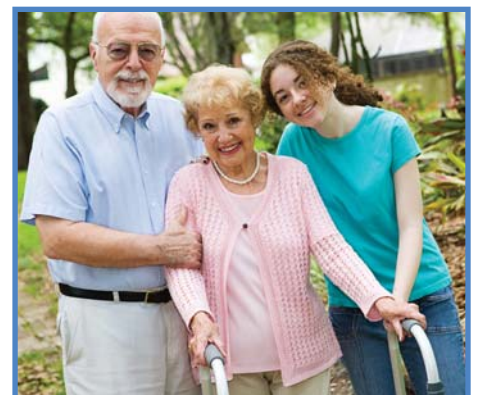


Family Caregivers Trivia Quiz

A family caregiver is someone who provides care and support for an elderly parent or other disabled loved one. How much do you know about the family caregivers today? Try your hand at this trivia quiz! (Answers below).

1. **How many people are currently caring for an elderly or disabled loved one?**
 - a. 8 million
 - b. 22 million
 - c. 50 million
2. **Who said "There are only four kinds of people in the world: those who have been caregivers; those who are currently caregivers; those who will be caregivers; those who will need caregivers"?**
 - a. Rosalynn Carter
 - b. Mother Theresa
 - c. Ralph Nader
3. **Serving as a family caregiver can have a negative impact on a person's...**
 - a. Health
 - b. Emotional state
 - c. Career
 - d. All of the above
4. **Adults who are raising children under 18 while providing care for an elderly parent are often called...**
 - a. "The Sandwich Generation"
 - b. "Society's Squeezed Stratum"
 - c. "The Double Duty Group"
5. **Respite care, which provides a temporary break for caregivers...**
 - a. Isn't a good idea because it upsets the routine
 - b. Can be provided in the home
 - c. May be a short-term onsite program at a nursing home
 - d. Both B & C
6. **What percentage of family caregivers are women?**
 - a. 40
 - b. 60
 - c. 80
 - d. 95
7. **The Family and Medical Leave Act of 1993 allows employees of larger companies to take a 12 week leave if they....**
 - a. Experience an illness
 - b. Have a baby
 - c. Provide care for an ill spouse or parent
 - d. All of the above
8. **The annual dollar value of the services provided by family caregivers is...**
 - a. \$400 million
 - b. \$25 billion
 - c. \$306 billion
9. **The best way to be a good caregiver is....**
 - a. To sacrifice everything for the loved one's needs
 - b. To take care of the caregiver, too
 - c. To graciously turn down offers of help
10. **Help for family caregivers is available through....**
 - a. State and Area Agencies on Aging
 - b. Federal programs
 - c. Volunteer groups
 - d. All of the above



1) C
2) A
3) D
4) A
5) D
6) B
7) D
8) C
9) B
10) D

Answers to
"Family
Caregiver
Trivia Quiz";