257 - Caregiver - Cuidador/a

A. Choose true or false. Elige verdadero o falso (sigue el ejemplo).

1. **¿Verdadero o Falso?** “Special needs” significa “necesidades especiales”.

True

2. **¿Verdadero o Falso?** “Physical disability” es lo mismo que “cognitive/intellectual disability”.

False

3. **¿Verdadero o Falso? “**Trigger” – es un detonante; algo que provoca estrés, ansiedad o una crisis en la persona.

4. **¿Verdadero o Falso?** Usar el "person-first language", por ejemplo, **“**person with autism” (persona con autismo), es generalmente la opción más segura en contextos profesionales.

5. **¿Verdadero o Falso?** El verbo modal "should" se usa para hablar de obligaciones, lo que debes hacer sin falta.

6. **¿Verdadero o Falso?** Una frase muy conocida en el mundo del cuidado de personas con discapacidad: "Nothing about us without us". Significa que las personas con discapacidad NO deben ser incluidas en las decisiones que les afectan.

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B. Select the correct word or phrase to complete the dialogue. Selecciona la palabra o frase correcta para completar el diálogo (fíjate en el ejemplo). Te recomendamos escuchar el diálogo en el blog.

Father: Good morning, Andy! Thank you so much for being here.

Andy: Good morning! I'm happy to be here. Could you walk me through Lucas's daily **routine** / **wheelchair**?

Father: Of course. Lucas wakes up at seven and has breakfast at seven thirty — always the same foods, please. Any change in his routine can be a _____.

Andy: Understood. Does he take any medication in the morning?

Father: Yes, he takes one tablet with breakfast. The schedule is on the fridge.

Andy: Got it. Are there any _____ triggers I should know about?

Father: Loud noises can really _____ him. If he starts to have a _____, there's a quiet room down the hall. His behavioral _____ plan is in the blue binder on the shelf.

Andy: Perfect. And how does Lucas prefer to communicate?

Father: He uses some verbal communication, but he also uses a _____ board — it's on the kitchen table.

Andy: Great. I'll make sure to follow his routine carefully and always respect his _____ and choices.

Father: That means a lot to us. Thank you, Andy.

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