Dementia Capable Webinar Series Post Test:

“Recognizing Risk Factors (ATS Staff)” presented by Dr. Susan Peterson-Hazan

Provided by the Rosalynn Carter Institute for Caregiving
In partnership with the Georgia Division of Aging Services

Multiple Choice

1. Is “normal age related memory loss” the same as “mild cognitive impairment”?
   a. Yes
   b. No

2. Mild Cognitive Impairment is a diagnosis that means that someone is having problems with their short-term memory, but they are functioning independently in all aspects of their lives.
   a. True
   b. False

3. Everyone who develops mild cognitive impairment with progress on to Alzheimer’s disease?
   a. Yes
   b. No

4. What is the most common risk factor for Alzheimer’s disease
   a. Family History & genetic background
   b. Diabetes
   c. Age

5. There is research that indicated which of the following activities are good for our heart and brain?
   a. Managing blood pressure, diabetes, and weight
   b. Eating a healthy diet rich in fruits and vegetables
   c. Exercising 150 minutes a week
   d. All of the above

6. When older people are having mild memory problems they should be encouraged to seek an evaluation because
   a. Reversible causes of the memory problems can be identified & treated quickly.
   b. Treatment for Alzheimer’s can begin early in the disease.
   c. Early diagnosis allows people to be proactive and plan for their future.
   d. All of the above
7. Are older people always aware they are having memory difficulties?
   a. Yes
   b. No

8. Current research studies on memory are enrolling which of the following:
   a. Aging people with no memory or thinking problems
   b. People who have mild cognitive impairment
   c. People with Alzheimer’s disease
   d. All of the above