

## Dementia Capable Webinar Series Post Test:

### “Building the Care Team with Compassion and Professionalism” presented by Karen J. Aspenson

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

#### Multiple Choice

1. When assisting a caregiver to develop their Circle of Support, the people they share the greatest intimacy, secrets, and heartfelt emotions belong in:
  - a. The Circle of Intimacy
  - b. The Circle of Friendship
  - c. The Circle of Participation
  - d. The Circle of Exchange
  
2. Creating a “map” of a Circle of Support places the caregiver in:
  - a. The circle in the right corner of the page
  - b. The circle in the center of the page
  - c. The circle in the top middle of the page
  - d. The circle in the left corner of the page
  
3. When a caregiver says they do not ask for help because “It’s just easier to do it myself,” you should:
  - a. Chastise them for engaging in negative thinking
  - b. Agree with them because no one else can be trusted to provide care for their loved one
  - c. Remind them that caregiving is a long-term responsibility and sharing the responsibility will help to prevent burn-out
  - d. Refer them to a support group
  
4. It is important to expand the Care Team to as many members as possible because:
  - a. It allows no one helper to feel singled out
  - b. It allows more members of the Care Team to learn more about your needs and help if they can
  - c. If one member cannot help now perhaps another can
  - d. All of the above
  
5. The phrase, “Dementia is not a ‘casserole’ disease,” means:
  - a. Dementia is a complicated disease and has many components
  - b. Family and friends don’t drop off casseroles because they may be frightened by the diagnosis and don’t know what to say
  - c. Having dementia means a person cannot make a complicated dish like a casserole
  - d. People living with dementia do not like eating messy dishes like casseroles

6. The role of staff to “Be where the caregiver is at” means:
  - a. The staff person must perform an emotional assessment each time they meet with the caregiver
  - b. The staff person must match their emotions to those the caregiver expresses in the moment
  - c. The staff person must be flexible enough to respond to the place where the caregiver is at in their journey
  - d. Effective support of a caregiver can only happen face-to-face
  
7. The concept that suggests that caregivers should vent their frustrations to people they feel closest to, and that those people should only vent their feelings to people who are less close to the caregiver, is called:
  - a. Support In, Dump Out
  - b. Circle Theory
  - c. Family dynamics
  - d. Active listening
  
8. Many family disagreements happen because:
  - a. Families do not communicate well
  - b. Family members tend to live too far away from each other
  - c. Family members do not all know how to use technology, like Skype
  - d. Someone feels left out or communication between members was unclear
  
9. A technique to “ask without asking” for help involves:
  - a. Writing down what needs to be done on a tablet
  - b. Posting to-do lists on Face Book
  - c. Waiting for a family member or friend to notice that something needs to be done, then offering to do it
  - d. Expecting family members and friends to “just know” what the caregiver needs
  
10. Negative thought processes involve all of the following patterns of thinking except:
  - a. All or nothing thinking
  - b. Avoidance
  - c. Awfulizing
  - d. Focusing on negatives