

Pre-test – Myths of Aging

- 1. In old age, there is an inevitable decline in all intellectual abilities** T F
 A few areas of cognitive ability decline in older adulthood, but other areas show improvement, e.g. decrease speed of response but they continue to learn.
- 2. Constipation develops primarily because of age-related changes.** T F
 Constipation is attributable primarily to risk factors, such as restricted activity, medications, & poor dietary habits.
- 3. Urinary continence is best managed by using an indwelling catheter or incontinence product.** T F
 80% of urinary incontinence can be alleviated by addressing the cause e.g. medication, diuretics, Anticholinergics, functional aides, kegel exercises.
- 4. Older people experience more adverse medication effects than younger people.** T F
 Older people are more likely to experience mental changes as an adverse medication effect.
- 5. Some degree of “senility” is normal in very old people.** T F
 Senility is an inaccurate term used to refer to dementing conditions, which are always caused by pathological changes.
- 6. Most old people are depressed and should be allowed to withdraw from society.** T F
 About 1/3 of older people exhibit depressive symptoms; however, depression is a very treatable conditions at any age with a 75% improvement in target symptoms.
- 7. Older adults are at risk for sexually transmitted diseases (STDs & AIDS).** T F
 In the US approximately 10% of annually identified AIDS cases occurred in persons older than 50.
- 8. Older adults experience pain the same way younger people do.** T F
 Older adults use different words, e.g. discomfort, aches, and often they disclaim it to old age.

9. Cognitively impaired people who say they are in pain are unreliable in their ability to report their pain.

T F

Pain is what the person says it is, they may not understand the scale we use but their non-verbal behaviour can clue us into this fact or maybe we have a history of OS, please give medication on a regular basis and avoid PRN peaks and valleys.

10. By age 70 years, an individual's psychological growth is complete

T F

People never lose their capacity for psychological growth, where older adults are looking at self and reflecting