1. Why is it important to measure caregiver burden for the caregivers of the clients you serve?
   a. High levels of caregiver burden may lead to premature placement of the care receiver.
   b. Without intervention caregiver burden may result in caregiver burnout and negatively impact the care provided to the care recipient.
   c. Measuring caregiver burden may indicate when services may be reduced to the care receiver.
   d. Both a and b

2. What are some symptoms of caregiver burnout?
   a. Mental exhaustion
   b. Apathy
   c. Resentment toward the care receiver
   d. All of the above
   e. None of the above

3. Complete this sentence:
   ____________________ leads to ____________________ for caregivers.
   a. Healthy responses to stress / better outcomes.
   b. Unhealthy responses to stress/sickness and possibly death.
   c. Assessing burden / possible resources
   d. All of the above.
   e. None of the above.

4. What should you remember when you are conducting an assessment?
   a. Caregivers tend to overstate their difficulties.
   b. Don’t guess, assume, lead, or accept responses that do not match those on the form.
   c. If the caregiver can’t think of the right response you should help them fill in the blanks.
   d. None of the above

5. What are some reasons the caregiver may not be completely honest when answering his or her assessment questions?
   a. They may be afraid their loved one will be taken away.
   b. They may be in denial of how much they need help.
   c. A and B
   d. None of the above
6. What do you do when someone scores above the benchmark for caregiver burden on the caregiver burden screen?
   a. Refer them to all available caregiver programs.
   b. Send them a booklet on caregiving.
   c. Send their information to a casemanager.
   d. Conduct the Bakas Caregiving Outcomes Scale.

7. What score on the screening tool indicates a caregiver is experiencing high burden?
   a. 10 or higher
   b. 8 or higher
   c. 6 to 10
   d. None of the above

8. What is the first thing to do when scoring the Bakas Caregiving Outcomes Scale (BCOS)?
   a. Be sure the caregiver listed at least two items specific to their situation.
   b. Assign values 1 through 7 to each answer.
   c. Fill in the condition of the person receiving care.
   d. None of the above.

9. Which questions on the BCOS are included in calculating the final score?
   a. All of them
   b. Questions 1 through 15
   c. All odd numbered questions
   d. Questions 1 through 18

10. Complete this sentence: _______________ scores on the _______________ indicate high caregiver burden.
    a. Lower/Zarit Screen
    b. Lower/ Bakas Caregiving Outcome Scale
    c. Higher/Bakas Caregiving Outcomes Scale
    d. None of the above