1. Research has shown that respite services are effective because they:
   a. offer hands-on instruction to caregivers.
   b. give caregivers time away from caregiving responsibilities.
   c. provide a caregiving “buddy” to assist the caregiver.
   d. include stimulating activities for the care recipient.

2. Mr. Jones, age 64, recently diagnosed with Alzheimer’s disease, is cared for at home by his 60-year-old wife. The nurse understands that support services such as respite care should be recommended when Mr. Jones:
   a. is early in the course of his disease.
   b. begins to act out.
   c. care becomes difficult to manage by Mrs. Jones.
   d. requests services.

3. The nurse should know that family caregivers are more likely to seek out assistance when they choose to use:
   a. emotion-focused coping skills.
   b. problem-focused coping skills.
   c. avoidance-focused coping skills.
   d. a wide range of coping skills.

4. Caregiving can be rewarding when the caregiver:
   a. is young and in good health.
   b. is caring for a spouse.
   c. feels needed and useful.
   d. has few other responsibilities.

5. The relationship between the family caregiver(s) and their care recipient is an important factor for the nurse to assess when planning services because caregivers:
   a. frequently fail to consider the care recipient’s preferences about services.
   b. often feel a strong sense of obligation to the care recipient and guilt related to taking time for their own interests.
   c. may make decisions without considering the impact of the service on the care recipient.
   d. might need the nurse’s help to convince the care recipient to accept a service.

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1. b  2. a  3. b  4. c  5. b

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