

Dementia Capable Webinar Series Post Test Answers:

“Recognizing Risk Factors (Family Caregivers) presented by Schieloh Wolfe

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

Multiple Choice

1. What is cognitive impairment (CI)?
 - a. The inability to go grocery shopping alone
 - b. When a person has trouble remembering, learning new things, concentrating, or making decisions that affect their everyday life**
 - c. When a person cannot remember where they placed their car keys
 - d. When a person has limited mobility

2. What causes cognitive impairment (CI)?
 - a. CI is caused by an unhealthy lifestyle such as poor diet and inactivity
 - b. CI is genetic, often passed down from father to son or mother to daughter
 - c. CI Is not caused by any one disease or condition, nor is it limited to a specific age group**
 - d. CI is caused by chemical or biological exposure resulting from industrial runoff

3. What is Mild Cognitive Impairment (MCI)?
 - a. MCI is a warning that a physician gives to let you know you are losing your memory
 - b. MCI is an intermediate stage between the expected cognitive decline of normal aging and the more-serious decline of dementia**
 - c. MCI is a temporary illness that occurs when there is not enough omega 3 and 6 incorporated in a person's diet
 - d. MCI is the precursor to a urinary tract infection (UTI)

4. What are some risk factors associated with MCI?
 - a. Diabetes, smoking, high blood pressure, elevated cholesterol, depression, lack of physical exercise, and infrequent participation in mentally or socially stimulating activities can all be contributing risk factors for MCI**
 - b. Involvement in high risk activities such as scuba or sky diving where a person is constantly exposed to oxygen exchange differentials is a contributing risk factor for MCI
 - c. Not drinking enough water in a fat saturated diet is a high risk factor
 - d. A major high risk factor is not getting between 6-10 hours of sleep a night as you get older

5. What is a nationally recognized concern regarding MCI?
 - a. **People with MCI have a significantly increased risk, but not a certainty of developing dementia**
 - b. People with MCI will not be as involved with their family as those that do not have MCI
 - c. Individuals demonstrating signs of MCI will naturally avoid a doctor's office to prevent themselves from getting a diagnosis
 - d. People with MCI will become sicker because they will instinctually forget to take their medications

6. What are some Pre-cognitive impairment (PCI) lifestyle changes a person can do to minimize the risk of mild to severe cognitive Impairment?
 - a. Read more often, take frequent showers or baths, install wheelchair accessible ramps, and increase water intake
 - b. Eat more dark chocolate (80% or higher), sleep 10-12 hours a night, replace sugar with a sugar alternative such as aspartame
 - c. **Manage Health Risks, Eat Healthy, Get Regular Exercise, Engage You Brain, and Stay Socially Connected**
 - d. Use social media such as Facebook, Twitter, and Instagram to keep up to date on current medical treatments and medicine

7. What suggested diet could help maintain a person's health and possibly slow down or prevent MCI?
 - a. Dark Chocolate (76% or higher), lactose free dairy, and meats alternative to beef such as goat or pork could help prevent MCI
 - b. Only purchasing items from your local farmer's market and eating only locally produced honey to boost your immune system can help prevent MCI
 - c. Filter your tap water. Your diet does not matter as much as consuming enough filtered water to flush your system
 - d. **Eat a balanced diet with lots of colorful fruits and vegetables high in antioxidants**

8. What are the Benefits to receiving screenings or even an early diagnosis for cognitive impairment (CI/MCI) in the pre-cognitive impairment stage?
 - a. You can plan a vacation more effectively and even benefit from some discounts
 - b. You are enrolled in the nation cognitive impairment registry which will allow you to get more information on cognition
 - c. People respect you more because it is a natural sign of aging and we always show respect for our elders
 - d. **You can get the maximum benefit from available treatments, have more time to plan for the future, help for you and your loved ones, your symptoms might be reversible, and it may be treatable**