

## **True/False Quiz: Supporting Families on the Caregiver Journey**

**Instructions:** Read each statement carefully. Circle **True** if the statement is correct, or **False** if the statement is incorrect.

1. \_\_\_ Families of caregivers rarely experience stress or frustration when supporting their loved one. (**True / False**)
2. \_\_\_ Open-ended questions can help families express their emotions more effectively. (**True / False**)
3. \_\_\_ It is unnecessary to provide families with updates if there are no changes in their loved one's condition. (**True / False**)
4. \_\_\_ Hosting family education nights can be beneficial for families to learn more about dementia care. (**True / False**)
5. \_\_\_ Support groups are an effective way to help families connect and share experiences. (**True / False**)
6. \_\_\_ Providing activity supplies for visitors can enhance engagement between family members and their loved ones. (**True / False**)
7. \_\_\_ Family ambassadors should be discouraged from sharing their caregiving experiences with others. (**True / False**)
8. \_\_\_ Creating tip sheets on decorating a loved one's living space can help families personalize their visits. (**True / False**)
9. \_\_\_ Caregiver resources and support numbers should only be given to families during working hours. (**True / False**)
10. \_\_\_ The Alzheimer's Association provides a 24-hour helpline for caregiver support. (**True / False**)