

Functional Performance in Older Adults 4th Edition Test Bank

Chapter 1: Growing Old in Today's World

1. Cohort effects refer to:
 - a. The number of friends and coworkers an older adult has
 - b. Camaraderie among younger and older family members
 - c. Shared experiences of a particular generation of older adults
 - d. Number of peer-to-peer interactions using a sociogram

ANS: C

2. Which of the following is NOT an explanation for increased longevity in modern times?
 - a. Improved medical care
 - b. Reduced infant mortality
 - c. Fewer infectious disease mortalities
 - d. Greater social acceptance of older adults

ANS: D

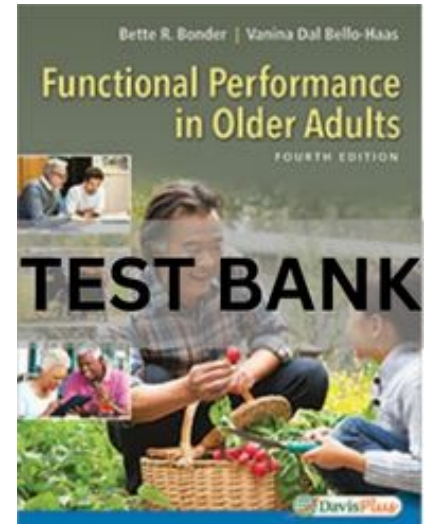
3. Which of the following individuals has the longest life expectancy?
 - a. A white female in the United States
 - b. A black male in Canada
 - c. An individual in South America, regardless of gender or ethnicity
 - d. A Hispanic female in a large U.S. city

ANS: A

4. Which of the following would be considered an environmental determinant of health and longevity?
 - a. Public policy emphasizing availability of public pensions
 - b. Levels of asbestos in homes and apartments in a neighborhood
 - c. An individual's level of educational achievement
 - d. Attitudes toward older adults in a given society

ANS: B

5. According to the World Health Organization, which country or countries are experiencing the most rapid proportional increase in older population?



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- a. Developed Asian countries like Japan
- b. The United States
- c. High-income countries
- d. Low- and middle-income countries

ANS: D

6. Which of the following is the most accurate statement about retirement as a phenomenon of later life?
- a. This is a relatively new expectation, dating to the mid-20th century.
 - b. Retirement has existed for as long as societies have identified a group of individuals as aged.
 - c. For the most part, retirement is expected only among individuals in developing nations.
 - d. Women expect to retire, but most men believe they will work for as long as possible.

ANS: A

7. Attitudes toward aging are most likely to be positive in societies where:
- a. Older adults constitute a large proportion of the society.
 - b. Activities of elders emphasize primarily leisure and enjoyment.
 - c. There are very few older adults.
 - d. Older adults have a specific role as wise elders.

ANS: D

8. Age 65 has come to be considered the onset of old age in the United States because:
- a. This is when most older adults find their abilities diminishing.
 - b. At age 65, physical appearance makes it evident that a person is old.
 - c. This is the age initially identified in public policy such as Social Security and Medicare.
 - d. This is the age at which life expectancy diminishes most rapidly.

ANS: C

9. A criticism of Rowe and Kahn's (1998) factors for successful aging is that:
- a. Individuals have no control over any of the factors identified.
 - b. It is possible to have disease and disability and still have a positive late-life experience.

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- c. Few people age successfully, so the construct is not helpful.
- d. It is not possible to accurately identify factors that contribute to a good experience of late life.

ANS: B

10. The concept of dependency ratios has been criticized because:
- a. Individual differences in needs and in aging and activity make it difficult to ascertain which generation depends on others for help.
 - b. Very few older adults ever rely on younger individuals for support and assistance.
 - c. The most dependent generation may well be young adults.
 - d. It is common knowledge that older adults are dependent on younger individuals.

ANS: A

Chapter 2: Theories of Aging: A Multidisciplinary Review for Occupational and Physical Therapists

1. Which of the following is the most accurate statement about the purpose of theory in aging?
- a. Theories attempt to explain what we observe in empirical research or practice.
 - b. A goal is to consolidate practice around a simple set of principles.
 - c. Theories resolve disputes about the nature of reality and definitions of aging.
 - d. The most important purpose is to reduce apparently complex phenomena to a few basic factors.

