

TEST BANK



Chapter 1 and 2 Quiz

1. OBRA 1987 was legislation designed to...
 - a. Help older adults receive community services.
 - b. Is a state organization designed to provide long-term care services for older adults.
 - *c. Is legislation that addresses quality of life in long-term care for older adults.
 - d. Is a federal law that deals with discrimination of older adults.
2. A qualified provider for the title of Activities Director in long-term care facilities is...
 - a. A Certified Therapeutic Recreation Specialist.
 - b. An Occupational Therapist who is licensed.
 - c. A Certified Occupational Therapy Assistant.
 - *d. All of the above.
3. Geriatrics is....
 - *a. The branch of medicine that focuses on older adults.
 - b. The multidisciplinary study of aging.
 - c. A term used to describe older adults..
 - d. All of the above
4. The majority of older people in the U.S. prefer to be called elders.
 - a. True
 - *b. False
5. A person who is old is considered to be...
 - a. 65-75
 - *b. 75-85
 - c. 85-94
 - d. 95 plus
6. The 90 and older population almost tripled from 1980 to 2010.
 - *a. True
 - b. False
7. By 2030, the amount of people over 65 will rise from 13% to 30%.
 - a. True
 - *b. False
8. Researchers believe that women live longer than men due to...
 - a. Less amount of stress in their lives.
 - b. Women seeking out health care and taking care of themselves better than men.
 - *c. Biology, women have the hormone estrogen, which may have some health benefits.
 - d. Older men die due to increased suicide rates.

9. Health disparities are ...

- *a. differences in health outcomes among different groups.
- b. related to the differences in men and women.
- c. related to cardiovascular health.
- d. related to socioeconomic status.

10. In 2017 the CMS updated the federal guidelines for long-term care. These changes focused on?

- a. Providing activities that promote increased quality of life.
- b. Interdisciplinary treatment to meet the needs of older adults living in long-term care facilities.
- *c. Resident-centered care, competency, individualized approaches, non-pharmacological approaches, and quality of care.
- d. Medicaid and Medicare partnering to cover program such as the Program of All-Inclusive Care for the Elderly (PACE).

Chapter 3 Quiz

1. As part of typical aging, vascular thickening and stiffness occurs in this biological system.
 - a. Brain and Nervous System
 - *b. Cardiovascular System
 - c. Digestive System
 - d. Endocrine System
2. Which hormones levels decrease with age?
 - a. Estrogen in women
 - b. Testosterone in men
 - c. Melatonin
 - *d. All of the above
3. The slowing down of the digestive process as people age may cause a variety of concerns one of which is?
 - a. Menopause
 - b. Heart disease
 - *c. Constipation
 - d. None of the above
4. Research suggests that old age results in sarcopenia.
 - *a. True (Feedback: Loss of muscle mass)
 - b. False
5. Food for older adults may taste bitter and bland due to many factors, in addition their ability to smell may be affected. Choose the best answer regarding the changes of taste and smell.
 - a. Taste buds of the tongue become more sensitive to sweet and salt
 - b. The ability to taste better and sour is more affected
 - c. The lining of the nose becomes thicker, affecting smell
 - *d. The nerve endings in the nose diminish and affects smell
6. Presbyopia is the ability to see objects at a distance.
 - a. True
 - *b. False
7. Compression of morbidity refers to?
 - a. Increasing chronic health conditions for older adults
 - *b. Decreasing the amount of time older adults live with chronic health conditions
 - c. Initiatives that are geared towards healthy aging
 - d. Acute illness

8. Age-friendly communities are?

- a. Communities that provide access to health care and support services.
- b. Communities that support the ability to live in one's home and community safely, independently, and comfortably.
- c. Communities that focus on promoting cognitive health.
- *d. Communities that support people of all ages through livability.

9. _____ coordination involves a planned organization of communication between two or more parties in order to assure a smooth transition of health care services.

