

Dementia and Aged Care Services (DACs)

CHCAGE005

**Provide support to people
living with dementia**

Knowledge Assessment



RTO (30213)

Please Print Contact Details Below

First Name: _____ Surname: _____

Name of Workplace: _____

Position: _____

Contact Number: _____ Email: _____

Student's signature: _____

Date: _____

Unit Code	Unit Name
CHCAGE005	Provide support to people living with dementia

STUDENT DECLARATION

1. I agree that the purpose and consequences of the assessment(s) have been explained and I have received all the relevant tools and resources necessary to undertake assessment, being fully aware of Dementia and Aged Care Services assessment, complaint and appeal processes, and I believe that I am ready for assessment.
2. I acknowledge and agree that Performance Evidence activities have been conducted on specific dates and the assessment process was carried out fairly, with integrity and professionally with appropriate feedback during and after the activities.
3. I declare and acknowledge that the work contained in this assessment is my own work, and has not been copied from other sources, unless referenced, or previously been submitted for assessment.
4. I understand that failure to comply with the *assessment guidelines* can lead to severe penalties. These penalties may be imposed in cases where other sources, including published works on the internet, existing programs, the work of other students, or work previously submitted for other awards or assessments.

Student's signature: _____ **Date:** _____

Result codes:	C – Competent	NYC – Not Yet Competent	RPL – Recognition of Prior Learning
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Assessment method used:	Assessment Satisfactory	Assessment Result
A – Questioning	<input type="checkbox"/> ____/____/____	
B – Case study	<input type="checkbox"/> ____/____/____	RPL result
C - Performance Evidence	<input type="checkbox"/> ____/____/____	

COMPETENCY DECLARATION

The abovementioned participant was declared COMPETENT in all components of Assessment in this Unit of Competency, inclusive of Performance Criteria, Foundation Skills, Performance Evidence including the ability to manage contingencies and Knowledge Evidence.

Organisation Code: 30213
Assessor's name: _____

Assessor's signature: _____ **Date:** _____

Instructions

In this assessment, the assessor will be looking for evidence that confirms your knowledge and understanding required for you to provide person-centred care and support to people living with dementia and following and contributing to an established individual plan.

Please read the questions carefully. Each question will indicate the nature of the response required, that is if the question requires theory or examples. Answer all questions in your own words unless otherwise requested.

Answers should be completed in pen (preferably black ink) in clear legible writing.

If you require assistance with the assessment, please contact your Trainer for assistance.

To achieve competency of this unit you will need to successfully complete the following:

- *This knowledge assessment and*
- **Sign and date** *the declaration on the previous page*
- *Performance Evidence, to showcase your skills and abilities, recorded by the Trainer during class*
- *All of the above to be completed in **pen**, preferably black ink*
- *If posting or emailing this assessment, we strongly advise you to keep a copy of this completed assessment.*

If you feel that you already have achieved a high standard of competency in these areas, please apply for Recognition of Prior Learning (RPL). You will need to contact your Trainer for more information.

To be deemed competent in this unit you will need to demonstrate your understanding and ability to:

- 1. Prepare to provide support to those affected by dementia*
- 2. Use appropriate communication strategies*
- 3. Provide activities for maintenance of dignity, skills and health*
- 4. Implement strategies which minimise the impact of behaviours of concern*
- 5. Complete documentation*
- 6. Implement self-care strategies*

Assessment A

Dementia

Question 1.

What does Alzheimer's disease do to the brain?

Question 2.

What are the 2 characteristic appearances of the brain found after death during a post-mortem that indicate a diagnosis of Alzheimer's disease?

Question 3.

List 3 manifestations (signs or symptoms) you might see in a person with Alzheimer's disease.

Question 4.

What is vascular dementia?

Question 5.

Explain the difference between dementia with Lewy bodies and Parkinson's disease.

Question 6.

What causes Korsakov syndrome?

Question 7.

Describe the 2 important ways that Frontotemporal degeneration (including Pick's disease) is distinct from other forms of dementia.

Way 1

Way 2

Question 8.

If a person was diagnosed with Huntington's disease what physical, cognitive, and emotional symptoms might you see?

Physical symptoms:

Cognitive symptoms:

Emotional symptoms:

Question 9.

Complete the following sentence relating to Younger Onset dementia

Many people assume that _____ disease and other causes of dementia only affect _____ people. In fact, about 1 person in every _____ with dementia is below the age of _____. While rare, it can affect people in their _____ and _____. _____ Younger people tend to be affected by the _____ common forms of _____, which often present with more _____ behaviours and progress at a _____ rate.

