Person-centered Care
and Collaboration Video
Quiz

Name ____________________________________________  Date __________  Score __________

Circle your answer to each question listed below.

1. A medical care provider is the most important person in person-centered care planning.
   a. True
   b. False
   c. The actions and decisions of the person with the mental health crisis

2. One key element in person-centered care planning is understanding that:
   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?
   a. The patient / resident
   b. The caregiver
   c. Facility management

4. Psychologists are medical doctors who can prescribe medications for mental illnesses.
   a. True
   b. False

5. You should ask a mental health expert for help when:
   a. A resident is first admitted to your facility
   b. When a person fails to respond to your initial care plan
   c. When your medical director asks you to call
6. Be sure to include ___________________ in your person-centered care planning team.
   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.
   a. True
   b. False

8. Examples of mindfulness coping skills are:
   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:
   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:
    a. True
    b. False