



Test Questions

(Part 1, Chapter 1)

1. Of those affected by dementia: 50% **are not aware** they are changing and 50% **are aware** they are changing. Of the 50% who are aware, they will always respond by becoming anxious and clingy.
 - True
 - False**

2. As a caregiver, it's important to build a team/ support network around you (choose one):
 - As soon as you can get to it
 - Late in the disease
 - Early in the disease**

3. As a caregiver, it's important to learn to (choose one):
 - Respond, not react**
 - Point out what the person with dementia is doing wrong
 - Take over

4. In care giving/ care partnering, If something isn't working well, who needs to change?
 - Caregiver**
 - The person with dementia

(Part 1, Chapter 2)

5. As a care partner, it's important to know your agenda, but not show your agenda.
 - True**
 - False

6. When communicating with someone affected by dementia, using “ reality orientation” is an effective strategy.
 - True
 - False**

7. Swearing, sex talk, and racial slurs can be part of the disease.
 - True**
 - False

8. A common mistake care partners make is trying to get the person with dementia to understand the facts as they see them.

- True**
 - False
9. Throughout the disease, the most important aspect is:
- Being right
 - The relationship in the moment**
 - Completing your task list
10. Without realizing it, care partners can be perceived by the person with dementia as being “confrontational” through body language and positioning.
- True**
 - False
11. You’ve been Mary’s favorite caregiver for the three years she’s lived in your community. You walk into her room as you’ve done every morning and she says to you “What are you doing in my room? Who are you?” Please choose the best response:
- Mary, it’s me, Dianne. I come in every morning, remember?
 - I’m sorry, Mary. I should have asked your permission. May I come in?**

(Part 1, Chapter 3)

12. If it’s not normal aging, it’s always dementia.
- True
 - False**
13. Human beings take in data in 5 ways...what we see, hear, feel/ touch, smell, and taste. The most powerful sensory input is:
- Visual data**
 - Auditory data
 - Kinesthetic data
14. People with dementia pay more attention to what they see than what they hear.
- True**
 - False
15. All forms of dementia attack the brain asymmetrically. What side is usually attacked first and more severely?
- Right side
 - Left side**
16. “Language on the...”:
- Left**
 - Right
17. “Rhythm on the...”:

- Left
- Right**

18. When approaching someone affected by dementia, it's OK to touch the person before you've make a visual and verbal connection.

- True
- False**

19. Please choose the correct statement:

- It's more effective to do "To" a person, than "With".
- It's more effective to do "With" a person, than "To".**

20. People find pressure in the palm of their hand comforting.

- True**
- False

21. A person affected by dementia retains safety awareness.

- True
- False**

22. The amygdala and hippocampus are two parts of the limbic system of the brain. Both of these parts have primary functions that relate to memories and reactions to emotional aspects.

- True**
- False

23. With Alzheimer's disease, the hippocampus is one of the first regions of the brain to suffer damage.

- True**
- False

24. Working memory peaks at around age:

- 45
- 75
- 25**

25. Choose all that apply to “normal aging”:

- Can't recall a word, but can describe it**
- Process information more slowly**
- May pause when word finding**
- Words won't come even with verbal, visual, or touch cues

(Part 1, Chapter 4)

26. Choose all that apply to “not normal” aging:

- Unable to get started on a task**
- Will get stuck in a moment of time**
- Unable to successfully place a person**
- Confused between past and present**

27. Dementia will rob you of “skill” before it robs you of “strength”.

- True**
- False

(Part 1, Chapter 5)

28. Choose the correct statement:

- “Lose on the right, retain on the left”
- “Lose on the left, retain on the right”**

29. Early in the disease, people will miss:

- 1 in every 10 words
- 5 of 5 words
- 1 in every 4 words**

30. A person affected by dementia often retains the skill of social chit chat.

- True**
- False

31. A person affected by dementia can "get and give" rhythm.

- True**
- False

32. Early in the disease, a person affected by dementia will retain rhythm, but lose the ability to understand content. Content includes (check all that apply):

- Vocabulary**
- Comprehension**
- Speech production**

33. 98% of people affected by dementia will retain music, poetry, prayer, rhythm. It's hooked into the emotional center.

