

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 will 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