Body of a Person who Needs Help: 1 page (CAIS.Handout.28.Moving.Pain.Distress.4.22.20.pdf)
29. **Visual-Spatial** Interventions: Suggestions for Helping a Person by Addressing their Visuospatial Abilities: 4 pages (CAIS.Handout.29.Visuospatial.4.22.20.pdf)
30. **Vision and Hearing** Interventions: Suggestions for Helping a Person by Addressing their Cognitive Abilities: 2 pages (CAIS.Handout.30.Vision.Hearing.4.22.20.pdf)
31. **Task Complexity** and Intervention Method: Suggestions for Modifying a Task to Address Cognitive Abilities: 1 page (CAIS.Handout.31.Task.Complexity.Method.4.22.20.pdf)
32. **Making Decisions**: Suggestions for Helping a Person Make their Own Decisions by Addressing their

Cognitive Abilities: 2 pages (CAIS.Handout.32.Making.Decisions.4.22.20.pdf)

33. **Simple Activities:** Suggestions of Adult Activities that Support Cognitive Abilities: 2 pages (CAIS.Handout.33.Simple.Activities.4.22.20.pdf)
34. **Sleep Interventions:** Suggestions for Helping a Person by Addressing their Cognitive Abilities: 6 pages (CAIS.Handout.34.Sleep.Tips.4.22.20.pdf)
35. Interventions for a Person with Brain Changes in the **Frontal Lobe:** Suggestions for Helping a Person by Addressing their Cognitive Changes: 9 pages (CAIS.Handout.35.Frontal.Lobe.Tips.4.22.20.pdf)
36. Interventions for a Person with **Right Hemispheric** Brain Changes: Suggestions for Helping a Person by Addressing their Cognitive Changes: 2 pages (CAIS.Handout.36.Right.Hemisphere.Tips.4.22.20.pdf)
37. **Dementia with Lewy Bodies Interventions:** Suggestions for Helping a Person Living with DLB: 4 pages (CAIS.Handout.37.Tips.Dementia.LewyBodies.4.22.20.pdf)
38. **Frontotemporal Dementia Interventions:** Suggestions for Helping a Person Living with FTD: 5 pages (CAIS.Handout.38.Tips.Frontotemporal.Dementia.4.22.20.pdf)
39. **Sharing Ideas with Others:** Suggestions for Sharing Information, Support, and Intervention Ideas: 6 pages (CAIS.Handout.39.Sharing.Ideas.Tips.4.22.20.pdf)

DISTRESSING SITUATIONS

40. **Ten Questions** about **Distress:** Suggestions of Questions to Ask when Advising about Distressing Situations and a Person in Distress: 1 page (CAIS.Handout.40.Ten.Questions.Distress.4.22.20.pdf)
41. Response to **Acute Distress:** Suggestions of Questions to Consider when Assisting a Person with Cognitive Changes: 2 pages (CAIS.Handout.41.Acute.Distress.Questions.4.22.20.pdf)
42. **Planning an Intervention** for a **Distressing Situation:** Suggestions for How to Address the Distress: 4 pages (CAIS.Handout.42.Planning.Distress.Situation.4.22.20.pdf)
43. Methods and Occasions for **Assessment:** Suggestions of Types and Times of Assessment for a Person with Cognitive Changes: 2 pages (CAIS.Handout.43.Assess.Methods.Occasions.4.22.20.pdf)

WEBSITE WITH CAIS HANDOUTS

This **Complete List** of **43 CAIS Handouts:** CAIS Handouts: Information and Suggestions for Improving Everyday Life and Reducing Distress by Supporting Cognitive Abilities: By Shelly Weaverdyck 3 pages (CAIS.Handouts.List.4.22.20.Rev.pdf)

All of these handouts and this list are available:

- On the Michigan Improving MI Practices **website** at <https://www.improvingmipractices.org>
- In Volume I of the CAIS three-volume manual “Asking Why with the CAIS: A Guide to Supporting a Person and Their Cognitive Abilities” by Shelly Weaverdyck
- Electronically as pdfs from Shelly Weaverdyck at sweaverd@umich.edu

Most of these handouts include interventions from the *CAIS Questions to Ask* and the *CAIS Intervention Strategies*, which are in the CAIS manual cited above and at the above **website** and **email address**. The CAIS provides detailed intervention strategies that address specific **cognitive abilities** (cognitive strengths and needs), the **environment**, **tasks** and daily routines, and **communication** with a person. These interventions can be individualized to a particular person and situation. Many **other resources** and **additional in-depth information** regarding the CAIS and these handouts are on this website as well.