- a. Aging in place
- b. Advanced care
- *c. Care
- d. Access and

10. Physical inactivity is the _____ leading risk factor for death and disability.

- a. First
- b. Second
- c. Third
- *d. Fourth

Chapter 4 Quiz

1. Life span is a term used to define the...
 - a. The number of years a person is expected to live
 - *b. The theoretical limit on the length of life, given ideal conditions
 - c. The health habits that contribute to a long life
 - d. None of the above
2. The longest recorded and confirmed living person was Mbah Gotho who was believed to live to 146 years old.
 - a. True
 - *b. False (Feedback: Jeanne Calment)
3. How long you live is based on your...
 - a. Gender
 - b. Race and ethnic background
 - c. Health habits
 - *d. All of the above
4. Healthy Life Expectancy is a term often referred to as?
 - a. The number of years a person is expected to live.
 - b. The theoretical limit on the length of life, given ideal conditions.
 - c. Your health habits
 - *d. Health adjusted life expectancy and called HALES.
5. The developmental theory of aging that suggests that lifespan is determined by the genes we inherit is called?
 - a. Autoimmune theory
 - b. Cross-linkage theory
 - *c. Genetic control theory
 - d. Wear and tear theory
6. The Environmental Theory of aging that suggests when cells divide there is a chance that genes will be incorrectly copied is called?
 - a. Wear and tear theory
 - *b. Somatic mutation theory
 - c. Free radical theory
 - d. Autoimmune theory
7. The Neuroendocrine theory suggests that the body regulates genes and they are incorrectly copied, leading to cell deterioration.
 - a. True
 - *b. False

8. The anti-aging movement in medicine is a term that refers to ...
- a. The geographical areas around the world where people have lived to be 100 years old.
 - *b. Interventions that delay the development of age-associated disease and other adverse age-related changes.
 - c. Medications that can reduce your risk of dying.
 - d. None of the above
9. Blue zones are areas in the United States where people live to be 100 years old at greater rates.
- a. True
 - *b. False
10. Which lifestyle habits helped the people in the Blue Zones live longer.
- *a. Plant-based diet, drinking moderately, and regularly putting their families first
 - b. Belonging to a faith-based community, stop eating when you are 80% full, eating a protein-based diet
 - c. Moving naturally, knowing your purpose, drinking beer
 - d. Meditating regularly, stop eating when you are 80% full, having meaning in your life

Chapter 5 Quiz

1. Which of the following is not a typical reason that a chronic illness forms?
 - a. Lack of physical activity
 - b. Poor nutrition
 - *c. Outdoor exposure
 - d. Tobacco use
2. The leading cause of disease in the US is _____
 - a. Cancer
 - *b. Heart disease
 - c. Stroke
 - d. Diabetes
3. Hemorrhagic strokes result from bleeding into or around your stomach
 - a. True
 - *b. False
4. ___ of people who recover from their first stroke will have another within five years
 - a. 50%
 - b. 75%
 - *c. 25%
 - d. 10%
5. What is the cure for diabetes?
 - a. Eliminating sugar from one's diet
 - *b. There is no cure
 - c. Eating a diet rich in sodium
 - d. Insulin injections
6. All of the following can result in COPD besides:
 - *a. Ultraviolet radiation from the sun
 - b. Smoking
 - c. Dust
 - d. Air pollution
7. Recreation therapists need to promote dependence for older adults with chronic illnesses
 - a. True
 - *b. False

8. Alzheimer's disease is a type of _____
- a. Delirium
 - b. Heart disease
 - *c. Dementia
 - d. Stroke
9. Acute illnesses are typically caused by all the following except:
- a. Misusing medication
 - b. Virus
 - c. Injury
 - *d. Lack of exercise
10. Out of the four individuals listed, who is at the highest risk of acquiring a UTI?
- *a. Male with a spinal cord injury
 - b. Adult female
 - c. 60-year-old male
 - d. 12-year-old child

Chapter 6 quiz

1. Exercising, eating healthy, and staying socially connected reduces the loss of which type of intelligence?
 - a. Crystallized
 - b. Cohesive
 - *c. Fluid
 - d. Functional
2. The ability to change one's lifestyle in response to physical changes of aging is called:
 - *a. Compensation
 - b. Adaptation
 - c. Resilience
 - d. Independence
3. Dementia is a syndrome, not a disease
 - *a. True
 - b. False
4. 10 years ago, while Jenna was in high school, she became increasingly hopeless in response to her lower grades. In an addition to an intense sadness, she began having a very difficult time concentrating on any kind of work and even stopped eating. These symptoms lasted for a month, but never occurred again. Jenna most likely experienced:
 - a. Minor depression
 - *b. Major depression
 - c. Dysthymia
 - d. Anxiety
5. A recreation therapist can help improve older adults' symptoms of depression by:
 - a. Creating social connections
 - b. Implementing a fitness program
 - c. Facilitating a creative writing program
 - *d. All of the above
6. Anxiety is not as common with older adults than it is with younger populations
 - a. True
 - *b. False
7. Calming interventions recreation therapists can use for anxiety include all the following except:
 - *a. Rock climbing
 - b. Yoga
 - c. Breathing techniques
 - d. Meditation

