

ALZHEIMER'S TRAINING POST TEST

NAME: _____ DATE _____

Please circle or fill in the correct response.

1. **Dementia affects an individual's ability to**
 - A. Remember
 - B. Reason
 - C. Think
 - D. Communicate
 - E. All of the above

2. **The MOST COMMON form of dementia is**
 - A. Alzheimer's Disease
 - B. Vascular Disease
 - C. Parkinson's Disease
 - D. Huntington's Disease
 - E. Lewy Body Disease

3. **A reversible condition which COULD BE mistaken for dementia is**
 - A. Depression
 - B. Infection
 - C. Medication interactions
 - D. Thyroid problems
 - E. All of the above

4. **List the three stages of Alzheimer's disease. (*Please print clearly*).**
 - A. _____
 - B. _____
 - C. _____

5. **Which of the following statements is TRUE concerning behavior issues for someone with Alzheimer's disease?**
 - A. Fainting.
 - B. Sundowning.
 - C. Eating too much.
 - D. Wandering.
 - E. B and D

6. **When an Alzheimer's individual experiences aphasia, he or she may have difficulty in:**
 - A. Word-finding
 - B. Understanding the spoken word
 - C. Understanding the written word
 - D. A and B
 - E. All of the above

7. **A Certified Nurse Aide provides care for an Alzheimer's client in their home. Her client repeatedly asks, "What do I do now?" The CNA has tried answering his questions. However, he continues to repeat the same question over and over again. What else could the CNA do to assist the client?**
- A. Divert him to a meaningful activity.
 - B. Speak louder to make sure he hears her.
 - C. Ignore him after a while.
 - D. Kindly ask him to stop following her.
 - E. None of the above
8. **Alzheimer's individuals may resist personal care because they:**
- A. Are trying to be difficult
 - B. Don't care anymore
 - C. Have privacy issues
 - D. Have personal preferences
 - E. C and D
9. **The BEST WAY to complete an ADL activity with an Alzheimer's individual is to:**
- A. Make eye contact
 - B. Approach from the front
 - C. Break it down into simple steps
 - D. A and B
 - E. None of the above
10. **A COMMON Alzheimer's behavior is:**
- A. Combativeness
 - B. Screaming
 - C. Spitting
 - D. Repetitive questions
 - E. All of the above
11. **Combativeness occurs MOST OFTEN when an Alzheimer's individual is:**
- A. Angry at the caregiver
 - B. Frightened
 - C. Trying to be difficult
 - D. Depressed
 - E. None of the above
12. **The MOST EFFECTIVE intervention for a resident who repetitively bangs on the table is:**
- A. Remove the table
 - B. Give the person something meaningful to hold
 - C. Ignore the situation
 - D. Tell the person to stop banging
 - E. None of the above
13. **If an Alzheimer's individual has difficulty understanding the purpose of objects, he or she may have difficulty with:**
- A. Eating
 - B. Dressing
 - C. Grooming
 - D. Bathing
 - E. All of the above
14. **Mary is a 75-year-old Alzheimer's client you are caring for in their home. She receives frequent visits from her children and grandchildren. The children have made it a point to show you pictures of Mary's garden. Based on this information, list three roles that are important to Mary.**
- A. _____
 - B. _____
 - C. _____

15. Which of the following is **NOT** an example of validation?
- A. "Your husband is out at the store, he'll be back later."
 - B. "Your children are at school, they get out later this afternoon."
 - C. "Your husband died last year, don't you remember?"
 - D. "You can't go home, you live here with us."
 - E. C and D
16. When dealing with an agitated resident, it is **MOST** helpful to
- A. Redirect the individual
 - B. Walk away
 - C. Provide reassurance
 - D. Bring them to an activity
 - E. Tell them with a firm voice to calm down
17. Which of the following is the **MOST** important to consider when judging if an activity met the needs of an Alzheimer's individual?
- A. Was the activity interesting?
 - B. Was the activity done correctly?
 - C. Was the activity completed?
 - D. Was the activity safe and enjoyable?
 - E. None of the above
18. List three ways of finding out what hobbies and interests an Alzheimer's individual had in the past. *(Please print clearly).*
- A. _____
 - B. _____
 - C. _____
19. Professional caregivers can help family caregivers by
- A. Educating them
 - B. Listening to them
 - C. Involving them
 - D. A and B
 - E. All of the above
20. Professional caregivers can reduce their stress by
- A. Avoiding change
 - B. Asking for help
 - C. Using relaxation techniques
 - D. B and C
 - E. All of the above
21. Safety is a major concern in individuals with Alzheimer's disease because the individual
- A. Does not recognize familiar objects or places
 - B. Has changes in vision, hearing, depth perception
 - C. Has no sense of danger
 - D. All of the above
22. When a client becomes agitated, it is best to
- A. Speak softly
 - B. Change activities
 - C. Restrain them
 - D. Give them medication
 - E. A and B
23. When assisting an Alzheimer's client with their ADL's you should
- A. Go ahead and do it for them
 - B. Tell them to hurry up you have somewhere to be
 - C. Be patient and allow them to do what they are able before assisting.

