

Dementia Capable Webinar Series Post Test Answers:

“Tips for Family Caregivers- Learning New Strategies” presented by Naomi Latini

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

Multiple Choice

1. How many hours per day of care do dementia caregivers report?
 - a. 10-12
 - b. 12-18
 - c. 16-22**
 - d. 20-24

2. What is something you can do to when visiting your loved one’s doctor if they will not allow you to come into the examining room with them?
 - a. Demand they allow you to
 - b. Sneak in the room when they aren’t looking
 - c. Plead with the front desk staff to let you listen at the door
 - d. Call the doctor ahead of time with your concerns**

3. If you are caring for someone who lives alone, what is one legal document that may make things easier?
 - a. Power of Attorney**
 - b. Deed to their house
 - c. Their birth certificate
 - d. Marriage certificate

4. For someone living alone, why is it important to keep their refrigerator cleaned out?
 - a. To ensure they don’t have rotten food
 - b. To ensure they don’t have expired goods
 - c. To ensure they have easy and healthy options to choose from
 - d. All of the above**

5. If you are long distance caregiving, who could be a part of your care team?
 - a. Church members or close friends
 - b. Neighbors
 - c. Home health aids
 - d. All of the above**

6. What is a meaningful activity you could try if your loved is shadowing you?
 - a. **Sorting laundry**
 - b. Cooking a pie for you from scratch, using the oven alone
 - c. Mowing the lawn
 - d. B (Cooking a pie for you from scratch, using the oven alone) and C (Mowing the lawn)

7. When might it be good to keep a spare of important items?
 - a. If my loved one is shadowing me
 - b. **If my loved one is paranoid or suspicious**
 - c. If my loved one has intimacy concerns
 - d. All of the above

8. How might you handle your concerns about intimacy?
 - a. Remember that there is no one correct answer
 - b. Consider your own needs
 - c. Seek guidance from others or professional guidance
 - d. **All of the above**