

## Dementia Capable Webinar Series Post Test:

“Stigma: An Added Burden for People Living with 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. What is the basis of society’s developing stigma based beliefs?
  - a. Fear
  - b. Ignorance
  - c. Cruelty
  - d. A (Fear) and B (Ignorance)
  - e. None of the above
  
2. What impact does dementia stigma have on people living with dementia and their caregivers?
  - a. Delays seeking medical attention for fear of the diagnosis
  - b. Promotes relocation to other countries to avoid stigma
  - c. Increases demands for services and supports
  - d. All of the above
  - e. None of the above
  
3. What is a reason friends may avoid someone with a dementia diagnosis?
  - a. Belief the person living with dementia is no longer capable of normal interactions
  - b. Fear of violent outbursts
  - c. Avoiding the reminder that they are at risk too
  - d. All of the above
  - e. None of the above
  
4. What is the best defense against dementia stigma?
  - a. Education
  - b. Legislation criminalizing actions based on stigma
  - c. Inclusion of people living with dementia in daily lives and social events
  - d. A (Education) and C (Inclusion of people living with dementia in daily lives and social events)
  - e. None of the above

5. Which of these statements are based in dementia stigma?
  - a. Complex and interesting conversation cannot be expected from most people with dementia
  - b. I wouldn't bother visiting a person with dementia because they wouldn't remember that I came
  - c. There is no point in talking with a person with dementia because they will not be able to understand what I'm talking about
  - d. All of the above
  - e. None of the above

### **True or False**

6. Dementia does not rob someone of their dignity, it's our reaction to them that does.
7. Enabling people living with dementia to remain engaged in purposeful activities through adaptation and accommodation is part of the "Disability Model" of dementia management.
8. You should only provide the simplest possible activities for people living with dementia so they do not become agitated due to frustration.
9. Matching activities to the interest and ability level of the person living with dementia is too difficult so should not be attempted by family caregivers.
10. If a Memory Café and/or Dementia Care Support group does not exist in your area, there are no resources to help your community start their own.