For each question circle true or false

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

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

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

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

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

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

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

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

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

10. Older adults cherish their independence.
    True  False