



DEMENTIA QUIZ

Do you know how to talk with
or support someone living with
dementia in your community?

Take this quiz to find out!

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THE QUIZ



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QUESTION 1

Dementia affects everyone the same way.

TRUE

OR

FALSE



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QUESTION 1

Dementia affects everyone the same way.

FALSE

Not everyone experiences the same symptoms nor do they exhibit the same behaviours. As a result, some communication methods may work well for one person, but not for another. Something that works well one day may not get the same results the next time.

TIP: If one communication approach isn't working, try another. The key is to remain calm and be patient.



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QUESTION 2

A person living with dementia may be able to remember events long past, but not more recent ones.

TRUE

OR

FALSE



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QUESTION 2

A person living with dementia may be able to remember events long past, but not more recent ones.

TRUE

A person living with dementia may not remember what happened a few minutes ago, which is why they may ask the same question repeatedly.

TIP: Be patient and continue to repeat the answer if the question is asked again. It's best to avoid saying that you just answered them.



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QUESTION 3

Only half of Canadians say they are comfortable interacting with someone living with dementia.

TRUE

OR

FALSE



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QUESTION 3

Only half of Canadians say they are comfortable interacting with someone living with dementia.

TRUE

People may be uncomfortable because they're not sure how to best talk with or help the person. Others worry about how a person living with dementia will behave or react to them.

TIP: Listening and being aware of how you talk and act will help improve the chances of a positive interaction for both of you. Be patient, attentive and reassuring.



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QUESTION 4

Dementia does not affect one's ability to communicate.

TRUE

OR

FALSE



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QUESTION 4

Dementia does not affect one's ability to communicate.

FALSE

People living with dementia may have difficulty understanding you or making themselves understood. They might describe an object they can't name or use a word that sounds familiar but isn't right.

TIP: If someone is having difficulty finding the right word for something and appears to want help, you can suggest the word or ask them to describe it or point to it.



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QUESTION 5

Using a higher or louder voice will ensure a person living with dementia hears you properly.

TRUE

OR

FALSE



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QUESTION 5

Using a higher or louder voice will ensure a person living with dementia hears you properly.

FALSE

Making sure the person hears you properly is important, but using a higher or louder voice could be interpreted as a sign that you're upset.

TIP: Speak clearly and use a normal volume. For someone who is hearing impaired, try using a lower voice pitch.



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QUESTION 6

People living with dementia may lose their sense of time.

TRUE

OR

FALSE



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QUESTION 6

People living with dementia may lose their sense of time.

TRUE

Dementia can affect the internal clock that keeps us on a regular eating and sleeping schedule. People living with dementia may find it hard to judge the passage of time, especially when symptoms become more severe. They may repeatedly ask what the time is, want to leave a place as soon as they arrive or feel they've been left alone for hours even if it has only been a few minutes.

TIP: Avoid telling people living with dementia they're wrong or that you just told them something, as this may confuse or disorient them. Losing a sense of time can also lead to anxiety and challenging behaviours. Focus on responding calmly and offer encouragement — sometimes all you need to do is just listen and reassure them that you are there to help.



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QUESTION 7

People living with dementia can be easily distracted.

TRUE

OR

FALSE



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QUESTION 7

People living with dementia can be easily distracted.

TRUE

The ability to focus on a conversation or activity may decline as dementia progresses. People living with dementia might walk away in the middle of a conversation or a task. This may be the result of a reduced ability to filter out distractions like background noise or a lack of interest.

TIP: Reducing distractions by finding a quiet place to talk can help the person focus on the conversation.



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QUESTION 8

When asking someone living with dementia a question it is best to provide many different choices.

TRUE

OR

FALSE



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QUESTION 8

When asking someone living with dementia a question it is best to provide many different choices.

FALSE

Having too many choices can confuse the person.

TIP: It is best to avoid open-ended questions and keep to yes/no options when possible to eliminate unnecessary stress.



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QUESTION 9

People living with dementia can experience sudden mood changes.

TRUE

OR

FALSE



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QUESTION 9

People living with dementia can experience sudden mood changes.

TRUE

The person may become suddenly upset when they feel overwhelmed. For example, these feelings could be triggered by being hurried, given a difficult task, or by being asked several questions at once.

TIP: Be patient and take your time. Reassuring the person and letting them know you are aware of their feelings will also help them feel better.



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Taking this quiz is a great first step in helping people living with dementia. You can find more tips on how to help **here**.

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