24. **People with Alzheimer's disease and Dementia are very susceptible to most types of abuse.**
- A. True
 - B. False
25. **When providing care in a client's home, it is not acceptable to**
- A. Leave the client in their room for a few hours alone
 - B. Be mindful of where they are
 - C. Run an errand while they are sleeping
 - D. Plan activities they like to do
 - E. A and C
26. **Alzheimer's is irreversible and progressive with symptoms normally appearing after age 60 and it is the most common cause of dementia.**
- A. True
 - B. False
27. **It has been a busy week and you've lost track of what day it is, you should be concerned about having Alzheimer's.**
- A. True
 - B. False
28. **Which is NOT typical age related memory loss? (check all that apply)**
- A. Difficulty with conversations
 - B. Forgetting to pay the cable bill this month
 - C. Losing track of the date or season
 - D. Losing your keys from time to time
29. **Which is the best way to approach bath time?**
- A. "Do you want to take your bath now?"
 - B. "It's time for your bath now."
 - C. "What do you think about taking your bath now?"
 - D. "Go on into the bathroom, I'll be there in a minute."
30. **When dressing a person with Alzheimer's....**
- A. Give them their clothes for the day in one pile.
 - B. Ask them, "So, What do you feel like wearing today?"
 - C. Lay out clothes in the order they are put on (underwear, pants, shirt, etc.)
 - D. Put on those tight pants, after all they're like brand new.
31. **Eating habits can change. To make sure they are receiving proper nutrition monitor:**
- A. level of physical activity
 - B. appetite changes
 - C. problems with chewing or swallowing
 - D. all of the above
32. **Your client is having problems more often with urinary incontinence. Ways to help avoid are.. (check all that apply)**
- A. Tell them to get up and go when they have to.
 - B. Remind them to go to the bathroom every 2 to 3 hours and take them.
 - C. Accidents happen, don't worry about it.
 - D. Offer fruit at bedtime rather than fluids.
33. **Meal times can be challenging. Helping to avoid being overwhelmed might include: (check all that apply)**
- A. Set the table with a full place setting and favorite wild Hawaiian tablecloth.
 - B. Use simple instructions.
 - C. Serve only one or two foods at a time.
 - D. Serve finger foods if utensils are a difficulty.

34. **As the person requires greater assistance with their ADLs you can still include them in the task by...**
- A. Guiding their hands with yours while washing up.
 - B. Imitate your motions such as with brushing teeth.
 - C. Talk them through the task while helping.
 - D. All of the above.
35. **Every case of Alzheimer's disease is the same and is only seen after the age of 65.**
- A. True
 - B. False
36. **Your care and understanding are incredibly important to the person with Alzheimer's and their family.**
- A. True
 - B. False
37. **My dad was talking with his friends last night and couldn't recall what they were talking about in the middle of a sentence. Two days ago he put the milk back on the bookshelf. These are symptoms of possible Alzheimer's.**
- A. True
 - B. False
38. **Changes that can lead to poor nourishment, dehydration and other problems could be... (check all that apply)**
- A. Forgetting to eat.
 - B. Eating healthy choices.
 - C. Chewing difficulties.
 - D. Drinking adequate water.
39. **For the person with Alzheimer's nutrition is important, so they must eat 3 balanced meals a day.**
- A. True
 - B. False
40. **What is one of the most important daily caregiving tasks to monitor?**
- A. Bathing.
 - B. Dressing.
 - C. Eating.
 - D. Toileting.
41. **The first thing to check for if an Alzheimer's patient shows behavior changes such as agitation or aggression is...**
- A. A medical cause.
 - B. Environmental changes.
 - C. Communication changes.
 - D. Pain.