

## Family Caregiver

- ☐ What is the definition of a Family Caregiver?

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- ☐ What does a list of personal care tasks include?

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- ☐ List some suggestions that will help you take care of yourself.

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## Communication

- ☐ Does your communication affect how others feel and react towards you? And if so, explain how this will either make your job easier or more difficult.

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- ☐ What is Communication?

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- ☐ Give some examples of Non-verbal communication.

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- ☐ List a couple different good communication techniques. But also add a couple of terrible communication techniques.

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- ☐ Explain how you would approach and communicate with an elderly care patient who is blind or visibly impaired.

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- ☐ How would you as a caregiver communicate and handle a resident or care patient who is deaf or hearing impaired?

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- ☐ Summarize how a caregiver should approach and or talk to a speech impaired care patient.

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- ☐ If a care recipient is angry or upset about a situation or even towards you, what is the best thing you can do to handle the situation?

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## Safety

- ☐ What is the leading cause of injury in the home within the elderly community?

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- ☐ List a couple different ways on how you can assess and check a care recipient's home for fire safety.

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- ☐ Please describe the RACE formula and how it's utilized.

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- ☐ What is the most common first aid procedure you may have to perform?

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- ☐ List some signs of a person going into shock and how you should act upon the situation in the right way.

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- ☐ What are some simple ways to prevent poison accidents?

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## Infection Control

- ☐ Explain what a pathogen is.

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- ☐ Jot down some signs of infection.

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- ☐ What are the six links of the chain of infection?

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- ☐ What links can be removed to "break" the chain.

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- ☐ Name some ways you can keep cleanliness up to date in the recipient's household.

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- ☐ Define Body Substance Isolation (BSI).

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- ☐ What are some actions taken when performing BSI?

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## Bathing

- ☐ What are the main purposes of bathing a care recipient?

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- ☐ List the four types of bathing.

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- ☐ How would you go about starting a complete bed bath. Just give some detail on how you would set it up for the patient.

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- ☐ Should you allow your care recipient to try and wash their own body or should you always do it for them, and why?

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## Hair Care

☐ What does clean hair prevent?

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☐ What are the general rules always applied when doing a care recipient?

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☐ Is shampooing hair in bed a short procedure?

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☐ How would you go about setting up for giving a shampoo in the shower?

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☐ List some of the procedure for shaving the care recipient properly.

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## Oral Hygiene

- ☐ What can have an affect and or cause of bad breath and infections of the mouth?

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- ☐ How often should oral hygiene be given?

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- ☐ Name a few things that need to be noticed with a care recipient's mouth.

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- ☐ How often should dentures be cleaned?

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- ☐ Where should dentures be places until ready to be worn again?

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## Dressing

- ☐ Should you allow the care recipient to dress themselves?

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- ☐ List all the rules that need to be followed when dressing and undressing a care recipient.

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- ☐ Explain what Ted hose and or Jobst Stockings are.

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- ☐ Name the tips and techniques useful for applying and taking off ted hose.

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## Prosthesis/Orthotics

- ☐ What is a prosthesis, and what are some examples of it?

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- ☐ Explain what an Orthotic device is and the differences it holds against a prosthesis.

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- ☐ When a patient is dependable on a prosthetic and an orthotic, their skin needs to be observed how often?

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## Toileting

☐ When is a bedpan used?

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☐ How soon should a bedpan be cleaned after use?

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☐ How should the genital area be cleaned when potting a care recipient?

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☐ When a patient is feeling uncomfortable about using the toilet around strangers what should you do?

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## Caring For Incontinence

- ☐ Define Incontinence.

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- ☐ List some of the many different issues that can cause incontinence.

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- ☐ How often does a care recipient need to be checked?

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- ☐ When is the best time to review a recipient's skin condition besides during a bath/shower?

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- ☐ When is it okay to show your anger either verbally or nonverbally towards your care patient?

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## Feed Or Assist With Eating

- ☐ Weakness, paralysis, casts, and other physical limitations may alter which, normally easy, part of a care recipient's day?

