

**Many people associate certain facts with growing older. In many cases, these "facts" are incorrect and/or are based on long standing beliefs. Below are 15 questions to test your Aging IQ!**

(Answers on back).

1. Which of the following age groups is the fastest growing segment of the American population?
  - a. Infants and children under the age of five
  - b. People ages 18-34
  - c. People over age 65
  - d. People over age 100
2. Grace is 80, is she too old to lift weights? Y/N
3. Osteoporosis is a normal part of aging and only affects women? Y/N
4. Even if an older person has smoked tobacco his or her whole life, it still makes sense to stop? T/f
5. The older a person gets, the less sleep they need? T/F
6. Forgetfulness and even a little confusion are not necessarily signs of Alzheimer's disease? T/F
7. If you live long enough, you will develop Alzheimer's disease? T/F
8. For people age 55 and older, reading is the most common leisure activity? T/F
9. Most older people end up living in a nursing home? T/F
10. People's personality gradually change as they age? T/F
11. A person's response to extreme heat or cold changes as they age? Y/N
12. Urinary accidents are not a fact of life for older people? T/F
13. Falling is to be expected as one ages? T/F
14. The older a person is the less likely they are to be able to learn new information?
15. Suicide is an issue with older adults as compared with younger adults?



# What's Your Aging IQ? (cont. from front)

## What's Your Aging IQ (Answers)

1. **B:** Millennials have surpassed Baby Boomers as the nation's largest living generation, according to population estimates released by the U.S. Census Bureau. Millennials, who are defined as those who were ages 18-34 in 2015, now number 75.4 million, surpassing the 74.9 million Baby Boomers (ages 51-69). Generation X (ages 35-50 in 2015) is projected to pass the Boomers in population by 2028. Most people assume "Baby Boomers" are the largest living group.
2. **No:** Physical activity at any age can help make the heart, lungs and muscles stronger. It may also lower blood pressure and depending on the exercise, might help slow bone loss.
3. **No:** Women are at special risk for Osteoporosis, but one in five Americans who have this disease or are at risk for developing it are men. Everyone can help prevent bone loss by eating foods rich in calcium and Vitamin D and exercising regularly thorough out life. Foods that have lots of calcium include milk, and other dairy products, dark green leafy vegetables, salmon, sardines and tofu.
4. **True:** It's never too late to enjoy the benefits of quitting smoking.
5. **False.** In later life, it's the quality of sleep that changes. Older people may have trouble falling asleep or staying asleep and they may nap more during the day than a younger person does. Waking up tired every day is not normal for anyone and is not a normal part of the aging process.
6. **True:** Some people worry about losing their memory as they age but true memory loss is not a normal part of the aging process. It may take longer for an older person to recall items or complete a memory task. Older people are much more susceptible to the side effects of medications which may cause confusion or difficulty remembering items. Urinary tract/bladder infections and dehydration are common causes of confusion/memory issues in older people.
7. **False:** Alzheimer's disease (AD) is one form of dementia and occurs most commonly among people over age 65. AD, the most common form of dementia and affects the parts of the brain that control thinking, memory and language. Although it gets more common as people grow older, AD is not a normal part of aging and not everyone who grows old will develop AD.
8. **False:** People age 55 and older spend on average 57% of their leisure time watching TV.
9. **False:** While the likelihood of living in a nursing home is extremely low at ages 65 to 69 (1.0 percent) and ages 75 to 79 (3%), it does rise to 11% at ages 85 to 89, 19% at ages 90 to 94 and 31% at ages 95 to 99. Even at 100 years of age or older, only 38% live in a nursing home.
10. **No:** Personality has long been considered one of the constants of life. That is, people are likely to behave with age much as they have since becoming adults. While small changes in personality are possible, major changes in personality are not a normal part of the aging process and if occurring, likely are due to a secondary cause.
11. **True:** Older people are much more susceptible to the effects of extreme cold/heat as well as humidity. Extreme heat or cold can be a life threatening issue for older people.
12. **True:** Millions of older people, especially older women, have urinary incontinence or bladder control problems, but these are symptoms, not a disease. Incontinence can be caused by infection, disease or injury, the use of certain medicines and weakness of muscles associated with the urinary process.
13. **False:** Falls are a common cause of injuries in people over age 65. Falling may be caused by a variety of factors: decreased vision, coordination, muscle weakness; inappropriate footwear; medication side effects; and environmental factors such as loose rugs, tripping hazards, etc. As a person ages, their reaction time does decrease and they may also experience a decrease in sensory input such as vision/sensation.
14. **False:** Older people (not affected by AD or other cognitive/memory issues) have the ability to learn new information. It may take them longer to learn new material and/or they may have more difficulty recalling newly learned material but learning can occur at any age. In addition, they may be much more distracted by environmental stimuli which can make learning new information more challenging.
15. **True:** Older white males have a suicide rate 6 times higher than the national average. A major contributing factor is depression which often goes undiagnosed.