INSTRUCTIONS

1. For “Multiple Choice” questions, circle the letter next to the correct answer. Read each question carefully.

   Example:
   1. Washington is a
      A. City
      B. State
      C. Country

2. For “True/False” questions, circle “True” if the statement is true or correct, or circle “False” if you think the answer is false or wrong.

   Example:
   True False  1. Seattle is a country.

3. For “Matching” questions, draw a line from the description to the correct answer.

   Example:
   1. The capital city of Washington A. Seattle
   2. The largest city in Washington B. Olympia

4. Each question is worth two points. You must get an 80% or higher to pass.
Circle “True” or “False” for each statement

1. True  False  Delirium can be treated with medications.
2. True  False  Dementia is a normal part of aging.
3. True  False  People with dementia maintain the ability to communicate to the end of the disease process.
4. True  False  Vascular dementia is the most common form of dementia.
5. True  False  In the early phase of dementia, the person may not be able to recognize him or herself.
6. True  False  A person with dementia may experience sudden mood changes.
7. True  False  Activities of Daily Living (ADLs) can be used as meaningful activities for people with dementia.
8. True  False  Validation therapy works well with a person with dementia who is experiencing a hallucination.
9. True  False  Depression is a type of dementia.
10. True  False  HIV/AIDS is a type of delirium.
11. True  False  Dementia is always hereditary.
12. True  False  People in the late phase of dementia lose all ability to communicate, both verbal and nonverbal.
13. True  False  A person with dementia who is experiencing delusional thoughts should be talked out of the delusion.
14. True  False  Caregivers should ignore a resident who is masturbating in a public area.
15. True  False  It is important to give the person with dementia as many choices as possible when providing care.
16. True  False  A person with dementia should frequently be reminded that he or she may forget things because they have dementia.

17. True  False  In the early phases of dementia, people have difficulty with word finding.

18. True  False  When dealing with challenging behaviors, you should find immediate solutions.

19. True  False  People with dementia have a right to engage in sexually appropriate ways.

20. True  False  Hallucinations with dementia are the same as delusions.

21. True  False  A person with dementia may overreact to an experience.

22. True  False  People with dementia may have difficulty thinking of a specific word or name of an object

23. True  False  Communication with a person in the late phases of dementia is not meaningful.

24. True  False  Dressing can be a meaningful activity for a person with dementia.

25. True  False  A caregiver's behavior can impact how a resident with dementia responds to care

Circle the letter next to the correct answer.

26. Dwight Johnson has dementia and is easily distracted when eating. As a caregiver, you should:

A. Seat him in a quiet area of the dining room and check with him frequently.
B. Explain that if he doesn’t eat he may get sick.
C. Point out residents who enjoy eating, and encourage him to be more like them.

27. A person with dementia who is experiencing a sudden change in memory may be experiencing:

A. A hallucination.
B. Depression.
C. Delirium.
28. Mr. Jacobs has started hitting other residents when they get in his way. Circle the most likely reason for this.

A. Mr. Jacobs is a mean man and has always been violent.
B. Mr. Jacobs is trying to communicate a need.
C. Mr. Jacobs dementia has caused him to lose the ability to control his behavior.

29. When a person with dementia is hallucinating, a caregiver should:

A. Seek immediate assistance from a nurse or doctor.
B. Ignore the hallucination since it is a part of dementia.
C. Seek assistance to determine if there is an underlying cause.

30. Mrs. Hoover doesn't remember that she has children. You can help her by:

A. Reminding her that she has adult children who visit regularly.
B. Having her view pictures and remind her that they are her children.
C. Helping the family understand that her lack of remembrance is the dementia.

31. You can help a person with dementia maintain independence by:

A. Providing assistance with all activities of daily living.
B. Supporting the person's strengths.
C. Focusing on getting tasks completed in a timely manner.

32. A resident with dementia who is experiencing a delusion may:

A. Believe he or she is in danger.
B. Have an increased sensitivity to light.
C. Be making things up.
33. Mr. Jacobson, has dementia, is married and has recently expressed sexual interest in another person with dementia. As a caregiver, you should:

A. Just forget about it; after all there’s not much you can do about it.
B. Tell Mr. Jacobson’s wife to talk to him about it so he’ll stop.
C. Brainstorm with staff ways to address the behavior.

34. Betty Benson is 91 and has Alzheimer’s. Betty lost her husband in a car accident 30 years ago. She is constantly crying and asking you to help her find her husband. As a caregiver, you should:

A. Remind her that her husband died.
B. Tell her that she needs to stop crying because it upsets other residents.
C. Sit with her and ask her to tell you about her husband.

35. What is the best option for dealing with aggressive behavior?

A. Keep your voice steady and calm when speaking with the person.
B. Tell the person that they need to calm down immediately.
C. Give the person medication to deal with the aggression.

36. A common symptom of delirium includes:

A. Difficulty remembering names of well-known staff members.
B. Frequent urinary accidents.
C. Inability to communicate.
Draw a line from each phase of dementia to the right description.

37. May withdraw partially or completely  
   A. Early Phase
38. Manages to get along in most situations  
   B. Middle Phase
39. Learning new material becomes difficult  
   C. Late Phase

40. Cassey Coz's mother has dementia and does not recognize her son when he visits. Cassey has approached you and asked for your assistance in helping his mother recognize him. You should:
   A. Talk to Mrs. Coz and cue her so that she can remember Cassey's name.
   B. Tell Cassey that people with dementia lose the ability to remember family and his situation is no different from others.
   C. Refer Cassey to a support group so he can talk about the changes his mother is experiencing.

41. Mr. Michaels is a 45 year old male with Pick's dementia. He makes racist and sexist remarks and yells at you. You should:
   A. Ignore him, it's the dementia talking.
   B. Call him a racist and sexist and ask him to stop.
   C. Re-direct him and talk to your supervisor.

Draw a line from the description to the correct word or item.

42. A false idea often based on misinterpretation of a situation.  
   A. Hallucination
43. Feeling, seeing, or hearing things that don't exist.  
   B. Depression
44. Severe state of mental confusion.  
   C. Delusion
45. Low mood and loss of interest.  
   D. Delirium
46. You have worked 50 hours this week and are now working a 10 hour shift. Mary Martin, a resident with dementia in the early phase has approached you telling you that you never make time for her. You should:

A. Yell at her for making demands.
B. Remind yourself that her need is important and tell her you will make time for her.
C. Ask your supervisor to talk to Mary and let her know that you have too many things to do.

47. Activities of Daily Living can be used to:

A. Encourage the resident to use retained skills.
B. Limit structured programming.
C. Help a person's memory improve.

48. Communicating effectively with a resident includes:

A. Including the person in conversations.
B. Using nicknames with residents.
C. Ignoring residents who use foul language.

49. Challenging behaviors with residents is caused most frequently by:

A. A resident trying to communicate a need.
B. A desire of the resident to be difficult.
C. The person with dementia expressing a desire to go home.

50. When providing care for a person with dementia, knowing a person's cultural background will help you:

A. Learn the person's language.
B. Provide respectful care.
C. Help ease symptoms of the dementia.