Dementia Capable Webinar Series Post Test Answers:

“Avoiding the Ostrich Syndrome” presented by Dr. Felicia Goldstein

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

Multiple Choice

1. The most frequent early cognitive changes in normal aging involve:
   a. **Recent (short-term) memory and word-finding**
   b. Remote (long-term) memory and word-finding
   c. Sense of direction and reasoning
   d. Sense of direction and attention

2. Mild cognitive impairment is defined as:
   a. Cognitive functioning within expectation for age but impaired activities of daily living
   b. Cognitive functioning worse than expected for age and impaired activities of daily living
   c. Cognitive functioning within expectation for age and preserved activities of daily living
   d. **Cognitive functioning worse than expected for age and preserved activities of daily living**

3. Compared to other diseases, research indicates that a diagnosis of Alzheimer’s disease is given to patients/families by PCPS:
   a. More than 90% of the time
   b. As often as other diagnoses such as cancer and arthritis
   c. **Less than 50% of the time**
   d. None of the above

4. Which one of the following is **not** a reason why PCPs say they do not give a diagnosis of Alzheimer’s disease?
   a. Lack of time and resources
   b. **Patients/Families do not want to receive this diagnosis**
   c. Lack of effective treatments
   d. Fear of a catastrophic reaction
5. The percentage of patients and families who say they want to receive a diagnosis of Alzheimer’s disease if this is causing memory problems is:
   a. 10%
   b. >60%
   c. 50%
   d. 30%

6. Risk factors for subjective cognitive decline include:
   a. Lower income level
   b. Race
   c. Living alone
   d. **All of the above**

7. Treatable risk factors for cognitive decline include:
   a. Anticholinergic medications
   b. Vascular conditions
   c. Stress
   d. **All of the above**

8. Recommended weekly physical exercise guidelines for neuroprotection in healthy older adults are:
   a. **150 minutes of moderately intense aerobic activity or 75 minutes of vigorous activity in at least 10 minute intervals**
   b. 150 minutes of vigorous activity in at least 10 minute intervals
   c. 150 minutes of vigorous activity in at least 15 minute intervals
   d. 75 minutes of moderately intense aerobic activity in at least 15 minute intervals