

## Dementia Capable Webinar Series Post Test Answers:

“Recognizing Risk Factors (ATS Staff)” presented by Dr. Susan Peterson-Hazan

Provided by the *Rosalynn Carter Institute for Caregiving*  
In partnership with the *Georgia Division of Aging Services*

### Multiple Choice

1. Is “normal age related memory loss” the same as “mild cognitive impairment”?
  - a. Yes
  - b. No**
  
2. Mild Cognitive Impairment is a diagnosis that means that someone is having problems with their short-term memory, but they are functioning independently in all aspects of their lives.
  - a. True**
  - b. False
  
3. Everyone who develops mild cognitive impairment will progress on to Alzheimer’s disease?
  - a. Yes
  - b. No**
  
4. What is the most common risk factor for Alzheimer’s disease?
  - a. Family History & genetic background
  - b. Diabetes
  - c. Age**
  
5. There is research that indicated which of the following activities are good for our heart and brain?
  - a. Managing blood pressure, diabetes, and weight
  - b. Eating a healthy diet rich in fruits and vegetables
  - c. Exercising 150 minutes a week
  - d. All of the above**
  
6. When older people are having mild memory problems they should be encouraged to seek an evaluation because:
  - a. Reversible causes of the memory problems can be identified & treated quickly.
  - b. Treatment for Alzheimer’s can begin early in the disease.
  - c. Early diagnosis allows people to be proactive and plan for their future.
  - d. All of the above**

7. Are older people always aware they are having memory difficulties?
  - a. Yes
  - b. No**
  
8. Current research studies on memory are enrolling which of the following:
  - a. Aging people with no memory or thinking problems
  - b. People who have mild cognitive impairment
  - c. People with Alzheimer's disease
  - d. All of the above**