

# Supporting Independent Living Feedback Questions (r6/19)

## Chapter One Feedback Exercises

1. T F All people you support should be encouraged to have the same cleaning schedule so that *your* schedule can be consistent.
2. T F Hiring out for cleaning is an expensive option that cannot be considered for people with developmental disabilities.
3. T F Tasks that pertain to safety and sanitation should have priority above the others.
4. Breakdown of a task into smaller steps for teaching is called:
  - a. prompt
  - b. task analysis
  - c. IHP
  - d. environmental modification
5. List 3 techniques that can be used for motivation to complete household chores.
  - 1.
  - 2.
  - 3.
6. List 5 laundry tips that can save time and money.
  - 1.
  - 2.
  - 3.
  - 4.
  - 5.

## Chapter Two Feedback Exercises

1. T F When grocery shopping, choose refrigerated items first, and then select non-perishables.
2. T F Fresh meats should be cooked or frozen within 2 days of purchase.
3. T F An opened package of lunch meat can be safely eaten after being refrigerated for 3-5 days.
4. Which are safe methods of meat preparation?
  - a. Unthaw in microwave and cook meat the following day.
  - b. Place meat in plastic bag, submerge in cold water, change water every 30 minutes, and then cook immediately upon thawing.
  - c. Wrap in plastic and unthaw meat slowly in refrigerator
  - d. b and c
  - e. all of the above
5. List 3 ways to avoid cross-contamination during food preparation.
  - 1.
  - 2.
  - 3.
6. List 3 general guidelines on food safety.
  - 1.
  - 2.
  - 3.

## Chapter Three Feedback Exercises

1. T F Fire extinguishers do not need to be serviced if purchased from a store.
2. T F A five pound ABC extinguisher is recommended for in the home.
3. T F Repeatedly lifting lightweight objects incorrectly can lead to back and neck injuries.
4. T F Cleaning products can be mixed together for use.
5. Where should smoke detectors be located within a home?
  - a. kitchen
  - b. outside of each bedroom
  - c. in each hallway
  - d. all of the above
6. List 6 general guidelines for practicing good body mechanics.
  - 1.
  - 2.
  - 3.
  - 4.
  - 5.
  - 6.
7. List 6 stranger awareness precautions that can reduce the risk of becoming a victim of crime.
  - 1.
  - 2.
  - 3.
  - 4.
  - 5.
  - 6.

## Chapter 4 Feedback Exercises

1. T F An imbalance in any one dimension of wellness will affect the other dimensions.
2. T F The food guide pyramid guides food choices so that you get the nutrients your body needs each day.
3. T F No single food can supply all the nutrients in the amounts you need.
4. T F Stress is unhealthy for the body and should always be avoided.
5. T F People tend to sleep more lightly and for shorter time spans as they get older.
6. Which of the following are risk factors for chronic disease?
  - a. Sedentary lifestyle
  - b. High blood pressure
  - c. Male older than 45 years
  - d. Family history of heart disease
  - e. All of the above
7. Symptoms of chronic stress include which of the following?
  - a. Feeling anxious
  - b. Upset stomach
  - c. Insomnia
  - d. Frequent headaches
  - e. All of the above
8. Which of the following is NOT a tip for getting a good night's sleep?
  - a. Exercise just prior to going to bed to promote quickly falling asleep.
  - b. Avoid caffeine, nicotine, and alcohol
  - c. Go to bed at a set time each night
  - d. Maintain a comfortable temperature in the bedroom
9. List the 6 dimensions of health and wellness identified in the chapter:
  - 1.
  - 2.
  - 3.
  - 4.
  - 5.

6.

10. Identify 5 sources of stress for the people you support:

1.

2.

3.

4.

5.

11. Identify the 7 detours that can 'short-circuit' the path of stress:

1.

2.

3.

4.

5.

6.

7.

## Chapter Five Feedback Exercises

1. T F Prepackaged, individual-serving items tend to be more expensive than larger packages or bulk quantities.
2. T F Unit price is the price per ounce, pound, quart, pint, or other unit.
3. T F Support staff have a responsibility to balance people's right to make choices against making sure they spend within their resources.
4. Which of the following is NOT a money saving tip for grocery shopping?
  - a. Organize the shopping list
  - b. Shop when hungry
  - c. Buy fruits and vegetables in season
  - d. Buy cereal in large boxes instead of small packages, and package your own.
  - e. Choose fresh vegetables that will keep well for a week or more.
5. Which of the following would be appropriate responses from staff to a person who wants to make a purchase beyond their financial means?
  - a. "Let's look at your budget to see if you can afford that."
  - b. "No, you can't buy that."
  - c. "If you buy the \_\_\_\_ will you have enough money for groceries?"
  - d. "You don't need that!"
  - e. a and c
6. List 5 natural opportunities for teaching money management skills:
  - 1.
  - 2.
  - 3.
  - 4.
  - 5.
7. List 4 guidelines for good checkbook management:
  - 1.
  - 2.
  - 3.
  - 4.

## Chapter Six Feedback Exercises

1. T F Cross the street only at corners or marked crosswalks.
2. T F If people you support decline to participate in a new activity that is introduced, drop it immediately and try something else.
3. Which of the following would NOT be a “good neighbor” guideline?
  - a. Respond to unfriendly neighbors by persisting in making conversation.
  - b. Look at people and say hello.
  - c. Help a neighbor shovel snow.
  - d. Avoid eye contact with people when talking to them.
  - e. a and d
4. List 4 social roles a person you support could perform in the community:
  - 1.
  - 2.
  - 3.
  - 4.

