

## Dementia Capable Webinar Series Post Test Answers:

“Life After Diagnosis- Finding the Silver Lining” 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 are some of the attitudes that bring about stigma?
  - a. Fear of dementia behaviors
  - b. Lack of knowledge about the disease
  - c. Need to feel separated and, therefore, safe from the disease
  - d. All of the above**
  - e. None of the above
  
2. Stigma against illnesses is not new, which illnesses listed below have been stigmatized in the past?
  - a. Cancer
  - b. Measles
  - c. HIV/Aids
  - d. A (Cancer) and C (HIV/Aids)**
  - e. None of the above
  
3. How does stigma affect people living with dementia?
  - a. They stop engaging with friends and family
  - b. They act out because their feelings are hurt
  - c. They delay seeing a doctor and miss medications that can help
  - d. A (They stop engaging with friends and family) and C (They delay seeing a doctor and miss medications that can help)**
  - e. All of the above
  
4. The fact that dementia and Alzheimer’s is just normal aging is...
  - a. True, so we should all be prepared
  - b. Helpful to know so we don’t feel ashamed
  - c. A myth that keeps people from seeking treatment in a timely manner**
  - d. All of the above
  - e. None of the above

5. Once a person is diagnosed with dementia, what should they do?
  - a. **Get their life's affairs in order**
  - b. Find a nursing home to move into as soon as possible
  - c. Give up their jobs and hobbies
  - d. All of the above
  - e. None of the above
  
6. Prescribed Disengagement is:
  - a. A treatment to help people living with dementia transition to a new way of living
  - b. A practice for caregivers to accept the diagnosis
  - c. **A common suggestion by doctors that causes people living with dementia to become isolated and depressed**
  - d. None of the above
  - e. All of the above
  
7. What do we mean by the medical model for dementia care?
  - a. People living with dementia should be housed in hospitals
  - b. The focus is on the biological aspects rather than the whole person
  - c. Identifying losses and deficits is the key feature of doctor visits
  - d. All of the above
  - e. **B (The focus is on the biological aspects rather than the whole person) and C (Identifying losses and deficits is the key feature of doctor visits)**
  
8. What do we mean by the social model for dementia care?
  - a. A holistic approach encompassing the person's history, personality, and preferences
  - b. Focus is on the remaining strengths and abilities to enhance their daily experiences
  - c. Provides for independence for as long as it is safe
  - d. **All of the above**
  - e. None of the above
  
9. The disability model for dementia care...
  - a. Calls for ongoing adaptations to empower the person living with dementia to remain engaged in activities for as long as possible, with various forms of assistance
  - b. Encourages caregivers and people living with dementia to maintain their pre-diagnosis lifestyle for as long as possible, with adaptation
  - c. Is proactive in seeking solutions and utilizing skills and abilities still intact
  - d. **All of the above**
  - e. None of the above

10. Caregiver practices that can ensure ongoing quality of life for both the caregiver and the person living with dementia include:
- a. Involving the person living with dementia as much as possible in all decisions concerning their care and their daily routine
  - b. Creating a dementia friendly environment which enables the person living with dementia to remain as active and independent as possible
  - c. Providing memory prompts
  - d. Focusing on remaining strengths
  - e. **All of the above**