

Care CEUs

Understanding Psychosocial Needs

1. Which description best captures the impact of psychosocial needs on residents' overall quality of life?

- A. Consideration of residents' emotional health and physical therapy routines.
 - B. Focus on residents' medical conditions and nursing schedules.
 - C. Recognition of residents' cultural, social, and spiritual dimensions alongside emotional needs.
 - D. Implementation of uniform social activities regardless of backgrounds.
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2. Which approach exemplifies true person-centered care in long-term care settings?

- A. Adhering to standardized group activity templates.
 - B. Customizing daily routines and programs based on each resident's unique preferences, values, and life history.
 - C. Delegating all decision making to clinical protocols and time frames.
 - D. Aligning schedules strictly with staffing patterns.
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3. What internal practice most effectively identifies facility resources needed to support residents' social engagement?

- A. Conducting regular assessments of in-house social services, activity staff competencies, and interdisciplinary collaboration.
 - B. Outsourcing community engagement entirely to external agencies.
 - C. Basing programming solely on previous year's budget allocations.
 - D. Prioritizing medical staffing counts over activity resource reviews.
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4. Which strategy best leverages community partnerships to enrich resident life?

- A. Establishing ongoing intergenerational partnerships with local schools and libraries for tailored programs.
 - B. Purchasing standardized entertainment packages for passive consumption.
 - C. Restricting community volunteers to emotionally intensive roles only.
 - D. Limiting residents to in-house group activities without external engagement.
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5. Which administrative practice most effectively upholds residents' cultural and spiritual expressions?

- A. Enforcing strict medication rounds before all social interactions.
- B. Conducting one-off cultural sensitivity seminars without follow-up.

- C. Forming resident advisory councils to co-create culturally relevant activity and policy frameworks.
 - D. Using generic satisfaction surveys administered annually.
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6. Which action demonstrates strong administrative leadership in supporting psychosocial care?

- A. Increasing clinical documentation to monitor psychosocial goals.
 - B. Centralizing scheduling decisions within the administrative office.
 - C. Eliminating volunteer facilitators to simplify oversight.
 - D. Allocating dedicated budget and adaptive equipment while investing in staff training for holistic care.
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7. Which method ensures effective volunteer integration into the activities program?

- A. Allowing volunteers to join activities spontaneously without orientation.
 - B. Recruiting only healthcare professionals as volunteers.
 - C. Scheduling volunteers for tasks unrelated to resident needs.
 - D. Creating structured volunteer committees with defined roles, training modules, and oversight protocols.
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8. How should activity schedules be adjusted to honor person-centered care principles?

- A. Maintaining identical activity times across all resident groups.
 - B. Regularly surveying residents to tailor activity schedules to their preferred rhythms and energy levels.
 - C. Scheduling programs exclusively during weekday mornings.
 - D. Aligning activity times solely with staff availability.
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9. What tool most reliably ensures your activities program complies with CMS requirements?

- A. Using the CMS Activities Critical Element Pathway to audit assessments, care plans, and implementation records for each resident.
 - B. Conducting unstructured staff meetings to discuss activity plans without documentation.
 - C. Logging attendance in a basic spreadsheet without linking to care plans.
 - D. Outsourcing compliance checks to a third-party consultant without internal review.
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10. Which policy best promotes safe and enriching resident outings in the community?

- A. Permitting family-led outings without formal protocols.
 - B. Organizing weekly trips that disregard individual risk assessments.
 - C. Relying on volunteers without background screening to escort residents.
 - D. Implementing pre-trip health and mobility assessments, background-checked volunteers, and safety training for all outings.
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