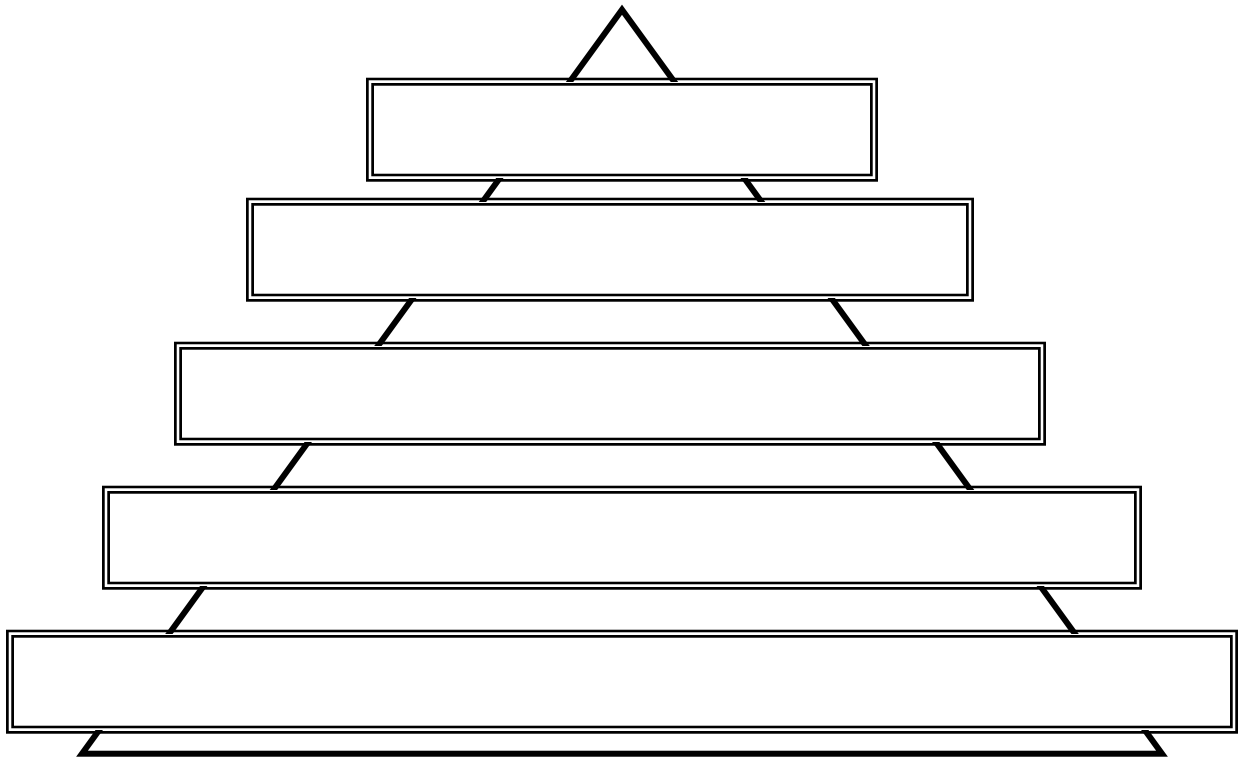


### Student Exercise

1. Fill in the diagram below with each of the levels of needs as described in the text.



Source: ©2002 alan chapman      [www.businessballs.com](http://www.businessballs.com)

2. List three examples of biological and physiological needs and describe how the In-Home Aide can meet those needs.
  - a.
  - b.
  - c.
3. List three examples of safety and security needs and describe how the In-Home Aide can meet those needs.
  - a.
  - b.
  - c.

4. List two examples of belongingness and love needs and describe how the In-Home Aide can meet those needs.
  - a.
  - b.
5. List two examples of esteem needs and describe how the In-Home Aide can meet those needs.
  - a.
  - b.
6. List three examples of self-actualization needs and describe how the In-Home Aide can meet those needs.
  - a.
  - b.
  - c.
7. What are three losses that a client may have experienced?
  - a.
  - b.
  - c.
8. **(Circle)** the statement that represents a challenge associated with aging.
  - a. Learning to live with severe medical problems.
  - b. Adjusting to retirement and increased income.
  - c. Adjusting to the death of a spouse or life partner.
  - d. Establishing new friendships with younger people.

**Circle true (T) or false (F) for the following statements.**

9. T / F Meeting the spiritual needs of a client is not as important as meeting their nutritional needs.
10. T / F Spiritual care is provided only by a member of the clergy.
11. T / F Spiritual needs are only important to people who belong to an organized religion and regularly attend services.

12. T / F When a client's needs are not being met he may become dependent, angry or withdrawn.
13. T / F The In-Home Aide should accept the client as he is and focus on the positive things about him.
14. T / F If the In-Home Aide does not approve of a client's actions, she should let him know that she does not like him and wants him to change.
15. T / F Disabled clients are childlike and should be treated like children.
16. T / F The In-Home Aide should focus on providing physical care and limit the amount of time she spends talking to the client.
17. T / F It is never appropriate to argue with a client.
18. T / F The client has a right to understand what is happening to him.
19. T / F It is acceptable for the In-Home Aide to discuss her personal problems with her client if she is asked to.
20. T / F Clients should be allowed to vent their positive and negative feelings.