

Quiz Question Bank Caregiver Support – Staff

Learning about dementia will make you a better caregiver but has little impact on reducing stress. **FALSE**

As the person you're serving develops increased care needs,

- Discuss the need for increased staffing with your supervisor and management.
- Seek training to help you care for the person more easily.
- Encourage communication with other team members as a way to reduce stress.
- **All of the above**

Grief may occur in stages or waves because:

- The person with dementia suffers diseases that repeatedly bring the person close to death.
- **You might experience grief as the person loses more and more functioning.**
- You will grieve whenever you remember the person who has died.

Which of the following may lead to caregiver stress?

- Participation in training on how to care for a person with dementia.
- Increased team communication over care plans
- **Behaviors of the person with dementia that may be difficult to manage.**

Establishing a routine can help you relieve stress? **TRUE**

When you manage your stress, you will be able to provide better care for the person you serve. **TRUE**

A Memory Café is:

- **For caregivers and people with dementia to socialize together in a supportive group setting**
- A restaurant in the community that specializes in serving people with dementia.
- A support group where grieving caregivers can share memories after the person dies.

It's important to seek support if you feel stressed. Which of the following are places you can turn to for help?

- Your supervisor
- Formal support groups
- The care team.
- **All of the above**