

Quiz Question Bank Caregiver Support – Family

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

Anne is the primary caregiver for her 53-year-old brother who has Down syndrome and dementia. They have another brother who lives far away. He calls when he can.

- **Anne may experience stress and fatigue even though her brother calls to check in.**
- Anne is unlikely to experience stress and fatigue because her brother appreciates her.
- Anne is unlikely to experience stress and fatigue unless she and her brother have different ideas about how to care for their brother.

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.

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

When you manage your stress, you will be able to provide better care for your family member. **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 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 health care provider
- Formal support groups
- A religious institution
- **All of the above**