

Helen
BATES.

Northern Lakes Community Mental Health Authority

Working With People 1 and 2

Test Form C April 2020

Please complete the following questions.

1. What is the Central Purpose of care giving?

To nurture, care, teach, and to help
the experience of feeling connected.
Companionship & community.

2. List the "Four Pillars" of Companionship.

Love / VALUE
SAFE
Loving to others
Engaged.

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

crying
Protecting themselves.

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

Smiles - more outgoing
Comfortable - Relaxed.

Helen

5. What are the "Four Tools"?

Eyes
Presence
Words
Hands.

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

Gentle praise + comfort.
Encouragement
Spending Time
Show them with Body language
Smile, Be friendly.

7. Give an example of Gifts and Vulnerabilities.

- Anything of value.
- fear of unknown.

8. What are the "six elements"

SAFE
Demands
Love/Value

Good interactions - positive
Structure
Transition

Helen

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

Everyone has a past. Some have trauma that causes issues in how they are today.

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

To be slowly introduced to parts of community forming relationships within community

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

Use gentleness to deescalate situation. Always be positive
Be Proactive
Help people before escalation to crisis.

Helen.



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>Helen Bates</u>
Job Title/Job Site	<u>Home Manager</u>
Presenting Supervisor/Instructor	<u>NLCMH</u>
Date:	<u>10/11/21</u>