Person-centered Care and Collaboration Video
Quiz Checker

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