ANS: A

2. Explanations that focus on the situations and problems that accumulate during the life span and cannot be understood separately from developmental experiences are considered to reflect:
- a. The aged
 - b. Aging
 - c. Age
 - d. The meaning of life

ANS: B

3. Early theories of aging focused on describing it as:
- a. A problem

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- b. A normal, welcomed life stage
- c. A rare and unique process
- d. Too idiosyncratic for generalized description

ANS: A

- 4. Theories that explain aging as resulting from the accumulation of “insults” from the environment that eventually reach a level incompatible with life are labeled:
 - a. Sociocultural theories
 - b. Selection with optimization and compensation
 - c. Evolutionary theories
 - d. Stochastic theories

ANS: D

- 5. It is now believed that neurological theories of aging may be:
 - a. Too optimistic
 - b. Lacking in clarity
 - c. Too pessimistic
 - d. Too limited

ANS: C

- 6. Psychological theories of aging seek to explain:
 - a. Reasons for the emergence of mental disorder in late life
 - b. Why older individuals are prone to be pessimistic
 - c. Relationships among older and younger individuals
 - d. The multiple changes in individual behavior in late life

ANS: D

- 7. In the theory of selective optimization with compensation, “optimization” refers to the idea that:
 - a. People engage in behaviors that augment or enrich their general reserves and maximize their chosen life courses
 - b. People make efforts in middle age to accumulate needed resources to ensure successful aging
 - c. Changing biological and psychological factors enhance the abilities of older adults in memory and problem-solving

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- d. Political initiatives can reduce stigma associated with later life

ANS: A

8. Mrs. Adams, an 87-year-old widow, has begun to distance herself from some of her extended family members. At the same time, she spends increasing time with her adult children, grandchildren, and some of her close neighbors. This would be an example of:
- a. The Model of Human Occupation
 - b. Evolutionary Theory
 - c. Cognition and Aging theories
 - d. Socioemotional Selectivity Theory

ANS: D

9. A theory with particular relevance to occupational and physical therapy is:
- a. The theory of free radicals
 - b. Systems theory of motor control
 - c. Disengagement theory
 - d. Theories of neurodegenerative change

ANS: B

10. Theory is important to therapeutic decisions as a way to:
- a. Reduce the therapist's need to address individual difference
 - b. Guide decisions about evaluation and intervention
 - c. Minimize the idea of complexity in understanding older adults
 - d. Clearly identify the specific evaluation instruments to be used

ANS: B

Chapter 3: Public Policy and Advocacy in North America

1. Which of the following countries does NOT have universal health insurance in some form?
- a. United Kingdom
 - b. United States
 - c. Sweden
 - d. Cuba

ANS: B

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2. A law that addresses a variety of health care needs of indigent and older individuals is:
- Medicare
 - Medicaid
 - Older Americans Act
 - Americans with Disabilities Act

ANS: B

3. An older adult with Parkinson's disease is hospitalized for treatment of pneumonia. He is then transferred to a long-term care facility for rehabilitation, but as a result of his Parkinson's, he shows little improvement in self-care and mobility goals. Medicare continues to pay for rehabilitation up to the usual time limit as a result of which of the following court cases?
- King vs. Burwell*
 - Kramer vs. Kramer*
 - Jimmo vs. Sebelius*
 - Bush vs. Gore*

ANS: C

4. The part of the Medicare law that allows for private insurers to offer alternative plans is:
- Part A
 - Part B
 - Part C
 - Part D

ANS: C

5. Hospice care for older adults is covered by:
- Private pay only
 - Medicaid
 - Older Americans Act
 - Medicare

ANS: D

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6. An example of successful advocacy by the occupational and physical therapy professional associations to influence federal policy is:
- a. Elimination of the need for a physician referral for services
 - b. Expansion of scope of practice for these two professions
 - c. Reduction in educational standards for therapy assistants
 - d. Moratorium on therapy caps in the Balanced Budget Act of 1997

ANS: D

7. "Observation status" is important to patients because:
- a. Hospital stay requirements for skilled and home health services are not met in this status
 - b. Observation ensures clear understanding of patient problems and goals
 - c. This construct describes the required assessment and associated reimbursement amounts
 - d. Observation status allows students and medical residents to evaluate the patient

ANS: A

8. Which of the following is NOT established as part of the Older Americans Act?
- a. Nutrition programs
 - b. Senior centers
 - c. Transportation
 - d. Skilled nursing services

