



NATURAL SUPPORTS QUIZ

Score _____

Name _____

Date _____

1) True False

People with disabilities are often isolated and segregated where they live and work, limiting their experiences and opportunities in the community.

2) True False

Taking a customer to the movies on Saturday morning is a good way to promote community involvement and try to connect people with others.

3) True False

Taking a customer to volunteer at the local Red Cross every Saturday morning is a good way to promote community involvement and try to connect people with others.

4) One way that staff can assist with a customer in the community is to :

- a. Make the situation less stressful by doing as much as you can for him so he doesn't make any mistakes
- b. Assume the community won't welcome people with disabilities and avoid people and places you aren't familiar with
- c. Try to go to places where other people with disabilities will be, because people with disabilities like to be around each other
- d. Look for opportunities for people to come together around common interests

5) True False

The basic principles of self-determination are freedom, authority, support and recklessness.

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6) True False

We have a duty to prevent people we serve from taking risks in life so they never have to feel disappointment.

7) Natural supports (circle all that apply):

- a. Promote independence, acceptance, and overall growth and development as a person
- b. Are paid to assist the person
- c. Provide the individual with nurturing and encouragement
- d. Are structured relationships that teach skills and prompt people to work on their goals

8) True False

Support staff are often the connector between a person and his community, as people with disabilities often have few opportunities on their own to create these experiences.

9) True False

As a staff person, let the community members lead the initial meetings, having little interaction with them or the customer you work with.

10) It has been suggested all but the following are needed to have a meaningful life:

- a. Contributing
- b. Belonging
- c. Financial security
- d. Sharing ordinary places