

## 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 13. Sexual desire ceases in old age.
- 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) \_\_\_\_\_