

Dementia Capable Webinar Series Post Test:

“Avoiding the Ostrich Syndrome” presented 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