ANS: D

9. As a role in effective intervention for clients, therapists have a responsibility to advocate for:
- a. Legislation that benefits the client and community
 - b. Bills that will keep others out of the profession
 - c. Legislation to increase payment to therapists
 - d. Policies that broaden the scope of practice

ANS: A

10. A therapist provides treatment that does not conform to the regulations of Medicare. As a rule, such services will be paid for through:
- a. A forgiveness policy by the federal government

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- b. State supplemental funds
- c. Local grants to uninformed therapists
- d. The client, out of pocket

ANS: D

Chapter 4: Policy and Systems Around the World: Supplemental Essays

- 1. Among older Mexicans from indigenous populations, the majority are characterized by:
 - a. Stable families and broad social supports
 - b. High levels of literacy and work achievement
 - c. High levels of illiteracy and poverty
 - d. Socioeconomic circumstances comparable to other Mexican populations

ANS: C

- 2. The change in the name of the INSEN (Instituto Nacional de la Senectud) was changed to Instituto Nacional de Adultos en Plenitud (INAPLEN) as a way to:
 - a. Make it clear that many services were being provided to older adults in Mexico
 - b. Eliminate the somewhat stigmatized concept of *senectud* (senescence)
 - c. Increase awareness that older adults in Mexico have numerous social service needs and concerns
 - d. Make it clear that older adults in Mexico have substantial resources

ANS: B

- 3. A Mexican institution that is organized to boost the physical, emotional, and intellectual abilities of senior citizens is:
 - a. Third Age Clubs
 - b. INAPLEN
 - c. “70 and Over”
 - d. University of the Third Age

ANS: D

- 4. In Israel, the focus of services for older adults with long-term disabilities is on:
 - a. Requiring families to provide the majority of the care needed
 - b. Encouraging placement in long-term care facilities
 - c. Providing supports that allow these elders to remain in the community

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- d. Avoiding services because there are no common kinds of needs

ANS: C

- 5. An innovative aspect of care in Israel is the implementation of Supportive Communities. These communities provide all of the following EXCEPT:
 - a. A neighborhood facilitator who ensures personal safety, safety and security of homes, and home repairs
 - b. An emergency call button
 - c. A physician/ambulance on call 24 hours a day
 - d. Clothing shopping allowance

ANS: D

- 6. Among the reasons for the aging of the population in Israel are all of the following, EXCEPT:
 - a. Reductions in disease in the older populations
 - b. Reduced fertility rates
 - c. Increased immigration of older populations
 - d. Increase in women in the workforce

ANS: D

- 7. In South Africa, health care and services for older adults are structured as:
 - a. Distinct and inequitable public and private programs
 - b. A single-payer, comprehensive public system
 - c. A combination of public sector and traditional healing strategies
 - d. Private insurance and private pay services

ANS: A

- 8. The view of traditional medicine practices as seen by general medical practitioners is:
 - a. Reluctant acceptance in spite of doubts about efficacy
 - b. A tendency to ignore any traditional medicine practices
 - c. Enthusiastic embrace of traditional practices as superior to general medicine
 - d. Acceptance and coordination of care among providers to the extent possible

ANS: D

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9. Traditional roles of older adults in South Africa at present:
 - a. Remain strong and central to family structures
 - b. Have eroded as a result of economic changes and urbanization
 - c. Continue to be marginalized as they were throughout the history of the country
 - d. Have improved as the proportion of the population that is aging has increased

ANS: B

10. A common feature of the health care and social services systems in Mexico, Israel, and South Africa is:
 - a. Careful coordination of services through strong government oversight
 - b. Complexity and gaps in services as a result of fragmented sources of funding
 - c. Equity regardless of cultural/ethnic background and socioeconomic status
 - d. Excessive reliance on families as the sole method of caring for elders

ANS: B

Chapter 5: Meaningful Occupation in Later Life

1. In late life, the number of expected roles tends to:
 - a. Decrease
 - b. Increase
 - c. Remain about the same
 - d. Number of roles is not associated with age

ANS: A

2. Csikszentmihalyi (1990) offers a three-part definition of meaning that includes all the following EXCEPT:
 - a. Achieving purpose
 - b. Expressing intentionality
 - c. Achieving societal recognition
 - d. Creating internal harmony

ANS: C

3. Occupational value can be thought of as:
 - a. The individual's assessment of the importance of the activity