

## **Padilla: Occupational Therapy with Elders: Strategies for the COTA, 3<sup>rd</sup> Edition**

### **Chapter 01: Aging Trends and Concepts**

#### **Test bank**

#### **MULTIPLE CHOICE**

1. Which of the following best defines the term *gerontology*?
  - A. Medical interventions with the elderly
  - B. Study of the aged and aging process
  - C. A collection or sampling of older individuals
  - D. The study of nursing home residents

ANS: B

*Gerontology* comes from the Greek terms “geron” and “lojas,” which mean “study of old men.” Today this includes the study of the aging process.

2. Which of the following best defines health and well-being in the elderly?
  - A. Absence of disease or other abnormal conditions
  - B. Presence of a chronic disease process
  - C. Optimal level of functioning for a person’s age and condition
  - D. Ability to perform activities of daily living without assistance

ANS: C

A theory of well-being can be developed if health is considered the optimal level of functioning for a person’s age and condition.

3. The COTA is working with a patient who has a history of osteoarthritis of the hip and knees. Standing is painful, but she wants to continue living in her own apartment as long as she can. Which of the following COTA actions reflect a “client-centered” approach?
  - A. Tell the client that she can no longer care for herself and should consider a nursing home.
  - B. Tell the client she cannot be cured and needs full-time assistance.
  - C. Inform the client that it is her decision where she lives.
  - D. Discuss the functional abilities and safety needs of the elder before collaboratively deciding on any interventions.

ANS: D

A client-centered approach is when OTs and COTAs partner with their clients to help determine therapy goals and treatment activities. These include living arrangements.

4. At what age does “senescence,” the stage of biological decline, begin?
  - A. 20 years

- B. 30 years
- C. 60 years
- D. 85 years

ANS: B

The third stage of aging is senescence, which begins at age 30 years.

5. Select the period of life that best represents this elder: Sam spends his time with family and loved ones, occasionally giving a cherished object to his grandchildren. He frequently reflects on the meaning of his life and contributions to society.
- A. Older
  - B. Young old
  - C. Mid old
  - D. Old old

ANS: D

Old old (age 85 years and older) is the period of life when elders reflect on the meaning of their lives, the quality of their relationships, and their contributions to society. Elders in this group may find it meaningful to give valued objectives to loved ones who will treasure them.

6. Demographically, women tend to outlive men. The major socioeconomic consequence of this is:
- A. There are fewer men to socialize with.
  - B. Women have an increased risk of poverty.
  - C. Women have increased access to health care resources.
  - D. Women are less likely to feel like a burden to their families.

ANS: B

Around 45% of women older than 65 years of age are widows. The loss of a spouse places elder women at an increased risk for poverty. In 2003, older single women, mostly widows, were more than twice as likely as older married women and more than three times as likely as older men to be poor or near poor.

7. Where do the majority of elders age 85 years and older live?
- A. At home
  - B. In an assisted living facility
  - C. In nursing homes
  - D. In hospitals

ANS: A

Although 15.1% of 85-year-old adults live in institutional settings, the majority live in the community.

8. Mrs. C is an 85-year-old woman living with her daughter and son-in-law, who both work full time. Mrs. C is bored during the day and needs assistance to take her

medications and to remember time. She walks with a walker. Which of the following living arrangements would you recommend at this time?

- A. Placement in a long-term care facility
- B. Placement in a group home
- C. Use of an adult day care center
- D. No change in living arrangements

ANS: C

The functional needs of Mrs. C are activities for boredom and some assistance with time and medications. These needs can be met by the least restrictive environment, adult day care.

9. Which of the following are risk factors for impoverishment after retirement?
- A. Life's work was in low-earning jobs
  - B. Frequent unemployment in adulthood
  - C. Residence in rural areas
  - D. All of the above

ANS: D

General indicators of becoming impoverished after retirements are work history, occupation type, residence in rural areas, and preretirement income.

10. Which of the following COTA statements demonstrates ageism?
- A. All elders are not ill.
  - B. Elders can and do enjoy sexual activity.
  - C. Elders are all slow.
  - D. Elders can learn new things but more slowly than younger people.

