

## Eldercare Solutions – Final Exam

Take the exam and test your knowledge!

This exam is free and available to you and anyone else who wants to take it anytime, however it is intended to be taken after you complete the course **Eldercare Solutions** on Udemy.

Once you complete the exam you can grade it yourself by downloading the accompanying Answer Key and checking your own responses.

Read the following and select the answer that best fits;

1. What is a caregiver?
  - a. Member of a person's social network
  - b. Nursing home staff member
  - c. Paid and licensed professional only
  
2. The best time to start a conversation about care needs with the care recipient.
  - a. As soon as they begin to need fulltime care
  - b. When they are in need of part time help with activities of daily living
  - c. Before they need care
  
3. When deciding on care duties and responsibilities your plan;
  - a. Should be informal and adjusted as needed
  - b. Formal, in writing – signed and understood by all parties
  - c. Plans are unnecessary when dealing with family members
  
4. When deciding on the place for caregiving when you will be living together where should that be?
  - a. Together inside the same residence in the care recipients' current home
  - b. Together inside the same residence in your current home
  - c. In separate living quarters at your current home or jointly acquired new property
  
5. Should Incontinence issues be left to the discretion of the care recipient as to when the need to transition to briefs and or bed pads arises, or is it the caregivers responsibility to address the issue immediately when necessary?
  - a. Leave it to the care recipient to decide
  - b. Ask their doctor
  - c. As the caregiver you need to immediately address the issue

6. What should you do about the costs associated with caregiving?
  - a. The recipient should pay for all their own costs if they have the means
  - b. You should pay for all or most of their costs if they are family
  - c. Money should never be a concern in caregiving
7. As a caregiver how will you handle recreation and stress relief for yourself?
  - a. There is no time to worry about that until the need for caregiving is over
  - b. Schedule it and make it happen as a matter of routine
  - c. When and if the opportunity occurs
8. Can other family members and friends of the care recipient can be counted on to understand the nature of the situation and to help you?
  - a. Yes. in most cases
  - b. No in almost all cases
  - c. Only on holidays and weekends normally
9. Caregiving requires good communication and good leadership skills along with the ability to make tough decisions – so when you are the caregiver who is primarily responsible for making the key decisions related to caregiving ?
  - a. The care recipient alone
  - b. You are if you are the caregiver
  - c. The care recipient's doctor alone
10. Time necessary for caregiving is time that is taken away from?
  - a. Family time
  - b. Work/employment
  - c. Both a and b
11. Regarding the financial implications of caregiving, how will it likely impact you and your family?
  - a. Costs are minimal and do not need to be considered
  - b. Expenses are likely to be far more than ever imagined and will negatively impact you and your family
  - c. Will become less over time as the care recipient will likely need less and less care

12. Once you start caregiving for a family member, is it a permanent commitment no matter what may come?
- Yes – family matters more than anything else and it is your moral and sacred obligation
  - No – In cases where there is aggression due to cognitive issues or otherwise, caregiving should be discontinued, and other arrangement sought out
  - That is up to the care recipient's doctor to decide and not up to the caregiver.
13. Over time the care recipient is very likely to need;
- Less and less care
  - More and More care
  - Less support and more medication
14. Is there a difference between a Power of Attorney and a Medical Power of Attorney?
- No, they are both the same
  - Yes, they are significantly different
  - Depends on what county you live in mainly
15. When is the best time to obtain legal authority to act on behalf of your care recipient?
- Before hospice is called in
  - When their doctor prescribes it
  - Immediately before beginning caregiving
16. Is caregiving easier or more difficult than most people assume it will be?
- Usually it is easier
  - Far more difficult than most people ever imagine
  - It's really very easy for most people
17. One of the ways you can get a break from caregiving is by;
- Taking off late at night for a few hours
  - Scheduling respite care
  - Leaving the care recipient with a neighbor
18. When caring for a person who has dementia or Alzheimer's will the difficulty be more or less than otherwise?
- There is no notable difference
  - There is a massive difference

- c. It is up to their doctor to determine that
19. How will you address the issue of lifting and moving a recipient when necessary?
- a. Learn techniques that decrease injury
  - b. Obtain and utilize special equipment if necessary
  - c. Neither a and b
20. What are some of the main reasons for discontinuing caregiving and placing your care recipient in a more formal environment such as a nursing home?
- a. Ineffective ways of dealing with incontinence issues
  - b. Aggressive behavior
  - c. Both a and b
21. Many caregivers will eventually become exhausted and overwhelmed – how can you deal with this issue when it happens?
- a. Go see a movie
  - b. Join an in person and or online support group
  - c. A couple of cocktails each day should help
22. When talking with an agitated person with dementia should you correct them when they get their facts wrong?
- a. Sometimes if they can learn from their mistakes
  - b. It is usually better not to try and correct them
  - c. Only in clinical settings under a doctor's supervision.
23. When dealing with doctors and medical staff on behalf of your care recipient should you ever question their findings or instructions?
- a. Never! They are the medical professionals and you are NOT
  - b. If you feel you need to ask for clarification and when desired get a second opinion from another provider
  - c. Only if the medical provider is a generalist and not a specialist
24. Is Hospice always good and always best to have involved as early as possible?
- a. That depends heavily on the quality of the provider, your wishes and the wishes of your care recipient
  - b. No – they should only be involved at the very end of care
  - c. Yes – Because their involvement is mandated and required by regulations and you have no choice

25. When you become a caregiver for an elderly person it will likely last how long?

- a. Less than 6 months
- b. More than a year, and maybe more than five years or even longer
- c. Less than 1 year