

## Dementia Capable Webinar Series Post Test Answers:

“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.

**True**

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.

**True**

8. You should only provide the simplest possible activities for people living with dementia so they do not become agitated due to frustration.

**False**

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.

**False**

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.

**False**