

How Much Do You Know about the Experience of Aging?

QUIZ Compiled and Provided by the Research Committee of ACT I
(the Aging Community Team)

1. **According to the latest research, the single most important determinant leading to successful aging is:**
 - a. Physical Health
 - b. Wealth
 - c. Attitude
 - d. Family and support system

2. **Which of these statements is most true?**
 - a. As we grow older, we need more vitamins and minerals to stay healthy
 - b. Intelligence declines with age
 - c. Depression is a serious problem for many older people
 - d. American families have by and large abandoned their older members

3. **What percentage of older adults in Riverside County rely completely on Social Security and Supplemental Security payments as their ONLY source of income?**
 - a. 15%
 - b. 28%
 - c. 36%
 - d. 49%

4. **What percentage of people over 65 years of age live in skilled nursing facilities.**
 - a. 35%
 - b. 25%
 - c. 15%
 - d. 5%



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5. In what way does the role of *husband* and *wife* change as they age?
 - a. They become more dependent on each other
 - b. They become more independent of each other
 - c. They change their domestic housekeeping roles
 - d. All of the above

6. The Medi-Cal (Medicaid) Program is best described as:
 - a. Similar to Medicare in that both cover mainly older people
 - b. An amendment to the Omnibus Budget Reconciliation Act (OBRA)
 - c. A part of Social Security
 - d. A public assistance program for someone who doesn't have medical insurance or other ways to pay for medical services

7. What is the average length of time a resident remains in a Residential Care/Assisted Living Facility?
 - a. 1.6 years
 - b. 34 months
 - c. 42 months
 - d. 50 months

8. All persons over age 65 have:
 - a. Similar values
 - b. Similar values but different personalities
 - c. Similar personalities
 - d. Varied values and personalities

9. Studies show conclusively that senses and physical strength decline with age, and it is also true that:
 - a. Older people are unable to learn new things
 - b. The reaction time of older people is such that they can only do sedentary activities
 - c. Lifelong skills and attitudes disappear when people get older
 - d. Most older people can still learn and grow



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10. The number one concern of older homeowners is:
 - a. Doing yard work
 - b. Paying their mortgage
 - c. Paying their utility bill
 - d. Calling a repairman

11. More older adults report this is the most difficult thing for them to do:
 - a. Climb stairs
 - b. Do heavy housework
 - c. Walk a few blocks
 - d. Clip their toenails

12. Spirituality has been found to be an important healthcare factor for elderly people in:
 - a. Prevention of illness
 - b. Coping with serious disease and surgery
 - c. Recovery from sickness and substance abuse.
 - d. All of the above

13. What is the most important way "gay" senior citizens build new relationships and new a new community?
 - a. Activities at Senior Centers
 - b. Continuing to be interesting as people
 - c. Maintenance of friendships from prior years
 - d. Involvement in gay business associations

14. After the death of a spouse, how soon should the remaining spouse wait before beginning to date again?
 - a. One year
 - b. When a friend arranges a date
 - c. When ready
 - d. When children give permission



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15. According to the latest research, older adults are most fearful of:
- a. Pain
 - b. Death
 - c. Cognitive loss
 - d. Loneliness
16. Under which of the following circumstances is a person less likely to become disabled?
- a. Having a comfortable income
 - b. Having a pessimistic attitude
 - c. Having a regular program of exercise
 - d. Having graduated from college
17. On average, if people have Medicare, what percentage of long-term care expense can they expect to pay?
- a. 35%
 - b. 50%
 - c. 75%
 - d. 95%
18. The intention of rehabilitation therapy is:
- a. Getting to the root cause of disability
 - b. Minimizing the degree of impairment
 - c. Restoring the ability to function
 - d. Making people young again
19. Ombudsman programs in skilled nursing facilities may best be described as providing:
- a. Regulatory intervention
 - b. Providing support for the family of the resident
 - c. Funds for long-term care of individuals
 - d. Mediation and negotiation on behalf of the resident



20. Which of these circumstances is least important in an aging person remaining independent?
- a. Living in a home that is paid for
 - b. Having something to care about and do every day
 - c. Eating healthy foods and exercising
 - d. Maintaining close contact with friends and family

ANSWERS

1c – 2c – 3d – 4d – 5d – 6d – 7b – 8d – 9d

10c – 11b – 12d – 13b – 14c – 15c – 16d

17d – 18c – 19d – 20a

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