Dementia Capable Webinar Series Post Test:

"Recognizing Risk Factors (Service Providers)" presented by Dr. Kathy Dial

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

True or False

1. Two ways you can reduce the risk for MCI (Mild Cognitive Impairment) are being physically active and maintaining healthy cholesterol and blood sugar levels.

2. Mild cognitive impairment is defined as the intermediate stage between the expected decline of normal aging and the more-serious decline of dementia.

3. MCI (Mild cognitive impairment) always progresses to Alzheimer's disease or related dementias.

4. Individuals diagnosed with MCI (mild cognitive impairment) exhibit mild changes in memory and thinking, can be measured on mental status tests, but are not severe enough to disrupt a person's day-to-day life.

5. Individuals with MCI worry about memory loss and forget people's names and are slow to recall them.

Multiple Choice

6. Which of the following areas are impacted by MCI?
   a. Memory
   b. Language
   c. Thinking and judgement
   d. A (Memory) , B (Language), and C (Thinking and judgement)

7. Symptoms of MCI include the following:
    a. Apathy
    b. Demonstrating increasingly poor judgement
    c. Inability to perform activities of daily living
    d. All of the above
    e. A (Apathy) and B (Demonstrating increasingly poor judgement)

8. Medical and Lifestyle factors linked to increased risk of MCI include:
    a. Depression
    b. Vitamin B-12 deficiency
    c. Medication side effects
    d. All of the above

9. Risk factors strongly linked to MCI include:
    a. Age
    b. Family history of Alzheimer's or another dementia
    c. Conditions that raise the risk for cardiovascular disease
    d. All of the above
    e. A (Age) and C (Conditions that raise the risk for cardiovascular disease)

10. Medical diagnosis of MCI includes the following:
    a. Input from individual and trusted friends
    b. Assessment of mental status
    c. MRI and tests for bio-markers
    d. All of the above
    e. A (Input from individual and trusted friends) and B (Input from individual and trusted friends)