Question 10.

Although the symptoms of dementia are similar whatever a person’s age, list 5 additional issues that younger people with dementia face?

Issue 1 _____

Issue 2 _____

Issue 3 _____

Issue 4 _____

Issue 5 _____

Question 11.

Though all types of dementia are different they have some common symptoms of dementia. What is the most common symptom?

Question 12.

Considering that social devaluation is no trivial matter, please complete the sentences below:

Human beings are deeply attuned to being _____ as persons and prolonged instances of being _____ by others cannot help but leave _____ on our life experiences. Being personally _____ not only defines us to others, it defines our devalued status to _____. Our fate, both _____ and _____, will follow from the way we are _____ by others. Though some people are resilient and are able to rise above the often brutal _____ and _____ associated with being socially devalued, most are more _____ than they might care to admit.

Question 13.

What method did Professor Wolfensberger propose to counteract social devaluation?

Question 14.

How can we enhance someone's image, and why is this important?

Assessment A

Supporting People with Dementia

Question 15.

What is person-centered care?

Question 16.

List and briefly explain the principles of person-centered practice

Principle 1

Principle 2

Principle 3

Principle 4

Principle 5

Question 17.

You work at a Day Respite Centre and have just come back from 2 weeks annual leave. While you were away a new client, Mrs Collins, started attending the centre. How could you find out what her individual needs are?

Question 18.

Why is it important that you learn more about Mrs Collins?

Question 19.

On Mrs Collins' first day she became very agitated and experienced an episode of incontinence. Why do you think this occurred?

Assessment A

Using Appropriate Communication Strategies

Question 20.

Regarding communication strategies complete the following:

People with _____ will experience _____ associated with the illness.

Eventually they may _____ their ability to _____.
Any loss of _____ skills will _____ on a person's _____ to make their needs known.

As people with dementia are feeling _____ their lack of communication will have a _____ effect on them.

What is so very _____ is that, it is estimated that in residential aged care over 75% of _____ between _____ and _____ were concerned with specific care tasks and took place mainly in _____.

It was further noted that where there was _____ input by staff it was mostly considered as " _____ " and that workers seemed to _____ rather than encourage _____.

Question 21.

What components make up what we hear? (Include the percentage)

Question 22.

You have a new worker starting today. Provide 10 communication tips that will help them communicate with a person with dementia.

Tip 1 _____

Tip 2 _____

Tip 3 _____

Tip 4 _____

Tip 5 _____

Tip 6 _____

Tip 7 _____

Tip 8 _____

Tip 9 _____

Tip 10 _____

Question 23.

What is reality orientation?

Question 24.

Provide an example, not from the Learner’s Guide, of a way you could use reality orientation in simple conversational terms to reassure a client.

Question 25.

Provide an example of when reality orientation should be avoided?

Question 26.

Regarding empathy and acceptance of a person's reality, complete the following:

Put _____ in their _____.
Imagine, for a moment, that you are getting _____ for _____
_____. You've worked in the same office for thirty-five years, and today is like any other weekday. Perhaps you're having _____
_____ tying your _____, which makes you _____
_____ whether your _____ is home because she's great at fixing your tie. You call out her name. She comes into the room and _____
_____ where you're _____. You tell her you've got 10 minutes to _____ the _____ or you'll be late for work. Your daughter tells you that there is no train and you've been _____ for _____. She tells you that you have no job, but you do have _____.

_____ orientation seems very _____
_____ in this situation even though it might have been said _____
_____, maybe it might have been said with a wistful smile from the daughter. Even though a _____ with dementia may _____
_____ this _____ the _____
_____ attached to the incident will _____
_____ with them. When working with people with dementia you should always remember that human kindness goes a long way.

Question 27.

We know that redirection techniques can work wonders when other communication techniques are not helpful. Provide an example of what you could do if someone with dementia is upset or preoccupied.

Question 28.

Acknowledgement and validation therapy often uses redirection techniques. Validation is not solely about moving the person’s attention from one thing to another. What is validation about?

Question 29.

Regarding acknowledgement and validation, complete the following:
When using validation you should consider the _____
the person with dementia is _____,
not just what they are saying or doing. What the person with dementia may be
_____ may not make _____, they may not even
be using words but are ‘mumbling sounds’. If they are _____
_____ or _____ the worker should _____
_____ the _____. Saying “I can see you are upset”, “I
think I would be upset in that situation” is _____ the
_____ the person is demonstrating. The
_____ is on the _____ rather than on the
facts or accuracy of what the person with dementia is saying.