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- ☐ Please write out below some of the guidelines that should be followed during a meal with a patient.

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- ☐ What kinda things should be done upon a care recipient finishing their meal?

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## Meal Planning And Preparation

- ☐ List the five main things that need to be considered and remembered when planning a meal for a care recipient.

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- ☐ Elaborate on why these five points are important to keep in mind while planning meals.

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- ☐ Should you keep the meals planned out like the care recipient is formally used too? Or does it not matter?

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- ☐ New diets, for the patient, should be pushed off and never follow the diet of other family members. True OR False?

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## Eye Care

- ☐ Give a couple steps that should be taken when instilling eye drops or ointment (Non-Prescription only)

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- ☐ In the event of the care recipient blinking during the procedure, what would need to happen?

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- ☐ Explain how to wipe of the excess eye drop from the patient's face.

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## Finger Nail Care

- ☐ What does an improper diet cause within the nails?

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- ☐ When working with a diabetic patient, how should you cut their nails?

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- ☐ Nails should be taken care of how often?

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- ☐ Soap & Water, a file, clippers, and an orange stick are essential for what process of caregiving?

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## Self-Administering Medications

- ☐ Give a reason on why medication should be labeled properly.
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- ☐ When they are given their medicine, should you be observing them? If so, give an explanation for why.
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- ☐ List the common side effects of medication to look for.
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- ☐ Should medication be left out in plain sight for easy access?
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## Skin Care

☐ What is the skin's most vital body function?

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☐ Define Decubitus ulcers.

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☐ What are bony areas of the body are referred to as?

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☐ What is the first sign of a decubitus ulcer?

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☐ List the guidelines that will help prevent the breakdown of the skin.

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☐ The point of a back rub is to what?

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## Body Mechanics

☐ Please define the term "Body mechanics."

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☐ What's the point of using the largest muscles of the body to perform work?

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☐ Where are the largest muscle groups of the body located?

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☐ What should you avoid when lifting heavy awkward objects?

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☐ Describe the correct way to transfer/move a care recipient.

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## Turning and Positioning

- ☐ When someone is bedridden, must they be changed and moved frequent?

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- ☐ When would you elevate a care recipient's part of the body?

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- ☐ What are the cardinal rules for turning and positioning a patient safely?

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- ☐ What does keeping a care recipient positioned upwards while they sit help with?

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- ☐ Is there a correct way to lay a patient down on their back?

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## Transferring

- ☐ Should a care recipient be allowed to help themselves out?

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1. When you are

- ☐ A transfer belt, or gait belt, is utilized for what?

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2. When you are using a transfer belt, you should

- ☐ What should you consider when helping a care recipient sit in a chair?

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3. When you are helping a care recipient sit in a chair, you should

## **Routine Housework**

- ☐ Providing a safe, clean living area for the care recipient is apart of whose responsibilities?
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- ☐ List some things that should be followed and remembered when dealing with any cleaning products.
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- ☐ What does a caregiver normally take care of when they're cleaning a patient's household.
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- ☐ How often should floors be cleaned?
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## Bed-making

- ☐ What do wrinkles in a bed cause a patient?

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- ☐ Write down some tips for making the bed the correct way.

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- ☐ What are the three basic bed types and explain each one please.

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- ☐ List some of the general rules to apply when making a bed for someone.

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## Laundry Techniques

- ☐ Why are clean clothes important for good health.

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- ☐ How often should bed linens be changed?

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- ☐ What is the importance of separating laundry while you're cleaning it?

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## **Cognitive: Dementia Impaired**

- ☐ Describe Cognitive impairment.

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- ☐ Name a few diseases that can affect or cause this impairment.

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- ☐ List the common symptoms that are associated with dementia.

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- ☐ Down below, include a handful of the general guidelines that help deal with care recipients who are affected by cognitive impairments.

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- ☐ Would there ever be a time that you would need to be careful and mindful of your care recipient eating/chewing?

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