

Caring For People Services

Handbook Test

1. Name the five factors that influence how an individual copes with aging.

2. _____ is a mental state, which is characterized by a pessimistic sense of inadequacy and a despondent lack of activity.

3. True or False – Circle one

Chronic diseases can be reversible.

4. Insulin shock occurs when there is _____ in the body.
This condition rapidly _____ in the
blood and brain cells suffer.

5. Confusion can be divided into two categories:

6. _____ is the commonest form of dementia.

7. Name four ways you can tell that a senior is experiencing hearing difficulties.

8. _____ is a disorder usually characterized by withdrawal from reality, illogical patterns of thinking, delusion and hallucinations.

9. True or False – Circle one

Dying individuals always go through all five stages of the dying process.

10. List one of the examples given on how to deal with a manipulative personality.

11. List three purposes of maintaining good oral hygiene. _____

_____.

12. What are the five major food groups emphasized in the Food Guide Pyramid:

_____.

13. True or False – Circle one

Nausea and vomiting are two signs that a senior is not getting proper nutrition.

14. Name three of the five main types of microbes: _____

_____.

15. What are the ABC's of assessing a person's condition?

A- _____

B- _____

C- _____