SAMPLE LESSON / PERSON-CENTERED CARE

Understanding Dementia & the Person

Professional caregiver learning sample. Full course, credentials and enrollment are not yet available.

LEARNING OUTCOME

Identify one ability, one preference and one environmental support before choosing a caregiving approach.

START WITH THE PERSON

Ask what the person enjoys today. Learn preferred routines, communication, culture, and what they can do with or without assistance.

SEPARATE THE TASK FROM THE RESPONSE

A person who declines may be tired, overwhelmed, in pain, fearful, or simply exercising choice. Do not label the person as difficult.

SIMPLIFY WITHOUT INFANTILIZING

Offer one choice or one step at a time. Allow extra response time. Preserve adult dignity and privacy.

TEACH-BACK QUESTION

How could you explain the first step to a new caregiver without reading from this page?

ROLE AND SAFETY BOUNDARY

Follow the individual care plan, agency policies, and applicable state/payer rules. Seek supervisory or clinical guidance for new symptoms, pain, injury, or immediate safety concerns.

SCENARIO / PRACTICE / COMPETENCY

Understanding Dementia & the Person

Instructor or supervisor uses this sample for role play and observation.

SCENARIO

A caregiver planned a matching puzzle. The person pushes it away and looks toward a window. The caregiver says, "You always liked puzzles; you need to try."

PRACTICE THE RESPONSE

1. Pause and acknowledge the refusal.
2. Offer an alternative: watching the garden or quiet time.
3. Tell the supervisor if refusal is a new and meaningful change rather than an ordinary preference.

OBSERVED COMPETENCY / COACHING

- [ ] Avoids forcing participation
- [ ] Offers an adult-appropriate alternative
- [ ] Distinguishes preference from a meaningful change

INSTRUCTOR FEEDBACK

Observed strengths: _____

Practice again / next coaching step: _____