

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 \_\_\_\_\_

### **Post-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.

*Next page please*

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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.

## **Post-Session Form: Part II**

*Please select (by circling) your answer.*

### ***Information***

6. Overall, how useful will the information presented in this session be to you in helping people with cognitive needs?

Not at all useful    Not very useful    Somewhat useful    Quite useful    Very useful

7. Were you satisfied with the balance between how much time the speaker presented information and the time spent in group discussion?

Not at all satisfied    Not very satisfied    Somewhat satisfied    Quite satisfied    Very satisfied

***Next Page Please***

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***Presenter***

How would you rate the speaker's ability to:

8. Present the information clearly?

Poor = 1      2      3      4      5 = excellent

9. Use helpful examples or illustrations?

Poor = 1      2      3      4      5 = excellent

10. Respond to participants' ideas or questions?

Poor = 1      2      3      4      5 = excellent

***Overall***

11. What was most helpful to you about this presentation?

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12. How can this presentation be improved?

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***Thank you very much for your help!***