

The **cares**® Approach
A Person-Centered Approach for Dementia Caregivers

Connect with the Person

Communicate or do something meaningful with the person.

Assess the Person's Behavior

Ask yourself what a person's behavior means.

Respond Appropriately

Try the best approach based on their behavior.

Evaluate What Works

Look to see if the person responds positively.

Share with Others

Tell team members, family, and friends what worked.

www.hcinteractive.com/CARES

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cares[®] Observational Tool Items

- Greet the person
- Introduce yourself
- Use person's name
- Smile/Eye contact
- Physical contact
- Approach from front
- Approach at eye level
- Calm and not rushed
- Ask/Discuss/Assess
- 15 Seconds
- Explain care/activity
- Involve in care/activity
- Person's life
- More comfort position
- Share with the team
- Write/Document

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