

**HOW YOU CAN RECEIVE REQUIRED TRAINING CREDIT**  
 AFCN recommends that caregivers take the AFCN CE Test as training time and that participating agencies credit residents with one hour of training each month. A completed test, returned to the agency, serves as evidence that the training has been completed. Once this training time is recorded, you may read the AFCN CE Test, answer the questions, and then return it to your agency every month. In order to log training time, even if you do not receive credit for training time, the AFCN CE Test is a great way to test and enhance your adult family care knowledge.

**CE TEST QUESTIONS**

Name \_\_\_\_\_ Phone(\_\_\_\_\_) \_\_\_\_\_  
 Company \_\_\_\_\_  
 Address \_\_\_\_\_  
 City \_\_\_\_\_ State \_\_\_\_\_ ZIP \_\_\_\_\_

- "Coping with Parkinson's Disease" Questions:**
1. Decide if the following statement is true or false: All individuals diagnosed with Parkinson's disease (PD) are in their 50s and 60s.  True  False
  2. The article lists four general symptoms of PD. Name three of them.  
 1. \_\_\_\_\_ 2. \_\_\_\_\_ 3. \_\_\_\_\_
  3. The article also lists eight early warning signs of Parkinson's disease. Name four of them.  
 1. \_\_\_\_\_ 2. \_\_\_\_\_ 3. \_\_\_\_\_ 4. \_\_\_\_\_
  4. Decide which of the following statements is NOT correct: A) The ability to get out of bed or out of a chair without assistance, and the ability to call for help, are among recommendations for caregivers in assessing residents' specific needs. B) After careful assessment, it needs to be determined whether the resident requires a minimum, moderate, or maximum level of assistance. C) All residents with PD require extensive assistance with personal hygiene.  A  B  C
  5. Decide if the following statement is true or false: Caregivers should always brush the back of a resident's tongue.  True  False
  6. Complete the following statements about cleaning dentures: Carefully remove \_\_\_\_\_ from the resident's \_\_\_\_\_, rinse dentures under \_\_\_\_\_, and soak them in a \_\_\_\_\_ solution.  
 1. \_\_\_\_\_ 2. \_\_\_\_\_ 3. \_\_\_\_\_
  7. Decide if the following statement is true or false: When assisting with shaving, make sure you have adequate light.  True  False
  8. Decide which of the following statements about assisting residents with bathing is CORRECT: A) Explaining what you're going to do will always be sufficient. B) Wash sensitive body parts first. C) Assist with towel-drying as needed.  A  B  C
  9. Complete the following statement: When assisting residents with PD, caregivers should bear in mind that \_\_\_\_\_ is also \_\_\_\_\_.  
 1. \_\_\_\_\_ 2. \_\_\_\_\_ 3. \_\_\_\_\_
  10. The article lists 11 areas that daily schedules may include. Name four of them.  
 1. \_\_\_\_\_ 2. \_\_\_\_\_ 3. \_\_\_\_\_ 4. \_\_\_\_\_
  11. Decide if the following statement is true or false: While organization is useful in some ways, it is not beneficial in reducing stress.  True  False
  12. According to the article, in cases where relevant, records should be kept for four areas. Name three of these areas.  
 1. \_\_\_\_\_ 2. \_\_\_\_\_ 3. \_\_\_\_\_ 4. \_\_\_\_\_

Please send questions or comments to: Adult Family Caregivers Network, P.O. Box 322, Waupaca, WI 54981 or call 715-258-2448.



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**CE Test**  
 Supporting Caregivers Through Training & Education

**Coping with Parkinson's Disease**

*Editor's note: This article is intended for educational purposes only and should not be construed as a substitute for medical advice, diagnosis or treatment. Consult a medical professional regarding the applicability of recommendations appearing in this article.*

Approximately 1.5 million Americans live with Parkinson's disease (PD). This debilitating disorder is particularly a threat to older adults, affecting 2% of all adults over age 60. This is a significant percentage in a nation with a swelling elderly population. According to the National Institutes of Health, most individuals with PD are diagnosed (60s, but 10% are diagnosed age 40. PD is a progressive disease for which there is no cure, medication and physical therapy help with symptoms and more management for PD caregivers of individuals important to remain informed, organized, and connected.

**What is Parkinson's?**  
 Parkinson's disease affects the nerve cells in the brain responsible for movement. In PD, nerve cells chemical called dopamine stop working properly. Dopamine is a chemical that helps coordinate and regulate moods and moods 60% to 80% of the time. The loss of dopamine can cause tremors of PD may include shaking of hands, or face (that is gait is

- Stiffness of arms, legs, and torso (not due to injury or arthritis);
- Slowness of movement (not due to injury or arthritis); and
- Poor balance and coordination (that is gait is a rare occurrence).

As symptoms worsen, people with PD may have difficulty walking, talking, or performing even simple tasks. They may also have problems with chewing or swallowing while eating. PD sufferers may even suffer from problems such as depression. (For more information, see the "Additional Responsibilities" section later.

- Masked face (having a serious, depressed, or angry look on face even when not in a bad mood OR a blank stare OR infrequent blinking of the eyes that is not a side effect of medications)
- Dizziness or fainting (when standing up from a sitting position that is not a rare occurrence but happens frequently); and
- Sleeping or lurching (not standing up as straight, leaning or slouching when standing that is not due to pain from an injury or illness).