Assessment A

Activities to Enhance Dignity, Skills and Health

Question 32.

What are some aspects of 'leisure time' you need to consider when working with people of an earlier generation?

Question 33.

Some of the people in care facilities are not used to just sitting for long periods of time. What could you do?

Question 34.

List 8 features of successful activities

Feature 1

Feature 2

Feature 3

Feature 4

Feature 5

Feature 6

Feature 7

Question 35.

Provide 3 socially valued activities you could use to tap into existing skills

Activity 1

Activity 2

Activity 3

Question 36.

What are the 8 things you need to take into account when setting up an activity?

Point 1

Point 2

Point 3

Point 4

Point 5

Point 6

Point 7

Point 8

Question 37.

Using an example, (not from the Learner Guide), briefly explain how and when you could introduce a reminiscence activity.

Question 38.

How could you use a photo album to reminisce?

Question 39.

How could you use music to reminisce?

Question 40.

How do you balance safety versus risk? Why is it necessary to do so?

Question 41.

Regarding safety versus risk, complete the following:

It is a natural reaction to want to keep the _____ you are caring for _____ and this sometimes means that your actions _____ towards people _____ their _____ and _____ really _____. Try to help people to _____ their _____ and _____ for as long as possible, and not try to stop them from doing something they want to do, because you don't feel it's safe.

Question 42.

When planning an activity, how can you balance the benefit against the risk of participation?

Question 43.

Give an example of how, while delivering care to a person, you maintained that person's autonomy?

Question 44.

When gathering information regarding the past life of a person with dementia where is it best to start?

Question 45.

Why is it important to capture information from as many sources as possible?

Question 46.

According to youngeronsset.net, who is a carer?

Question 47.

There are many dementia specific support groups for the family and friends of people with dementia. Give the name and contact telephone numbers of 3 organisations that provide this information.

Organisation 1

Organisation 2

Organisation 3

Question 48.

Provide 4 signs and symptoms across each of the categories of depression

Behaviour:

Feelings:

Thoughts:

Physical:

Question 49.

Provide the name and contact details of an organisation that could help a family carer with these symptoms.

Question 50.

Regarding loss and grief, complete the following:

Though _____ carers may not have physically _____ the person they are _____ for, the _____ of dementia _____ them of the _____ they once had with the person. Wives and husbands, sons and daughters become nurses or personal carers, they _____ their best _____, the one they used to _____ things over with. In some instances they may lose the person they used to go to when they needed _____. Now they find themselves on their _____. This is not unlike experiencing a _____ in the _____.

Question 51.

List and explain the 5 stages of grief

Stage 1

Stage 2

Stage 3

Stage 4

Stage 5

Question 52.

Regarding anger, why is it sometimes easier to blame someone?

Question 53.

Why does a person with dementia act in a way that leads to social embarrassment of family?

Question 54.

Why is it sometimes easier to withdraw from family and friends?

Question 55.

Regarding financial issues, complete the following:

According to "Dementia in Australia", a publication of the Australian Institute of Health and Welfare 2012, _____ for a person with any type of disability or chronic condition can be physically, mentally, emotionally and _____, but existing research suggests that the _____ of care giving is particularly _____ for those _____ for a person with _____. For _____ in the paid _____, _____ the _____ of caring for a person with dementia may have _____ for their _____.

Assessment A

Minimising the Impact of Behaviours of Concern

Question 56.

List the 9 most common behaviours of concern.

Behaviour 1 _____

Behaviour 2 _____

Behaviour 3 _____

Behaviour 4 _____

Behaviour 5 _____

Behaviour 6 _____

Behaviour 7 _____

Behaviour 8 _____

Behaviour 9 _____

Question 57.

List 6 possible factors or triggers of behaviour you need to eliminate.

Factor 1 _____

Factor 2 _____

Factor 3 _____

Factor 4 _____

Factor 5 _____

Factor 6 _____

Question 58.

List 7 questions you need to consider when trying to pinpoint treatable factors causing behaviours of concern.

Q1 _____

Q2 _____

Q3 _____

Q4 _____

Q5 _____

Q6 _____

Q7 _____

Question 59.

When faced with a person who is demonstrating an unmet need by behaving in an unusual and un-social manner, how could you de-escalate the situation?

Question 60.

List and briefly describe the 5W's and 1H of assessing behaviour.

W1

W2

W3

W4

W5

H1

Question 61.

List and briefly describe the 4 R's of interventions

R1

R2

R3

R4

Question 62.

List the 3 points in Step 5, evaluation

Point 1

Point 2

Point 3

Question 63.

