

Dementia Capable Webinar Series Post Test:
“Addressing the Stigma of Dementia” presented by Gayle Alston

Provided by the *Rosalynn Carter Institute for Caregiving*
In partnership with the *Georgia Division of Aging Services*

Multiple Choice

1. A contributing factor to the stigmatization of people living with dementia is:
 - a. Negative public images which leads to false stereotypes
 - b. Lack of knowledge or experience with people who are living with dementia
 - c. The way people with dementia act in public
 - d. A (Negative public images which leads to false stereotypes) and B (Lack of knowledge or experience with people who are living with dementia)
 - e. None of the above

2. An example of a stigmatizing statement concerning someone living with dementia would be:
 - a. There is no point in talking with a person with dementia because they will not be able to understand what I'm talking about
 - b. People with dementia participate in a wide variety of activities and interests
 - c. People with dementia don't understand what is going on so you needn't worry about what you say or do around them
 - d. A (There is no point in talking with a person with dementia because they will not be able to understand what I'm talking about) and C (People with dementia don't understand what is going on so you needn't worry about what you say or do around them)
 - e. None of the above

3. When a doctor tells a patient diagnosed with dementia to quit their jobs, get their affairs in order, and prepare to enter a nursing home, that is an example of:
 - a. Best practices in advising dementia patients
 - b. Prescribed disengagement
 - c. The most helpful advice to give
 - d. All of the above
 - e. None of the above

4. The Disability Model for dementia care is characterized by:
 - a. Providing complete services to the person living with dementia so they have no more responsibilities to worry about
 - b. Providing adaptations and adjustments to enable the person living with dementia to continue their pre-diagnosis life as long as possible
 - c. Providing housing for people living with dementia that is separated from other populations as they did with people living with disabilities
 - d. All of the above
 - e. None of the above

5. What does the research say about people living with dementia staying active beyond their diagnosis?
 - a. Mental, physical and social engagement improved scores on memory and thinking tests for those with dementia, equivalent to about a six to nine month delay in worsening of symptoms
 - b. Those with dementia who engaged in activities had increased feelings of well-being and a better quality of life, including improved communication and interactions with those around them
 - c. People living with dementia become too exhausted from mental and social stimulation and should avoid it when possible
 - d. A (Mental, physical and social engagement improved scores on memory and thinking tests for those with dementia, equivalent to about a six to nine month delay in worsening of symptoms) and B (Those with dementia who engaged in activities had increased feelings of well-being and a better quality of life, including improved communication and interactions with those around them)
 - e. None of the above

True or False

6. Creating Dementia Friendly communities is something new and there aren't many resources to assist in developing them.

7. Educating yourself about the truth of living with dementia and how society can support families living with dementia is the first step to overcoming stigma.

8. Including people living with dementia in developing a dementia friendly agency or community is too taxing for them and should be avoided.

9. Spending time with people living with dementia is a very effective way to overcome the falsehoods of dementia stigma.

10. The best lesson to share with people living with dementia and their caregivers is: “Now is NOT the time to give up. Now is the time to REV UP!”