

**Chapter 2: Biological Changes and the Physical Well-Being of Older Adults**

**Multiple Choice Questions**

1. As a social worker what reasons would you give a client to justify questions about their sexual activity?
  - a. Assumption that everyone has sexual interest
  - b. Concern about HIV/AIDS or Hepatitis C
  - c. Feel obligated to inquire due to public media information on hepatitis C
  - d. Normalize the possibility of interest in intimacy and sexual function
2. Which of the following symptoms are signs of normal aging?
  - a. Urinary incontinence
  - b. Parkinson's disease
  - c. Dementia
  - d. Visual changes
3. What are the high-risk factors for osteoporosis?
  - a. Being very thin
  - b. Gender
  - c. Dark skin
  - d. Any use of alcohol
4. Which of the following behaviors are thought to be most likely associated with longer life?
  - a. Caloric restriction
  - b. Retirement from physical labors
  - c. Family longevity
  - d. Having pets
5. As a social worker how you respond to an older client who only wanted to talk about the physical changes they experienced?
  - a. Tell them it is just a matter of age
  - b. Reassure them that they would be fine.
  - c. Inquire about how the physical changes impacted daily life
  - d. Give them pamphlets on the value of exercise
6. As a social worker, what responses might be MOST useful for a client who refused to leave the house due to a fear of falling?
  - a. Encourage them to stay home and avoid the fear.
  - b. Advocate to the neighborhood council to make access to buildings and cross streets more accessible.
  - c. Tell the client to call 911 if he/she falls.
  - d. Suggest a referral to OT or PT to make accommodations in the house.
7. What is a major psychosocial problem of an older person's focus on limitations created by health concerns?
  - a. Takes time away from discussing other problems

- b. Decrease the person's willingness to participate in activity
  - c. Annoys friends and family
  - d. Neglects household tasks
8. Which of the following ideas about aging are false?
- a. Older people cannot learn new information
  - b. Older people need less sleep
  - c. Osteoporosis is a disease that only affects women
  - d. African Americans are less likely to suffer from hypertension
9. What safety concerns are not dangerous due to losses in sensory function?
- a. Slower response to hot temperature on a stove
  - b. Less ability to hear sirens on the road
  - c. Inability to read newsprint
  - d. Inability to taste spoiled food
10. The National Healthcare Disparities Report states:
- a. Health care disparities refer to differences between services offered at various hospital
  - b. Disparities in health have to do with motivation of individuals to live healthy lives
  - c. Older adults of color receive lower quality of health care measured by cancer screening and routine check up's
  - d. Environmental toxin only effect people as they age due to respiratory weakness

### **Essay Questions**

11. Discuss the possible reasons for the increased numbers of cases of Hepatitis C might be observed in older adults.
12. Describe how personal attitudes about physical health might impact the daily decisions of older adults?
13. Describe three mechanisms of biological aging.
14. Describe the result of changes in the aging brain and continued potential for difficulty in the driving skills of older adults.
15. Describe what sensory losses accompany old age. Which do you personally think the most challenging loss would be in terms of day to day function?
16. How do changes in the endocrine and reproductive system affect sexuality/sexual function?
17. What are some of the difficulties an older person might experience with chronic urinary tract infections?
18. Describe the changes in sleep patterns in older adults and how you lack of think this might impact an older person's daily life.
19. Describe how physical limitations may impact a person's independence at home.
20. How can ageism impact biologic changes of the aging process?