



Overview of Five Sessions

Cognitive Abilities and Intervention Strategies (CAIS) Educational Series

What is this educational series about?

This series of five educational sessions uses the Cognitive Abilities and Intervention Strategies (CAIS) Educational Series curriculum to help you better understand and more effectively relate to persons with cognitive needs and strengths in general and during communication and tasks.

You are welcome to participate as someone who interacts with or assists a person as a health care provider, a care partner, a caregiver, a friend, or a family member, or if you relate to them in some other way.

In these educational sessions, you will receive information about the brain, cognitive abilities, the environment, communication, and the task and daily routines. You will see how each of these can be examined and changed to help everyone involved feel more comfortable and content in general and during a task, and reduce or prevent distress and distressing situations. Common examples of communicating and helping a person with a task will be used.

How can participating in this educational series benefit you?

You will receive five one-hour educational sessions designed to improve your ability to recognize and understand the cognitive strengths and needs of a particular person you are interacting with or helping. You will also receive practical ideas on how to examine and make changes in the environment, the task, and your approach to better support and help this person in an individualized way. These changes can enhance pleasure and also reduce the distress of both this person with cognitive needs and strengths and of you.

What commitments do you need to make to participate?

1. You will be asked to attend the full hour of each of the five one-hour sessions in the series.

Please see the next page

Thank you for participating in these sessions.

Educational Sessions: The topic of each of the five sessions is:

1. **The Brain and Cognition.** What are the brain differences or changes that might be occurring in a person? How can understanding a particular person's cognitive abilities through observation make communication and tasks more positive, satisfying, and rewarding?
2. **Cognitive Abilities.** What specific questions can be asked to better understand a particular person's cognitive abilities?
3. **The Environment.** How can the physical environment be more supportive of this person's cognitive needs and strengths?
4. **Communication.** How can communication strategies help meet the cognitive needs, strengths, and desires of this person?
5. **The Task and Daily Schedule.** How can tasks and the daily routines be modified to meet the cognitive needs and strengths of this person?

You will learn to examine each factor identified in these topics by asking yourself a series of questions. Answers to these questions can give ideas about how to help this person be successful and how to prevent and respond to distressing situations. They will help all persons involved (you and this person you are assisting) feel better about the task and your time together.

Brain changes and resulting cognitive changes can make bathing or showering the most difficult and upsetting task a person performs. When this person with cognitive changes is an older adult, they may be challenged by changes in vision, hearing, physical movement, and other changes that often occur with normal aging. If they have dementia, the changes that occur over time make communication and a task even more difficult.

The information in these sessions applies to all tasks, all settings, all persons (healthy or not), and all types of cognitive needs and strengths. These concepts and interventions can even be used with your family or a person in the grocery store. The examples used often refer to an older adult during bathing or showering (or similar task), since such tasks are often the most difficult. The assumption is, if you can successfully assist a person with compassion and understanding during a task such as bathing or showering, then you will likely be able to assist well with almost any other task, with anyone of any age, or with a variety of cognitive needs and strengths.