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Physical, Psychological, and Social Health

1. Identify basic human needs

Short Answer

1. List five basic physiological needs that all humans have.

2. List six psychosocial needs that humans have.

3. Complete your own hierarchy of needs below. Some of the examples have already been completed for you.

Maslow's Hierarchy of Needs

Need

- (A) Need for self-actualization
- (B) Need for self-esteem
- (C) Need for love
- (D) Safety and security needs
- (E) Physiological needs

Example of Need

- (A) I need the chance to learn new things.
- (B) I need to know that I am doing a good job.

(C) _____

(D) _____

(E) _____

True or False

- 4. _____ Elderly people do not have sexual needs.
- 5. _____ The ability to engage in sexual activity continues unless disease or injury occurs.
- 6. _____ Clients have the legal right to choose how to express their sexuality.
- 7. _____ All elderly people usually have the same sexual behavior and desires.
- 8. _____ The home health aide should always knock and wait for a response before entering a client's bedroom.
- 9. _____ If a home health aide encounters a sexual situation between consenting adults, he should ask them to stop and wait until he is no longer in the home.
- 10. _____ If a client identifies as nonbinary and prefers the pronouns they/them, the care team should use those pronouns.

Matching

Use each letter only once.

- Matching**
Use each letter only once.

 11. ____ Bisexual, Bi
 12. ____ Cisgender
 13. ____ Coming out
 14. ____ Cross-dresser
 15. ____ Gay
 16. ____ Gender identity
 17. ____ Heterosexual (straight)
 18. ____ Lesbian
 19. ____ LGBTQ
 20. ____ Nonbinary
 21. ____ Queer
 22. ____ Sexual orientation
 23. ____ Transgender
 24. ____ Transition

(A) Acronym for lesbian, gay, bisexual, transgender, and queer
(B) A person whose physical, emotional, and/or romantic attraction is for people of the opposite sex
(C) A person's physical, emotional, and/or romantic attraction to another person
(D) A person whose physical, emotional, and/or romantic attraction may be for people of the same gender or different gender
(E) A person whose gender identity matches his or her birth sex (sex assigned at birth due to anatomy)
(F) A person whose gender identity conflicts with his or her birth sex (sex assigned at birth due to anatomy)
(G) A deeply felt sense of one's gender
(H) A term used to describe sexual orientation that is not exclusively heterosexual; may not be accepted by everyone within the LGBTQ community

(I) A person whose physical, emotional, and/or romantic attraction is for people of the same sex
(J) A heterosexual man who sometimes wears clothing and other items associated with women
(K) A person whose gender identity does not fit into the category of man or woman; the person's gender may be in between those two categories or may be entirely different from them
(L) The process of changing genders, which can include legal procedures and medical measures
(M) A woman whose physical, emotional, and/or romantic attraction is for other women
(N) A continual process of revealing one's sexual orientation or gender identity to others

2. Define holistic care

Short Answer

In your own words, briefly describe holistic care and person-centered care.

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In your own words, briefly describe holistic care and person-centered care.

3. Identify ways to help clients meet their spiritual needs**Short Answer**

Place a check mark (✓) next to examples of appropriate ways to help clients with their spiritual needs.

1. ____ A client tells his HHA that he cannot drink milk with his hamburger due to his religious beliefs. He asks for some water instead. The HHA takes the milk away and brings him some water.
2. ____ A client tells her home health aide that she is a Baptist and wants to know when the next Baptist service will be. The HHA asks, "Why don't you just attend a Catholic service instead? I'm Catholic, and my church is close by."
3. ____ A client asks his HHA to read a passage from his Bible. The HHA opens the Bible and begins to read.
4. ____ A client wants to see a rabbi. His home health aide calls the rabbi he wants to see.
5. ____ A home health aide sees a Buddha statue in a client's bedroom. The HHA chuckles and tells the client, "This little guy is so cute."
6. ____ A spiritual leader is visiting with a client. The home health aide leaves the room and quietly shuts the door.
7. ____ A client tells his home health aide that he is Muslim. The HHA begins to explain Christianity to him and asks him to attend a Christian service just to see what it is like.
8. ____ A client tells her home health aide that she does not believe in God. The HHA does believe in God but does not argue with the client. The HHA listens quietly as the client explains her reasoning.

4. Discuss family roles and their significance in health care**Multiple Choice**

Read each description below. Choose the term that best defines the type of family that is being described.

1. Mr. Dane's wife died giving birth to their twin girls. Mr. Dane never remarried and raised the girls himself.
(A) Single-parent family
(B) Nuclear family
(C) Blended family
(D) Extended family
2. Ms. Cone has lived with her best friend, Ms. Lawrence, since they graduated from college together. They both dated many men throughout their lives but were never married. Ms. Cone has a teenaged daughter who was raised in their household.
(A) Single-parent family
(B) Nuclear family
(C) Blended family
(D) Extended family
3. Mrs. Rose had three children with her first husband. She divorced him when their youngest child was two years old. Two years later she remarried, and she and her second husband raised her three children as well as one child from his first marriage.
(A) Single-parent family
(B) Nuclear family
(C) Blended family
(D) Extended family
4. Mrs. Parker was married to her husband for 30 years. They lived together with their two children.
(A) Single-parent family
(B) Nuclear family
(C) Blended family
(D) Extended family
5. Mr. Nicholson has been with his husband for 10 years. Their five-year-old son lives with them.
(A) Single-parent family
(B) Nuclear family
(C) Blended family
(D) Extended family

5. Describe personal adjustments of the individual and family to illness and disability**Short Answer**

1. List three adjustments that family members may need to make due to a client's illness or disability.

6. Identify community resources for individual and family health**Short Answer**

1. If a home health aide believes that a client needs help finding community resources, what should he do?

7. List ways to respond to emotional needs of clients and their families**Multiple Choice**

1. A home health aide arrives at her client's house to find the client's wife, Mrs. McNabb, upset and close to tears. She tells the HHA that her husband simply will not eat his breakfast. When the HHA asks what she served him for breakfast, Mrs. McNabb begins to cry. What would be the best response by the HHA?
- (A) The HHA should ask her not to cry.
(B) The HHA should ask her why she is crying over something so unimportant.
(C) The HHA should reassure her that the HHA is there to help.
(D) The HHA should tell her that her reaction is probably increasing her stress level.
2. The home health aide encourages Mrs. McNabb to talk about what is bothering her. Mrs. McNabb confesses that she is feeling very overwhelmed. What would be the best response by the HHA?
- (A) "I know just how you feel. My kids are a handful, too."
(B) "It sounds like you are under a lot of stress. Can I help in some way?"
(C) "Well, I work two jobs myself, and it's no big deal."
(D) "I think attending church services more often would help you."
3. Mrs. McNabb asks if the HHA can stay longer to help her out with the cooking and cleaning. What would be the best response by the HHA?
- (A) "I'll talk to my supervisor and see what she says. Maybe we can work something out."
(B) "You can call a cleaning service for help."
(C) "That's not in my job description."
(D) "If you will pay me extra money, I can consider it."