- True**
- False

34. For a person affected by dementia, their visual field gets smaller and smaller.

- True**
- False

(Part 2, Chapter 1)

35. Dementia is an "umbrella" term that covers 85-90 different conditions.

- True**
- False

36. How many ideas can the average person hold in working memory?

- 10-15
- 1-3
- 5-8**

37. The Mini Mental State exam is considered to be less effective when screening for early dementia. Another exam, believed to have the advantage of detecting early dementia is:

- Saint Louis University Mental Status exam (SLUMS)**
- Vassar Medical exam (VM)
- Colorado State Cognitive exam (CSC)

(Part 2, Chapter 2)

38. Please select the “Four Truths” about dementia:

- At least 2 parts of the brain area actively dying.**
- It is chronic – there is nothing that will stop it, slow it, or turn it around. The current drugs are designed to help control some symptoms in some people.**
- Drugs like Namenda can slow the progression of the disease
- It is progressive – it will get worse**
- It is terminal and results in death – it kills so much of your brain, you can't keep going**

39. Out of 5 families dealing with the disease:

- 1 will fall apart
- 3 will fall apart
- 4 will fall apart**

40. Dementia affects 1 of 5 families in the U.S.

- True**
- False

41. The most common type of dementia is:

- Vascular
- Alzheimer's**
- Lewy Body

42. 40% of people with Parkinson's will develop dementia.

- True**
- False

43. Depression and other mental health issues increase the chance of developing dementia.

- True**
- False

(Part 2, Chapter 3)

44. Frontal lobe abilities include (check all that apply):

- Impulse control**
- Reason**
- Logic**
- Decision Making**
- Emotional response

45. The limbic system is in the center of the brain and includes (check all that apply):

- The hippocampus**
- The hypothalamus
- The amygdala**

46. Stress and duress can cause changes in the brain similar to mild cognitive impairment of early Alzheimer's:

- True**
- False

47. A healthy response to viewing images of the brain is to:

- Focus on what's missing
- Focus on what remains**

48. By the end of the disease, the hippocampus is:

- 1/2 of its original size
- The same size
- 1/3 of its original size**

49. Please choose the correct definition of "confabulation":

- When the brain makes up memory to fill in the gaps**
- When the brain shrinks
- When a person responds negatively to a situation

50. Confabulation is most prevalent with which type of dementia:

- Alzheimer's
- Lewy Body**
- Vascular

51. As the left temporal lobe shrinks, what areas are impacted (choose one):

- Language, vocabulary, speech**
- Emotional response, motor skills, reasoning

(Part 2, Chapter 4)

52. Teepa created the **Gems** to serve as a classification model that focuses on what remains, rather than what is lost in the disease.

- True**
- False

53. "In the Right Setting, with the Right Care, All Gems Can Shine"

- True**
- False

54. Please choose what best describes a Sapphire:

- Normal aging**
- Likes authority
- Stuck in a moment in time

55. Please choose what best describes a Diamond:

- Language is vague
- Likes authority**
- No safety awareness

56. Please choose what best describes an Emerald:

- May resist care
- Needs help, but doesn't know it**
- Ability to meet the changing needs of others

57. Please choose what best describes an Amber:

- Normal aging
- Rigid
- May resist care; low sensory tolerance**

58. Please choose what best describes a Ruby:

- Fine motor and skill stops**
- Trapped in a shell
- Will touch and take

59. Please choose what best describes a Pearl:

- Ruled by reflexes**
- Messes and mistakes
- Likes company

(Part 2, Chapter 5)

60. When it comes to vision, people with dementia lose "safety" vision first.

- True**
- False

61. Without realizing it, when you get in front of person and you lean in so they can see you clearly, it feels like you are confronting them and can be unsettling.

