

DeWit: Fundamental Concepts and Skills for Nursing, 4th Edition

Chapter 13: Promoting Healthy Adaptation to Aging

Open-Book Quiz

NAME: _____

1. Identify the myths about aging. (See page 165 in your textbook.)
2. Compare the biologic theories of aging. (See page 165 in your textbook.)
3. Explain why people are living longer now than they did 100 years ago. (See page 165 in your textbook.)
4. What is benign senescence and when does it normally occur? (See page 166 in your textbook.)
5. Summarize the physical changes that occur in aging. (See page 166 in your textbook.)
6. Name the three most common health problems of the elderly. (See page 167 in your textbook.)
7. How can an older adult delay the physical effects of aging? (See page 167 in your textbook.)
8. Describe Schaie's *reintegrative* stage of cognitive development. (See page 168 in your textbook.)
9. What are the behaviors that help with successful cognitive aging? (See page 169 in your textbook.)
10. Describe the steps that an adult child may want to take when it becomes time to discuss alternative living arrangements or other changes with elderly parents. (See page 171 in your textbook.)