8. What type of psychoactive medication could a recreation therapist prescribe an older adult?
- a. Benzodiazepines
 - b. SSRI
 - *c. Recreation therapy is a non-pharmacological intervention
 - d. Antipsychotics
9. The Beers Criteria is a list of what?
- a. Alcoholic beverages safe for older adults
 - *b. Potentially inappropriate medications for older adults
 - c. Risk management procedures for older adults
 - d. Case studies pertaining to older adults
10. The measure of divergent thinking can be defined as:
- a. Wisdom
 - *b. Creativity
 - c. Adaptability
 - d. Well-being

Chapter 7 Quiz

1. Active Life Expectancy (ALE) is a measure of the number of years and individual can live without _____
 - a. Income
 - b. Exercise
 - *c. Disability
 - d. Health care
2. The International Classification of Functioning, Disability, and Health focuses on the cause of the disability
 - a. True
 - *b. False
3. Which health promotion model focuses on disease prevention?
 - *a. Health Belief Model
 - b. Transtheoretical Model
 - c. Validation Model
 - d. Prochaska Model
4. John, a 70-year-old male, participates in tennis. John doesn't believe in age and likes to maintain the same attitude he had when he was in his 50s. What is the theory to best describe John's aging?
 - a. Continuity
 - *b. Activity
 - c. Productive
 - d. Disengagement
5. An individual's desire for continuity is shaped by what?
 - a. The adult's income level
 - b. Society's approval
 - c. The adult's preferences
 - *d. Both B and C
6. The idea of older adults volunteering in the community is described by which term?
 - a. Psychodynamic Theory
 - b. Continuity
 - *c. Productive aging
 - d. Activity Theory
7. Gerotranscendence suggests that older people take on a more cosmic and spiritual view of the world
 - *a. True
 - b. False

8. When older adults can express suppressed feelings, the intensity of dementia lessens. Which theory describes this idea?
- a. Psychodynamic
 - b. Continuity
 - *c. Validation
 - d. Threshold
9. According to Rowe and Kahn, successful aging is defined as the absence of what?
- a. Risk factors for a disease
 - b. Disability
 - c. Disease
 - *d. All of the above
10. As older adults age, they naturally separate themselves from an active and social life. Which theory best describes this statement?
- *a. Disengagement
 - b. Separation
 - c. Split
 - d. Continuity

Chapter 8 Quiz

1. After a physician's referral, a recreation therapist should begin treatment with a(n) _____
 - *a. Assessment
 - b. Evaluation
 - c. Competitive game
 - d. Series of medications
2. Assessments should be conducted for all the following reasons except:
 - a. They allow the CTRS to establish an appropriate baseline for interventions
 - b. They keep the recreation therapist accountable in his/her interventions
 - c. Assessments help determine the feasibility of a discharge
 - *d. None of the above
3. When implementing an assessment for an older adult, the environment is of great importance
 - *a. True
 - b. False
4. What accommodation can the recreation therapist implement while assessing an older adult?
 - a. Raise/lower volume of voice
 - b. Use large print in written tools
 - c. Modify question difficulty
 - *d. All the above
5. "Activities of Daily Living" is best described as a _____ assessment
 - a. Cognitive
 - b. Physical
 - *c. Functional
 - d. Anxiety
6. Physical Screen Assessments include all the following except:
 - a. Discussions of vision issues
 - *b. Leg strength tests
 - c. An observation of a social interaction to check for hearing
 - d. Looking at an older adult's body mass index
7. The main mood disorder under concern for older adults is bipolar disorder
 - a. True
 - *b. False

8. Which of these scales measures an older adult's quality of life?
- *a. General self-efficacy scale
 - b. Numeric rating scale
 - c. Falls efficacy scale
 - d. Faces pain scale
9. _____ is defined as understanding another person's culture
- a. Cultural humility
 - *b. Cultural competence
 - c. Cultural identification
 - d. Cultural expectation
10. The BANDI-RT is an assessment for the recreation therapist to supplement information to which assessment?
- a. Confusion Assessment Measure
 - b. Cohen Mansfield Agitation Inventory
 - *c. Minimal Data Set 3.0
 - d. Montreal Cognitive Assessment

Quiz Chapter 9

1. Behavioral symptoms of distress in older adults with dementia may occur due to all the following reasons except:
 - a. Boredom
 - b. Pain
 - *c. Happiness
 - d. Fatigue
2. The theory that neuroplasticity of the brain allows the neural connections to be improved with training describes which therapy?
 - a. Reminiscence
 - *b. Brain Fitness
 - c. Bibliotherapy
 - d. Aromatherapy
3. Both animals and humans who participate in animal-assisted therapy should be certified in it
 - *a. True
 - b. False
4. A fall prevention program may be necessary for older adults if they:
 - a. Are at a high risk for falls
 - b. Already have physical impairment secondary to falls
 - c. Need to prevent falls
 - *d. All the above
5. Tai chi has been shown to improve _____ in older adults
 - *a. Balance
 - b. Mood
 - c. Grip strength
 - d. Long-term memory
6. Symptoms of stress manifest in older adults as all of the following except:
 - *a. Intense laughter
 - b. Irritability
 - c. Edginess
 - d. Heart palpitations
7. Palliative care focuses on providing comfort and managing pain for those facing a life-limiting illness
 - a. True
 - *b. False