List the possible indicators (what you might see) of the 6 types of abuse

Emotional (or psychological) abuse:

Neglect:

Financial abuse:

Physical abuse:

Social abuse:

Sexual Abuse:

Question 64.

What should you do if you think one of the clients in your care is being abused?

Assessment A

Complete Documentation

Question 65.

Regarding reporting requirements, complete the following:

When _____, it is _____ that the organisation's _____ and _____ be _____ to do so could put a person with dementia, a colleague or yourself, at _____.

Question 66.

Everyone has an obligation under the Privacy Act to maintain confidentiality. What must you not divulge?

Question 67.

Can you request any information regarding clients?

Question 68.

How should recorded information about clients be stored?

Assessment A

Implement Self Care Strategies

Question 69.

List the 12 indicators of stress

Indicator 1

Indicator 2

Indicator 3

Indicator 4

Indicator 5

Indicator 6

Indicator 7

Indicator 8

Indicator 9

Indicator 10

Indicator 11

Indicator 12

Question 70.

List 2 stress reduction techniques you use (or have used), and briefly explain how they benefit you:

1. _____

2. _____

Assessor use only – ASSESSMENT A

Overall result of knowledge evidence questions is

- Satisfactory More evidence required

Assessor's name: _____

Assessor's signature: _____ **Date:** / /

FEEDBACK / COMMENTS

After Amendments:

Overall result of knowledge evidence questions is

- Satisfactory More evidence required

Assessor's name: _____

Assessor's signature: _____ **Date:** / /

FEEDBACK / COMMENTS

Assessment B

Case Studies

Case study 1

Estella is an 82 year old lady from a rural area of Spain. Estella was born in a small village and was the oldest of 7 children. Estella was the only female child. She only went to school to learn to read and write. From the age of 8 Estella was expected to stay at home and help her mother with the household chores and the children. She was very good at cleaning and doing the washing. Estella would look after the vegetable garden.

When Estella was 17 she married Manuel, a young man from her village. They were married in the Catholic Church she and her brothers were baptised in. Estella and Manuel had 5 children, all boys. Estella had no-one to help her with the household chores. She made all of the children's clothes and knitted their jumpers. Manuel worked by day and studied by night. He gained a degree as an accountant.

Estella and Manuel moved to Australia when the youngest was only 18 months old and the oldest was 10 years old. Once established in Brisbane, Manuel got a job as an accountant and life was a little easier for Estella.

As her boys got older and went to school, Estella she became involved with the ladies group at her Catholic Church. Her favourite task was arranging the flowers for the church services. Estella learnt cake decorating with some of the other ladies from the Church. She was so good that she was often asked to decorate cakes for special church functions.

Estella remained very active until she had a fall which broke her left leg, requiring the bone to be "pinned". While she was in hospital with her broken leg Manuel and her sons noticed a marked change in Estella's abilities. They spoke with the Doctors and following tests Estella was diagnosed with Vascular Dementia.

CS1. Provide a list of possible activities which would maintain Estella's independence and bring back pleasurable memories. Base your choices on person-centred care and Estella's cultural background and existing skills.

CS2. Include any adaptations you will make to the activities.

Case study 2

Sheila is 87 years old diagnosed with dementia. She lives with her 32 year old single granddaughter, Jill, who works as a Personal Trainer at the local gym.

You are working at a Day Respite Centre in the community where Sheila attends 3 days per week on Mondays, Wednesdays and Fridays. You notice that Sheila is more withdrawn lately. Her clothes are very loose, and she appears to be losing weight. Today, when she arrives at the centre you notice that she has bruises on her arms as if she has been grabbed harshly. Sheila tells you that Jill is very cranky, when you ask for more information Sheila becomes anxious, gets vague and says she doesn't remember. Later when you are helping her with toileting you see more bruises on her back, her buttocks and the back of her thighs. You ask her about the bruises, and she start to cry, she says she's scared to go home.

CS3. What are your responsibilities in this situation?

Assessor use only – ASSESSMENT B

Overall result of case studies to demonstrate the participant’s knowledge and understanding and their ability to manage contingencies is:

- Satisfactory More evidence required

Assessor’s name: _____

Assessor’s signature: _____ **Date:** / /

FEEDBACK / COMMENTS

After amendments:

Overall result of case studies to demonstrate the participant’s knowledge and understanding and their ability to manage contingencies is:

- Satisfactory More evidence required

Assessor’s name: _____

Assessor’s signature: _____ **Date:** / /

FEEDBACK / COMMENTS