

THE AGING PROCESS ANSWER KEY

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 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 aspect of growing older, of becoming an “elder”.
Responses included in this chapter:
 - (a) Clear sense of values and priorities
 - (b) Older persons can make definite choices about how to use their time and energy.
 - (c) Learned ways to adapt to changes
 - (d) A freedom to speak one's opinion
 - (e) Greater freedom to pursue interests, to use time to think, and to reflect
 - (f) As we age, we become more ourselves.
2. Give one (1) example of age-related changes that occur in each of the following:

Refer to this chapter in the curriculum resource material, Section II.

3. With aging, the skin becomes thinner and thus more susceptible to being broken or cut.
4. Because it can lead to isolation and suspicion, hearing 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 it a problem?

From the manual:

The kidneys filter the blood more slowly than in younger years. As a result, medications remain in the bloodstream longer than they do in younger people. This change in functioning compounds the danger of over-medication. Dosages of medicine need to be closely and continuously monitored. Interaction effects between prescribed medicine and over-the-counter drugs, even aspirin or Bufferin, are more likely to occur.

6. Two of the common reactions to significant loss are: denial, anger, depression, bargaining, and acceptance.
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 listen to the person.
8. A pressure ulcer (sore) is an injury caused primarily by unrelieved pressure that damages the skin and underlying tissue.

9. Incontinence 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. Hiatus hernias 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 constipation.
12. Dementia that may be reversed if detected and treated in time might be caused by:
Depression, drug interaction, problem with the thyroid gland, high fever, minor head injury, poor nutrition, vitamin deficiency
13. List three (3) symptoms that may be attributed to Alzheimer's disease.
Confusion, personality and behavior changes, impaired judgment, difficulty communicating as the affected person struggles to find words, finish thoughts, or follow directions, inability to care for self, or any others in the manual.
14. Behavioral 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 five or more drugs at any time.
16. List four (4) common side effects of psychotropic medications.
Sedation, dry mouth, nausea, constipation, sweats, and/or blurred vision, tremor, muscle spasms, and restlessness, low blood pressure/dizziness, tardive dyskinesia, or any others in the manual.
17. List three (3) medical conditions for which psychotropic medications *might* be prescribed to enable the individual to improve his functioning.
Alzheimer's, Pick's, Huntington's Chorea, Parkinson's, Depression, disabling anxiety, panic disorders, phobic disorders, post-traumatic stress disorder, social phobia, alcoholism, or any others in the manual.