

Name:

Date:

Please return your completed assessment to your coordinator. Thank you.



Part A

Please tick the correct TRUE or FALSE ANSWER.

Example: A care plan should evolve over time to incorporate changes in the resident's needs.

True False

1. According to the course, the term 'activity' only relates to designated activities that are published on a scheduled timetable.
True False
2. A person with dementia has less need for activity and engagement than someone living without dementia.
True False
3. Keeping active, in whatever form it might take, may help to improve a person's sleep patterns.
True False
4. Our *first* thought should be about what people *can't* do, not what they *can* do.
True False
5. When communicating with a person who has later stage dementia, you may only get a physical bodily reaction.
True False



PART B

Select the **MOST CORRECT** answer from the options below each question.

Example: *Person centred care planning should consider these needs of the older person:*

- a) Physical and medical
- b) Medical and psychological
- c) Social and spiritual
- d) Physical, medical, psychological, social and spiritual

1. The term 'activity' can relate to:
 - A. lifestyle and wellbeing
 - B. a sense of connection
 - C. leisure and work
 - D. all of the other answers

2. The negative behaviours that are associated with dementia may be exacerbated by:
 - A. boredom, frustration or anxiety
 - B. interaction, engagement or connection
 - C. conversation, patience or stimulation
 - D. communication, activity or personalised care

3. According to the course, we must be mindful when helping people, that we do not unintentionally:
 - A. enable them
 - B. empower them
 - C. disable them
 - D. monitor them

4. According to the course, when providing meaningful activity and engagement for people living with dementia, it is important to:
 - A. be spontaneous
 - B. be predictable
 - C. be regimented
 - D. all of the other answers

5. When deciding what activities to try, it is important to:
- A. avoid anything that could pose even a slight risk
 - B. stick to tried and tested activities which pose no risk
 - C. discuss and weigh up the risks against the benefits
 - D. ignore risk assessments if you think an activity will be fun



PART C

Select the **MOST CORRECT** word or phrase to complete the sentence.

Example: A resident's.....signs such as temperature are also described as "obs" or "observations."

- a) life
- b) vital
- c) key

1. According to the course, meaningful activity and engagement is about promoting a sense of with each individual.

- A. apathy
- B. connection
- C. perspective

2. According to the course, meaningful activity and engagement may help to a person's cognitive decline as their dementia progresses.

- A. stop
- B. slow
- C. escalate

3. The course outlined core activity 'needs' that each person commonly experiences.

- A. 5
- B. 10
- C. 20

4. According to the course, a baking or smoothie making activity may help to meet activity needs, because a person can touch, taste and smell things.
- A. esteem
 - B. spiritual
 - C. sensory
5. can be an effective method of connecting with a person with advanced dementia, as long as staff are appropriately trained.
- A. Acupuncture
 - B. Loud music
 - C. Hand massage

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