

# Person-centered Care and Collaboration Video

## Quiz Checker



Name \_\_\_\_\_ Date \_\_\_\_\_ Score \_\_\_\_\_

Correct answers are in **bold**. **Video time codes** can help viewers go to questions they missed on the quiz.

1. **A medical care provider is the most important person in person-centered care planning.**

**Video segment from 00:35 to 00:58**

a. True

**b. False**

2. **One key element in person-centered care planning is understanding that:**

**Video segment from 05:34 to 06:38**

a. Not all individuals are able to make their own decisions

**b. Everyone's concept of family is different**

c. Mental health professionals must approve all person-centered care plans.

3. **Who often needs to make changes when creating a person-centered care plan?**

**Video segment from 07:47 to 08:04**

a. The patient / resident

**b. The caregiver**

c. Facility management

4. **Psychologists are medical doctors who can prescribe medications for mental illnesses.**

**Video segment from 13:14 to 13:57**

a. True

**b. False**

5. **You should ask a mental health expert for help when:**

**Video segment from 10:45 to 12:05**

a. A resident is first admitted to your facility

**b. When a person fails to respond to your initial care plan**

c. When your nursing director asks you to call

6. **Be sure to include \_\_\_\_\_ in your person-centered care planning team.**  
**Video segment from 06:39 to 07:20**

- a. Food service workers and housekeepers
- b. Family members and pharmacists
- c. All of the above**

7. **Person-centered care views patients and health care professionals as equals.**  
**Video segment from 02:44 to 03:38**

- a. True**
- b. False

8. **Examples of mindfulness coping skills are:**  
**Video segment from 09:03 to 09:33**

- a. Deep breathing and meditation**
- b. Moving persons away from large crowds and noises
- c. Involving family in the care planning process

9. **Person-centered care planning focuses on:**  
**Video segment from 08:05 to 08:33**

- a. Developing a personal prevention plan
- b. How much stimulation and uncertainty a person can handle
- c. A person's strengths**

10. **Trade and professional associations are good resources to find mental health experts:**  
**Video segment from 14:48 to 15:23**

- a. True**
- b. False