8. Which of the following interventions has evidence of improving symptoms of depression?

- a. Bibliotherapy
- *b. Animal-Assisted Therapy
- c. Airmat Therapy
- d. Reminiscence

9. The prevalence of pain in nursing home residents may be as high as ___ %

- a. 50
- b. 60
- c. 70
- *d. 80

10. BPSD stands for:

- a. Bipolar psychological symptoms of distress
- b. Behavioral and physical symptoms of distress
- *c. Behavioral and psychological symptoms of distress
- d. Behavioral and pharmacological symptoms of distress

Chapter 10 Quiz

1. A _____ describes the purpose and process of the department that includes recreational therapy in your facility
 - *a. Mission statement
 - b. Desired activity
 - c. Assessment tool
 - d. Recreational standard
2. Which of these roles does a recreational therapist fill when working with older adults?
 - a. Dietician
 - b. The manager
 - c. The trainer and educator
 - *d. B and C
3. Creating a sense of “feeling at home” at an assisted care center for older adults is an example of:
 - a. Adaptation
 - b. Recreational activity
 - *c. Culture change
 - d. Therapeutic intervention
4. Activity professionals often need a physician’s order before providing services
 - a. True
 - *b. False
5. Federal regulations that govern long-term care facilities are called what?
 - a. Reg-Tags
 - *b. F-Tags
 - c. Fed-Tags
 - d. R-Tags
6. Why do recreation therapists need to be aware of federal regulations in nursing facilities?
 - *a. The state and federal government can impose a penalty when found noncompliant
 - b. This will increase the therapist’s salary
 - c. The recreation therapist does not need to be aware of federal regulations
 - d. None of the above
7. Developing specific competencies needed to work with older adults is an example of which major role of a recreation therapist?
 - *a. Expert clinician
 - b. Trainer and educator
 - c. Consumer of evidence
 - d. Supervisor and manager

8. Training university students to work with older adults is an example of which major role of a recreation therapist?
- a. Expert clinician
 - *b. Trainer and educator
 - c. Consumer of evidence
 - d. Supervisor and manager
9. Searching for relevant research to guide an intervention is an example of which major role of a recreation therapist?
- a. Expert clinician
 - b. Trainer and educator
 - *c. Consumer of evidence
 - d. Supervisor and manager
10. Person-directed recreational therapist practices embrace the idea of dependence of older adults on therapists
- a. True
 - *b. False

Chapter 11 Quiz

1. It is anticipated that ___% of recreation therapists work with older adults.
 - a. 29
 - b. 13
 - *c. 61
 - d. 19
2. The age of the adult dictates the recreational services needed.
 - a. True
 - *b. False
3. What is an example of a health promoting intervention a CTRS could use in home care?
 - a. Shopping at a store
 - b. Preparing a list of possible medications for the adult to use
 - c. Encouraging the older adult to participate in programming at local YMCA
 - *d. Both A and C
4. Medicare can potentially cover costs at which of the following job settings?
 - a. Assisted Living
 - b. Long-Term Nursing Home Care
 - *c. Adult Day Services
 - d. All the above
5. Nursing homes are only for older adults
 - a. True
 - *b. False
6. Which of these job settings offers the highest level of care outside a hospital?
 - a. Assisted Living
 - *b. Nursing Homes
 - c. Adult Day Services
 - d. Patient-Centered Medical Home
7. After hospitalization, and older adult would most likely receive health care in which of the following types of nursing homes?
 - *a. Skilled nursing facility
 - b. Long-term care
 - c. Subacute rehabilitation
 - d. Adult Day Services

8. What is the goal of the HELP program?
- a. Leisure education
 - b. Increase recreational participation in the community
 - *c. Decrease delirium and functional decline
 - d. Decrease symptoms of dementia
9. The following hospital units use interdisciplinary models of care in treatment planning
- a. ACE
 - b. HELP
 - c. SAVE
 - *d. Both A and B
10. How can a recreation therapist contribute to palliative care?
- a. Nurture existing abilities of independence
 - b. Facilitate feelings of self-satisfaction through board games
 - c. Reduce boredom through engaging activities
 - *d. All the above