

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 Caregiver 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