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# Ageing Well

WP3/ A1 Training Programme  
Quiz



1. **Which of the following are the four key dimensions of well-being in elderly care?**
  - a) Physical, Emotional, Social, and Psychological
  - b) Physical, Social, Emotional, and Financial
  - c) Emotional, Spiritual, Physical, and Financial
2. **What is compassion fatigue?**
  - a) A type of physical fatigue experienced by caregivers
  - b) Emotional and physical exhaustion resulting from chronic caregiving stress
  - c) A temporary feeling of tiredness after a long workday
3. **Which of the following techniques is most important in practicing Non-Violent Communication (NVC) to strengthen relationships and resolve conflicts peacefully?**
  - a) Listening actively without interrupting
  - b) Focusing on proving a point and winning the conversation
  - c) Ignoring the other person's feelings and only expressing your own
  - d) Speaking as quickly as possible to avoid awkward silences
4. **What is one strategy to reduce age discrimination in the workplace?**
  - a) Avoid hiring older individuals to prevent workplace issues.
  - b) Encourage intergenerational learning and collaboration among employees.
  - c) Assign older employees only to less demanding tasks.
5. **What tool can be used to assess the needs of older adults wishing to live independently?**
  - a) MAP Ageing in Place Survey
  - b) The Wellness Wheel
  - c) The Happiness Index



6. **Which strategy can help prevent compassion fatigue?**
  - a) Ignoring stress and pushing through
  - b) Regular exercise and mindfulness practices
  - c) Taking on more responsibilities
  
7. **When practicing empathy and active listening, which of the following actions best demonstrates that a person truly understands and cares about what another person is saying?**
  - a) Preparing their response while the other person is talking
  - b) Giving advice right away without letting the person finish speaking
  - c) Repeating back what the person said in their own words to confirm understanding
  
8. **How does reflecting on well-being practices benefit caregivers?**
  - a) It helps reduce the time spent on caregiving
  - b) It encourages creativity and improves caregiving approaches
  - c) It eliminates the need for monitoring elderly well-being
  
9. **What is one of the basic developmental models used to understand older adults' needs?**
  - a) Maslow's Hierarchy of Needs
  - b) Robert Peck's theory
  - c) Erikson's Stages of Development
  
10. **If an older adult seems frustrated during a conversation, what is the best way to handle the situation?**
  - a) Continue speaking without interruption to ensure the message is delivered
  - b) Remain calm, give them time to process, and ask clarifying questions if needed
  - c) Quickly move on to a different topic to avoid further frustration



11. **Which of the following habits is most effective for seniors looking to cultivate a positive daily routine that supports physical and mental well-being?**
  - a) Establishing a regular walking routine to stay physically active
  - b) Staying indoors most of the day to minimize physical exertion
  - c) Avoiding social activities to focus solely on personal routines
  - d) Waiting until the evening to complete all daily tasks
12. **Which of the following actions demonstrates empathy toward an elderly person experiencing mobility issues?**
  - a) Waiting patiently and offering assistance without rushing them
  - b) Assuming they are unable to complete tasks independently
  - c) Taking control of their mobility device to speed things up
13. **What is the purpose of the Timed Up and Go (TUG) test?**
  - a) To assess cognitive abilities
  - a) To evaluate physical mobility
  - b) To measure emotional well-being
14. **Which of the following is a key principle of effective communication with older adults?**
  - a) Speaking louder than usual
  - b) Using technical jargon to explain complex concepts
  - c) Listening actively and giving the elder time to respond
15. **Which of the following is NOT a symptom of compassion fatigue?**
  - a) Chronic exhaustion
  - b) Increased empathy
  - c) Emotional numbness
16. **Which of the following is a positive psychology strategy that can help individuals cope with ageism?**
  - a) Practicing gratitude to build resilience



- b) Ignoring ageist comments
  - c) Relying on stereotypes to form opinions
17. **After learning new strategies for communicating with older adults, which change might a caregiver notice in their practice?**
- a) Increased instances of elderspeak or secondary baby talk
  - b) More frequent need to use written communication rather than verbal communication
  - c) Improved engagement and reduced frustration from older adults during interactions
18. **Why is it important to involve older adults in discussions about their needs?**
- a) To ensure caregivers are aware of the issues
  - b) To promote agency and autonomy
  - c) To streamline the assessment process





***Correct Answers:***

1. a)
2. b)
3. a)
4. b)
5. a)
6. b)
7. c)
8. b)
9. a)
10. b)
11. a)
12. a)
13. b)
14. c)
15. b)
16. a)
17. c)
18. b)