**Helping Individuals with Parkinson's**



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**ANSWERS SHEET**

- "Assessing, Determining Levels of Dementia" Questions and Answers:**
1. Decide if the following statement is true or false: Memory loss is a common sign of dementia, but memory loss by itself does not mean that someone has dementia. **Answer:** True.
  2. Decide which of the following statements is NOT correct: A) Alzheimer's and Parkinson's are the only diseases that can cause dementia. B) Medications are available that can improve symptoms or slow progression of the disease. C) Adverse reactions to medications and metabolic disturbances are among health conditions that can cause dementia or dementia-like symptoms. **Answer:** A.
  3. According to the article, a complete medical evaluation of a resident (if possible dementia) should include five key points. Name three of them. **Answer:** 1) review of symptoms; 2) medical history and current medications; 3) tests; 4) brain imaging; 5) pencil-and-paper or oral tests.
  4. Decide if the following statement is true or false: Difficulty performing familiar tasks, language problems, and disorientation are among the general warning signs of dementia. **Answer:** True.
  5. The article lists five specific symptoms of dementia. Name three of them. **Answer:** 1) Difficulty controlling emotions; 2) Increasing difficulty taking care of oneself; 3) Excessive memory loss; 4) Growing lack of motivation; 5) Getting lost.
  6. Decide if the following statement is true or false: Specific symptoms of dementia are largely the same from person to person. **Answer:** False.
  7. Complete the following common Stage 3 difficulties: Noticeable problems coming up with the right 1) \_\_\_\_\_ or name; Trouble remembering 2) \_\_\_\_\_ when introduced to new people; and Having greater 3) \_\_\_\_\_ performing various tasks. **Answer:** 1) word; 2) names; 3) difficulty.
  8. Decide which of the following statements is NOT correct: A) At Stage 4, a medical evaluation should be able to uncover definite problems in several areas. B) At Stage 5, gaps in memory and thinking are noticeable. C) Individuals at Stage 5 are never able to remember significant details about themselves or their family. **Answer:** C.
  9. Decide if the following statement is true or false: Even at Stage 6, individuals are always able to speak clearly and sleep well at night. **Answer:** False.
  10. The article presents six tips about communicating with an individual with dementia. Name four of them. **Answer:** 1) Choose simple words and short sentences. 2) Avoid talking to the resident as if he/she wasn't there. 3) Minimize distractions and noise. 4) Get the person's attention before speaking. 5) Allow enough time for a response. 6) Be helpful, but don't rush.
  11. The article lists three tips about finding activities for a person with dementia. Name two of them. **Answer:** 1) Don't expect too much. 2) Help the individual get started. 3) Watch for signs of agitation or frustration.
  12. Complete the following tips about coping with agitation: 1) Try a gentle touch, and speak in a \_\_\_\_\_ voice. 2) Support \_\_\_\_\_ 3) Acknowledge the person's \_\_\_\_\_ 4) Observe the same \_\_\_\_\_. **Answer:** 1) reassuring; 2) independence; 3) frustration; 4) routines.

Please send questions or comments to: Adult Family Caregivers Network, P.O. Box 322, Waupaca, WI 54981 or call 715-258-2448.

**AFCN MEMBERSHIP**  
 Membership for AFCN includes one monthly AFCN CE Test. Additional copies of the AFCN CE Test can be purchased. That could mean 12 hours of training for one adult family caregiver. For membership or additional copies of the AFCN CE Test, please call us at 715-258-2448.

## Certificate of Training

This is to certify that

\_\_\_\_\_ has completed the Adult Family Caregivers Network CE TEST

### Coping with Parkinson's Disease

Volume 6, Number 9 • 1 Training Hour

\_\_\_\_\_  
AFCN Director  
WA DSHS CE Approval Code: CE121842

\_\_\_\_\_  
Signature of DSHS Approved Instructor  
DSHS Approved Training Program (Name & Number): \_\_\_\_\_

\_\_\_\_\_  
Date completed

Adult Family Caregivers Network • P.O. Box 322, Waupaca, WI 54981 • Phone: 715-258-2448 • Fax: 715-258-0408 • www.impactpublications.com

# How to use AFCN CE-Tests:

## AGENCIES:

- 1) **HAND OUT the Caregiver Issue** of the AFCN CE-Test (Test with questions on the back) to your caregiver(s). They should read the 3-page article and answer the questions on the back page.
- 2) **CAREGIVER(S) SHOULD RETURN COMPLETED TEST** to the Agency or Training Supervisor from which the test was received.
- 3) **THE AGENCY or TRAINING SUPERVISOR SHOULD CORRECT THE TEST**, then **make a copy of the test answer sheet** that was filled in by your caregiver(s). Keep a copy of this for the Agency's records and return the test to your caregiver(s) to keep as a resource. The Director will then **sign and date the certificate of completion** and keep it on file for agency records as proof of 1 hour of training credit.

## ANOTHER SUGGESTED USE:

**IN-SERVICE: HAND OUT the Caregiver Issue** of the AFCN CE-Test (Test with questions on the back) to your caregiver(s) at the beginning of an in-service. The director or training supervisor can read the material aloud, and possibly add information to the topic. This will allow each facility to tailor training materials specific to your state's requirements. Then, follow steps 2 & 3 above.

## INDIVIDUAL CAREGIVERS:

- 1) **Read the 3-page article** and answer the questions on the back page of the test.
- 2) **If your licensor is setup to sign off on your certificate**, then upon completion of each test, file your test answers and certificate of completion for your licensor to sign the next time they stop by.
- 3) **If you are required to have a signed certificate**, we suggest you have another person, preferably another caregiver check your test answers and sign off that you completed the training.

If you have any questions, please call us at 1-800-350-4422

\*\*\*PLEASE DO NOT MAIL COMPLETED TESTS BACK TO ADULT FAMILY CAREGIVERS NETWORK\*\*\*