- True**
- False

62. A “supportive stance” involves you standing directly in front of the person you are trying to help.

- True
- False**

63. There are 3 zones of “Space and Awareness”. Please select the three zones:

- Public**
- Business
- Friendly
- Personal**
- Intimate**

64. Please choose the correct statement related to care partnering:

- Practice the art of correcting, not supporting.
- Practice the art of substitution, not subtraction.**
- Practice the art of conversing and reacting.

65. We should always pause at the beginning of someone’s personal space, which is:

- 20 feet out
- 3 feet out
- 6 feet out**

66. The main reason not to touch someone who has not acknowledged your approach is that:

- You might startle them and get a negative impulsive response**
- They will probably hit you
- You will get hurt every time you do this
- They are probably needing their sleep and you should leave them alone

67. What is the recommended type of response to a person with dementia who is becoming distressed?

- Use a positive physical approach, empathy, then redirection or distraction**
- Get close to them, hug them and then use empathy
- Tell them it is “OK” and that they “don’t need to worry”, and then encourage them to have something to drink or eat
- Try to leave them alone and let them settle themselves back down, rather than interfering

68. Care partnering means:

- Doing to, not with
- **Doing with, not to**
- Correcting mistakes

69. Hand under Hand technique requires practice.

- **True**
- False

70. It's helpful to know the person's dominant or preferred side.

- **True**
- False

(Part 2, Chapter 6)

71. Late in the disease – the wiring between visual and sensory motor is failing.

- **True**
- False

72. It's not uncommon for people to experience grief when they realize the person they care for is declining. It's OK for the person to grieve in the company of the person affected by dementia.

- True
- **False**

73. For many, as in the toothbrush example in the video, pointing out mistakes is a habit that can be broken. An effective alternative to pointing out mistakes is:

- **Offer a toothbrush without taking the hair brush away... “Approach, Connect, and Redirect”**
- Take the toothbrush away immediately...they know better
- Use reality orientation and let the person know they're not using the right tool

74. Nine of ten people will develop monocular vision and lose depth perception.

- **True**
- False

75. The seeking of an emotional or physical need most often drives behavior.

- True**
- False

76. Please choose the correct order when assisting someone with dementia (Tip: remember the most powerful sensory input):

- Touch first, then let them know what you're doing
- Visual, verbal, touch**
- Verbal, visual, touch

(Part 3, Chapter 1)

77. In order to survive, there are 5 basic physical needs that must be met:

(1) Hunger and thirst, (2) wake /sleep cycles and rest, (3) elimination, (4) comfort/ personal preferences, (5) pain relief

- True**
- False

78. When you want to wake someone up, it's best to:

- Wake them up quickly by tapping them on the shoulder and saying their name
- Wake them up slowly by saying their name, pausing at the beginning of their personal space, lowering yourself to their level and applying light pressure to the knee.**

(Part 3, Chapter 2)

79. Left brain includes (choose three that apply):

- Vocabulary**
- Comprehension**
- Rhythm
- Speech production**

80. If someone with dementia responds to the rhythm of your voice, it also means they comprehend what you're saying.

- True
- False**

81. "Pre-frontal cortex" primary skills include (choose all that apply):
- Initiating**
 - Sequencing**
 - Terminating**
 - Moving On**
 - Seeing from another person's point of view**
82. When someone experiences "binocular vision", they can engage in both social vision and task vision simultaneously.
- True
 - False**
83. Positive and negative emotional connections continue to form in all stages of dementia. For that reason, it's important to:
- Not overreact to surprising behaviors. Pause and give yourself time to respond in a positive way.**
 - Acknowledge their reality and let it go**
 - Use the phrase "Don't you remember?" to prompt a memory

(Part 3, Chapter 3)

84. MCI (Mild Cognitive Impairment) is the first sign of dementia.
- True**
 - False
85. Effective care partners learn to change the "setting and care" as needed, while recognizing the person with dementia is doing the best they can in that moment.
- True**
 - False