

## Pre-Test Answer Key

Directions: The following questions will ask you about your knowledge of aging and the issues or challenges that brings. Please answer the questions by circling the best answer or writing your response in the space provided.

1. Geriatrics is **the branch of healthcare dealing with the problems of aging and diseases of the aged.**

2. Indicate whether each of the following is a part of gerontology. (Circle yes or no)

Scientific study of old age      **Yes**      No

Nursing home care      Yes      **No**

The process of aging      **Yes**      No

Social aspects of aging      **Yes**      No

Cognitive aspects of aging      **Yes**      No

3. Over what age do some sources define as 'geriatric?'

- a. 70
- b. 65**
- c. 80
- d. 100

4. Match the visual impairment with the descriptions in the next column.

- a. Glaucoma
- b. Macular Degeneration
- c. Cataracts
- d. Diabetic Retinopathy
- e. Retinal Detachment
- f. Retinitis Pigmentosa

**Description**

**f** A progressive degeneration of the retina

**a** Diseases that damage the optic nerve

**d** The most common diabetes-related eye condition

**e** When all or part of the retina comes off

**c** A painless cloudy area in the lens of the eye blocking light to the retina

**b** When the small central portion of the retina deteriorates

5. A key issue in maintaining independence as one ages is **mobility**.

6. Match the following body parts to the corresponding impact that aging has on it.

- a. Skin
- b. Hair
- c. Height
- d. Hearing
- e. Vision
- f. Bones
- g. Body
- h. Brain
- i. Heart
- j. Lungs

Description

- i It must work harder during activity.
- g Metabolism slows down.
- e Lenses become less flexible.
- c You lose several inches due to changes in posture.
- a Is less elastic and more wrinkled.
- b Cells are reduced in number.
- j Less oxygen is brought to the body.
- d Changes make high frequencies difficult to recognize.
- h Length of nerves and blood flow decreases.
- f Become less dense and less strong.

7. Name two devices that assist mobility:

wheelchair, scooter, walker, cane  
prosthetics, crutches

8. True or False: Decreased range of motion is caused by loss of fluid between the joints.

- a. True
- b. False

9. True or False: Exercise cannot increase a person's range of motion and flexibility.

- a. True
- b. False

10. Osteoarthritis is \_\_\_\_\_.

- a. When bones grow in size
- b. Fluid on the brain
- c. When the protective cartilage on the ends of bones wears down over time
- d. When you lose inches and appear slumped over

11. Identify whether following are potential causes of hearing loss due to aging.

|            |           |                                           |
|------------|-----------|-------------------------------------------|
| <u>Yes</u> | No        | Diabetes                                  |
| <u>Yes</u> | No        | High blood pressure                       |
| Yes        | <u>No</u> | Colon cancer                              |
| <u>Yes</u> | No        | Exposure to loud sounds                   |
| Yes        | <u>No</u> | Eating saturated fats                     |
| <u>Yes</u> | No        | Certain toxic medications                 |
| <u>Yes</u> | No        | Changes to inner ear                      |
| Yes        | <u>No</u> | Changes to the brain                      |
| <u>Yes</u> | No        | Change in nerve pathway from ear to brain |
| Yes        | <u>No</u> | Alcoholism                                |

12. Identify whether following may be signs of age-related hearing loss.

|            |           |                                                                          |
|------------|-----------|--------------------------------------------------------------------------|
| <u>Yes</u> | No        | Asking people to repeat themselves                                       |
| Yes        | <u>No</u> | Being a speed reader                                                     |
| Yes        | <u>No</u> | Crying excessively                                                       |
| <u>Yes</u> | No        | Misunderstanding what others are saying                                  |
| <u>Yes</u> | No        | Straining to understand a conversation                                   |
| Yes        | <u>No</u> | Humming loudly                                                           |
| <u>Yes</u> | No        | Difficulty hearing around background noise                               |
| <u>Yes</u> | No        | Difficulty following a conversation when two or more people are speaking |
| Yes        | <u>No</u> | Turning TV volume down                                                   |

13. Name two devices that assist hearing.

Hearing aids, cochlear implants, bone anchored hearing systems, assistive listening devices



14. True or False: Aging inevitably results in the loss of all cognitive abilities. There is nothing you can do to slow down or stop the decline.

- a. True                      **b. False**

15. True or False: Someone has dementia if the symptoms interfere with daily activity and impact more than one area of brain function.

- a. **True**                      b. False

16. Circle the recommendations which may help to slow down age-related cognitive changes.

- a. Increase stress  
**b. Engage your mind**  
**c. Eat fruits and vegetables containing antioxidants**  
d. Eat peanut oil  
**e. Use organizational tools like a calendar**  
f. Stop visiting your doctor on a regular basis

17. Remember the saying, “Use it or **lose** it!

18. Empathy is.....

**The ability to understand and share feelings of another.**

19. True or False: The global life expectancy increased from 64 to 85 in 2011.

- a. True                      **b. False**

20. Why has life expectancy increased in recent years?

- a. New medical discoveries**  
b. A cure for Alzheimer’s was found  
**c. Increased public health efforts to improve living conditions**  
d. People are eating their Wheaties