

In-Home Aide Newsletter- December 2025 Posttest -Mental Health

Name: _____ **Date:** _____ **(Mark True or False)**

1. Mental health is important at every stage of life.

True

2. Mental health is a key component to overall health and is closely linked to physical health.

True

3. People who don't have a mental health condition may still face challenges to their mental health.

True

4. Contributing factors for mental illness include physical factors, psychosocial factors, genetics, and stress.

True

5. Depression is an automatic symptom of the aging process.

False

6. An in home aide should report changes in the client's condition per the plan of care.

True

7. As people age, they may experience certain life changes that impact their mental health.

True

8. It is not the role of an in home aide to give advice or play the role of the therapist in a client's life.

True

9. There are no treatment options for someone with a mental health condition.

False

10. As an in home aide, it is important to also take care of yourself and your mental health needs.

True