ANS: C

Ageism is a form of prejudice that promotes general assumptions and stereotypes about a group of people. All elders are not slow.

11. Which of the following COTA statements is appropriate for communicating with a cognitively impaired elder?
- A. "Sweetie, I wouldn't touch that if I were you."
  - B. "You're too old to be acting like that."
  - C. "Come here, grandma. Let me help you with that."
  - D. "May I please help you finish the project, Mrs. Smith?"

ANS: D

Refrain from calling elders "sweetie," "honey," "grandma," or other endearing terms. Call the person "Mr." or "Mrs." until he or she gives you permission to use his or her first name. Avoid showing a condescending attitude in your words or actions.

12. Which of the following statements is true about the changing demographics of the elder population in the United States?

- A. The number of people age 65 years and older has consistently grown since 1900.
- B. Elders are poorer today than in the 1950s.
- C. Today's elders have very little college education.
- D. Men live longer than women.

ANS: A

Figure 1-6 shows the growth of the aging population from 1900 to 2030. The elder population has consistently grown.

13. Select the best description of Social Security.
- A. It is a government payment to retirees age 65 years and older.
  - B. It is a payment system funded by taxes paid by workers that provides monthly income to qualified individuals.
  - C. It is a social policy intended to fund 100% of a retiree's income.
  - D. It is a payment system funded by the state governments that pays elders a monthly wage during retirement.

ANS: B

Social Security is a federal program that is funded through payroll deducted taxes of employees. It provides monthly checks to qualified individuals.

14. How do our backgrounds and upbringings influence our skills and abilities to interact with elders?
- A. It can influence our perceptions of elders in a positive or negative manner.
  - B. It has no influence on how we communicate and work with elders.
  - C. It prevents honesty and respect for elders.
  - D. It has very limited influence on how we interact with elders today.

ANS: A

Misconceptions about the elderly can be based in our upbringing and relationships with elder family members. Elders are all unique and should be seen as such.

15. Which of the following is not a chronic illness?
- A. Arthritis
  - B. Hypertension
  - C. Heart disease
  - D. Pneumonia

ANS: D

Arthritis, hypertension, hearing impairments, heart disease, cataracts, cancer, and diabetes are all chronic illnesses. Pneumonia is an acute illness.

16. Which age cohort is more likely to be institutionalized?
- A. 65 to 69 years
  - B. 70 to 75 years
  - C. 76 to 84 years

D. >85 years

ANS: D

The age 85 years and older cohort is more likely to be institutionalized than their younger peers.

17. Which of the following best defines the concept of “aging in place”?
- A. Elders remain in the community and receive services such as meal programs, assistance from area agencies, and so on.
  - B. Elders move from their home to the nursing home when they require more care.
  - C. Elders move in with their children and remain there until death.
  - D. Elders have a choice of where they want to live from a variety of senior housing options.

ANS: A

The concept of aging in place refers to elders remaining in the community with supports from services.

18. Which of the following trends on OT practice require knowledge of adaptive computer hardware, software, and community services supported under the Assistive Technology Act?
- A. Increasing numbers of elderly in the United States
  - B. Grandparents raising grandchildren
  - C. Elders choosing to remain in the work force
  - D. Elders’ increasing use of computer technology

ANS: D

Adaptive computer programs such as voice recognition help elders with arthritis who have different keyboarding abilities. Low-vision elders may need assistance with their visual needs.

19. Which age period is at higher risk for severe cognitive impairment?
- A. Older
  - B. Young old
  - C. Mid old
  - D. Old old

ANS: D

The risk for severe cognitive impairment is much greater in the 85 years and older age group. This group is considered the “old old.”

20. Which of the follow is not a known factor that contributes to centenarians’ longevity?
- A. Lifestyle
  - B. Genes
  - C. Attitude
  - D. All of the above

ANS: D

Lifestyle, genes, environment, and attitude are known factors that contribute a person's longevity.