

Care CEUs

Overcoming Stigma of Dementia

Background

1. There is now greater public awareness of dementia and of its causes and progression.

- A. True
 - B. False
-

2. The symptoms of dementia are the result of physical damage to the brain.

- A. True
 - B. False
-

Defining Stigma

3. Who defined stigma as: "an overarching term that contains three important elements: 1) problems of knowledge (ignorance), 2) problems of attitude (prejudice), 3) problems of behaviour (discrimination)."?

- A. The Oxford dictionary
 - B. Goffman
 - C. Thornicroft
 - D. Link and Phelan
-

Stigma and old age

4. Which of the following continues to represent the most socially condoned and institutionalized form of prejudice in the world today?

- A. Ageism
 - B. Gender
 - C. Sexual orientation
 - D. Race
-

Dementia compared to other conditions

5. When did cancer patients first start to be told of their diagnosis?

- A. 1890's**
 - B. 1920's**
 - C. 1940's**
 - D. 1970's**
-

6. About how long has it been that people with dementia began being told about their own diagnosis?

- A. 1-2 years**
 - B. 5-10 years**
 - C. 10-15 years**
 - D. 15-20 years**
-

The realities of Alzheimer's and overcoming stigma

7. Someone in the world develops dementia every _____.

- A. 4 days**
 - B. 4 hours**
 - C. 4 minutes**
 - D. 4 seconds**
-

Overcoming stigma is the first step to beating Alzheimer's disease and dementia

8. The global economic cost of dementia is estimated at over _____.

- A. US\$600 billion**
 - B. US\$100 billion**
 - C. US\$1 billion**
 - D. US\$100 million**
-

9. Alzheimer's Society research suggests that in the UK, one in ten people over 65 will die with dementia.

- A. True
 - B. False
-

Survey methodology

10. The questions of the survey measured positive discrimination in addition to negative and anticipated discrimination.

- A. True
 - B. False
-

Respondents with dementia

11. The largest group of respondents with dementia in the English survey indicated they were approximately aged between _____ and _____ years.

- A. 56, 65
 - B. 59, 68
 - C. 63, 72
 - D. 66, 75
-

Concealing the diagnosis

12. In the English survey, 59% of the respondents with dementia reported concealing or hiding their diagnosis from others.

- A. True
 - B. False
-

Being treated differently

13. Which social contacts were reported by more than 59% as the most likely to avoid or lose contact with the person with dementia?

- A. Children
 - B. Friends
 - C. Neighbors
 - D. Other family members
-

Stigma about people with dementia

14. Which emotion was recognized in others by 14% of those with dementia?

- A. Disgust**
 - B. Fear**
 - C. Sympathy**
 - D. None of the above**
-

Reducing stigma

15. When asked: "What do you think can be done to reduce stigma?" the largest response was for:

- A. Education / awareness**
 - B. Media / celebrity presence**
 - C. Government & organizational support**
 - D. Research**
-

Being treated differently

16. Of the individuals in the English survey that reported being avoided or treated differently because of the diagnosis, which of the following was noted as the most frequent thing to happen to them or the person they care for?

- A. Positive examples given**
 - B. Overlooked by medical professional**
 - C. Social exclusion**
 - D. Awkwardness**
-

17. Of the carers in the Spanish survey that reported being treated differently, they listed which of the following as the group responsible?

- A. Children**
 - B. Friends**
 - C. Neighbors**
 - D. Other family members**
-

Friendships with people not connected and connected to dementia

18. Carers indicated that it was important to maintain their current relationship and that people who are comfortable with older people tend to be more sympathetic to their situation.

- A. True**
 - B. False**
-

Stigma about carers

19. The most common unsolicited advice reported by the carers in the survey was to place the person with dementia in a care home.

- A. True**
 - B. False**
-

20. Of the 49 narratives in the survey, 14 cited examples of others thinking the person with dementia is:

- A. Crazy**
 - B. Mentally ill**
 - C. Drunk**
 - D. All of the above**
-

Dementia, poverty and stigma

21. Which percentage of carers either cut back or ceased paid work in order to care for someone with dementia?

- A. 5-10%**
 - B. 6-30%**
 - C. 15-20%**
 - D. 30-50%**
-

22. Some European countries now offer financial support to dementia carers for the time they spend caring for their loved ones.

- A. True**
 - B. False**
-

How to include people with dementia in everyday life

23. Sixty-five of the 752 responses in the English survey noted that they did not think it was possible for people with dementia to be included in everyday life.

- A. True**
 - B. False**
-

Enhancing legal rights for people with Alzheimer's disease by improving quality

24. One of the effects of Alzheimer's disease is the growing loss of _____.

- A. Capacity**
 - B. Energy**
 - C. Respectfulness**
 - D. Sociability**
-

Strategy For Excellence In Dementia Care

25. Training has been provided for police, firefighters, and airport security staff on how to involve people with dementia in the community.

- A. True**
 - B. False**
-

The Dementia Challenge

26. One of the key objectives of this challenge is to have up to _____ towns, cities and villages taking part in a program to become more dementia friendly by 2015.

- A. 10**
 - B. 20**
 - C. 30**
 - D. 40**
-

Alzheimer and You

27. The national Alzheimer association in Germany hosts a website under the title Alzheimer and You, aimed at:

- A. Children and young people**
 - B. Carers of those with dementia**
 - C. Children of those with dementia**
 - D. Those with dementia**
-

Alzheimer Cafe

28. The first Alzheimer Cafe opened its doors in 1997 in The United States.

- A. True**
 - B. False**
-

Memory Footprints

29. The major focus of Canada's Memory Footprints project is the creation of _____.

- A. Tolerance**
 - B. Acceptance**
 - C. Respect**
 - D. Empathy**
-

Stigma: a personal view

30. The Alzheimer's Disease International is currently the umbrella organization for how many national Alzheimer associations?

- A. 15**
 - B. 33**
 - C. 78**
 - D. 317**
-

Statistics

31. Half of the people with dementia that responded to the survey were younger than 65 years of age.

- A. True**
 - B. False**
-

Summary

32. There is predicted to be more than 115 million people living with dementia by the year 2050.

- A. True**
 - B. False**
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