May 2017 In-Home Aide Newsletter- Older Adults POST TEST ANSWERS

1. Aging is the process of growing old that starts at age 65.
   
   True False FALSE

2. We all age at the same rate.
   
   True False FALSE

3. In age categories, the old-old are considered to be 85 years and older.
   
   True False TRUE

4. Aging is a normal, gradual process.
   
   True False TRUE

5. There is one way to measure age.
   
   True False FALSE

6. Ageism is a form of discrimination practiced against older adults.
   
   True False TRUE

7. Mental confusion is a normal sign of growing old.
   
   True False FALSE

8. Older adults may become frustrated and angry with their slowness and dependency.
   
   True False TRUE

9. It is best to rush the older client with their activities so they will not get short of breath.
   
   True False FALSE

10. Older adults cherish their independence.
    
    True False TRUE