THE AGING PROCESS

A. TRUE/FALSE: Circle the correct answer.

T  F  1. Depression in the elderly is under diagnosed and under treated.

T  F  2. Medications prescribed for a medical problem may have an unintended effect on behavior.

T  F  3. It is possible for bones to break spontaneously.

T  F  4. Chronological age is an accurate indicator of an individual’s feelings and abilities.

T  F  5. The most rapid increase in senior citizens is expected between the years 2010 and 2030 when the "baby boom" generation reaches age 65.

T  F  6. The possibility that a person will live in a nursing home increases with age until age 78 when it remains the same no matter how long the person lives.

T  F  7. It is important to allow older people the extra seconds needed for their eyes to accommodate to changes in light or distance.

T  F  8. Individuals who have some degree of hearing loss may not realize that they have a loss.

T  F  9. One method of coping with change is through reminiscence.

T  F  10. Intelligence declines with the normal aging process.

T  F  11. “Once a man, twice a child,” remains one of the great truths about the elderly.

T  F  12. Sensitivity to smells decreases with aging.


T  F  14. Movement is not important for individuals who are confined to bed.

T  F  15. Pressure sores are an unfortunate part of normal aging for frail, elderly persons.

T  F  16. Physical restraints prevent falls and injuries for individuals who are confused or have balance problems.

T  F  17. If an individual uses laxatives for any length of time, her digestive system will not function without them.

T  F  18. Inactivity increases calcium depletion.

T  F  19. Alzheimer’s disease affects areas of the brain that control long term memory first.

T  F  20. Incontinence is a normal part of aging.
B. FILL IN THE BLANKS

1. List two (2) positive aspects of growing older, of becoming an “elder”.
   (a) ____________________________________________________________
   (b) ____________________________________________________________

2. Give one (1) example of age-related changes that occur in each of the following:
   Taste: __________________________________________________________
   Vision: __________________________________________________________
   Skeletal: _________________________________________________________
   Hearing: _________________________________________________________
   Muscles: _________________________________________________________

3. With aging, the ________ becomes thinner and thus more susceptible to being broken or cut.

4. Because it can lead to isolation and suspicion, ________ loss is potentially the most problematic of perceptual losses.

5. Medications stay in the bloodstream of an older person longer than in a younger person. Why is this a problem?
   ________________________________________________________________

6. What are two common reactions to a significant loss?
   ________ and ________

7. When visiting someone who is dying, regardless of the emotional stage the person is in, one of the best things you can do is ________.

8. A ________ ________ is an injury caused primarily by unrelieved pressure that damages the skin and underlying tissue.

9. _________________ not only affects skin conditions and care routines, but also has a profound effect on an individual’s dignity, self-esteem, and social relationships.
10. _________________ are protrusions of the stomach upward through the esophageal opening of the diaphragm.

11. The most common digestive problem among bedridden or inactive people is _________________.

12. Dementia that may be reversed if detected and treated in time might be caused by: _________________, _________________, or _________________.

13. List three (3) symptoms that may be attributed to Alzheimer’s disease.
   (a) ___________________________________________________________________
   (b) ___________________________________________________________________
   (c) ___________________________________________________________________

14. _________________ symptoms often result from a variety of treatable problems that an individual with Alzheimer's disease cannot communicate.

15. Most nursing home residents are on _______ or more drugs at any time.

16. List four (4) common side effects of psychotropic medications.
   (a) ___________________________________________________________________
   (b) ___________________________________________________________________
   (c) ___________________________________________________________________
   (d) ___________________________________________________________________

17. List three (3) medical conditions for which psychotropic medications might be prescribed to enable the individual to improve his functioning.
   (a) ___________________________________________________________________
   (b) ___________________________________________________________________
   (c) ___________________________________________________________________