

Please complete the following questions.

1. What is the Central Purpose of care giving?

Our purpose is to sustain and withhold friendships
and companionships

2. List the "Four Pillars" of Companionship.

Loving each other
intermeshed
Loving
Secure

3. What are two actions that would tell us that a person is feeling "fear"?

Staying in room / not coming out at all
Crying

4. What are two ways we could tell that a person feels "safe"?

Smiling
Talkative

5. What are the "Four Tools"?

Words

Eye contact

Hand motion

and their presence

6. List four ways to show someone that they are "loved"

Encouragement

Smiling

Comfort

7. Give an example of Gifts and Vulnerabilities.

a gift is something that holds value / Love to a person
(the gift of love)

a vulnerability is a fear
(shared of another client)

8. What are the "six elements"

Safe

Structure

Love

Transitions

Demands

Interactions

9. How does one's "history" affect how they react and behave today?

Someone could have had a life changing trauma that changed their life and if ~~see~~ a client just move in they might not know what triggers them and it could cause them to have an Anxiety Attack or PTSD

10. What does it mean to be integrated in the community?

building a relationship within the community

11. What does it mean to be "pro-active" in regards to challenging behavior?

Always helping someone before something happens like redirecting them or having go on a walk with you to calm them down



CULTURE OF GENTLENESS - TEST

1. The purpose of our presence in the lives of others is to nurture, teach and sustain the experience of companionship connectedness and community
 True False

2. Which of the following are examples of lessening a demand on another?
 - a. Ask permission.
 - b. Respect the Person's sense of space.
 - c. Speak softly.
 - d. Make your presence welcoming and non-threatening.
 - e. All of the above.

3. One way to help ease a transition period for an individual, is to be very strict with your demands, and stay to your plan of action, regardless of what the consumer wants.
 True False

4. Examples of positive interactions with another person would be;
 - a. Spending time with another person without creating demands on them.
 - b. Listening without judgement.
 - c. Being supportive to another in their difficult time.
 - d. All of the above.

5. One of the pillars of the culture of gentleness is to help a person feel loved and valued.
 True False

6. The use of structure and schedule boards can reduce the demands on an individual, that contribute to them feeling unsafe.
 True False

Employee Name <u>Kaleb Stevens</u>
Job Title/Job Site <u>DSP / Mission Point</u>
Presenting Supervisor/Instructor _____ Date: _____