

## **Module 8: Self-Care and Activities of Daily Living**

### **QUIZ ANSWERS**

1. d. Shopping for groceries, clothing or any necessary items
2. Any five of the following:
  - Housecleaning and homemaking
  - Food preparation
  - Taking medications as prescribed
  - Managing money and finances
  - Shopping for groceries, clothing or any necessary items
  - Use of telephone or other form of communication
  - Using technology (e.g., television remote control)
  - Transportation within the community, including driving
  - Leisure
  - Paid work, volunteering or other vocations

3. Any five of the following:
- Hand-rails
  - grab bars
  - long-handled reacher
  - long-handled sponge
  - sock-aid
  - suction cup brush
  - built-up handles
  - electric toothbrush
  - mirror
  - sitting in a chair to dress
  - walker
  - wheelchair
  - cane
  - bath seat
  - handle held shower head
  - commode

### **TRUE/FALSE Answers**

4. False
5. False
6. True
7. True