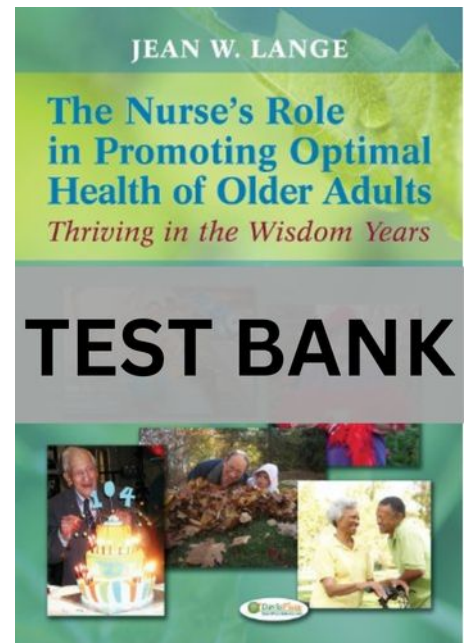


Chapter 1. What Does it Mean to 'Age Successfully'?

Multiple Choice

Identify the choice that best completes the statement or answers the question.

- _____ 1. Beliefs and expectations about aging are influenced most by:
1. the media.
 2. personal experience.
 3. parental beliefs.
 4. education.
- _____ 2. Which of the following is an example of ageism?
1. Some older adults are at risk of falling.
 2. Older women tend to live longer than older men.
 3. Most older people become cognitively impaired.
 4. Many older adults continue to be sexually active.
- _____ 3. Bias toward older adults has been shown in research studies to affect:
1. policy formation.
 2. insurance reimbursement.
 3. treatment regimens.
 4. all of the above
- _____ 4. An example of active aging is illustrated by which of the following?
1. choosing which exercise one prefers
 2. taking prescribed medications
 3. volunteering at the local soup kitchen
 4. transferring from the hospital to a long-term care facility
 5. 1 and 3.
 6. 2 and 4.
 7. 1 and 2.
 8. 3 and 4.
- _____ 5. According to the MacArthur Foundation Study of Successful Aging,
1. level of functioning was unrelated to risk factors for chronic disease.
 2. higher functioning adults were more socially engaged.
 3. higher functioning adults were more likely to have diabetes or heart disease.
 4. lower functioning adults tended to be more physically active.
- _____ 6. Biological theories explain aging in terms of:
1. cellular damage.



2. relationships.
3. need fulfillment.
4. personality development.

_____ 7. The view that individuals must master life tasks or challenges at various stages in life is an example of theories about aging from which discipline?

1. sociology
2. nursing
3. biology
4. psychology

_____ 8. The view that successful aging means transforming from a materialistic focus to a spiritual connectedness with the larger universe describes which theory about aging?

1. continuity
2. age stratification
3. gerotranscendence
4. person–environment fit

_____ 9. The view that behavior throughout life is motivated by fulfilling basic needs was proposed by which of the following theorists?

1. Maslow
2. Tornstam
3. Jung
4. Flood

_____ 10. Flood's theory of aging proposes that:

1. older adults must adjust to altered roles and relationships as they move through life's stages.
2. disharmony between the individual and his or her environment or relationships leads to a failure to thrive.
3. the ability to function is influenced by environmental and biopsychosocial consequences.
4. successful aging is the positive adaptation to physical and functional changes of aging, spiritual connectedness, and a sense of meaning and purpose in life.

Chapter 1. What Does it Mean to 'Age Successfully'?

Answer Section

MULTIPLE CHOICE

1. ANS: 2
Personal experiences are most influential in shaping views and expectations about what it means to age.

PTS: 1

2. ANS: 3
Neither cognitive impairment nor dementia is a normal consequence of aging.

PTS: 1

3. ANS: 4
Evidence reveals that attitudes about older adults have influenced policy formation, insurance reimbursement, and treatment regimens.

PTS: 1

4. ANS: 5
Active aging involves participating in making choices that can affect how individuals age.

PTS: 1

5. ANS: 2
The study concluded that adults who were functioning at higher levels not only had fewer risk factors for chronic illnesses such as diabetes or heart disease, but these study participants also tended to be more social and likely to engage in mentally stimulating activities.

PTS: 1

6. ANS: 1
Biologists proposed that chemical processes, life stressors, and genetically programmed events cause cellular damage, which leads to a gradual deterioration of body systems.

PTS: 1

7. ANS: 4
Psychologists believed that aging is about need fulfillment and navigating predictable stages of personality development across the lifespan.

PTS: 1

8. ANS: 3
The theory of gerotranscendence proposes that older adults transition from a materialistic/rational perspective toward unity with the universe. An external focus, coming to terms with death, and strong relationships facilitate successful transformation.

PTS: 1

9. ANS: 1

Maslow proposed his psychosocial theory of Human Needs in 1954. In summary, behavior is motivated by five basic needs (physiologic, safety and security, love and belonging, self-esteem, and self-actualization). Need fulfillment is a lifelong process.

PTS: 1

10. ANS: 4

Flood proposed this nursing theory of aging in 1995. For more nursing theories see Table 1-2: Theories of Aging on pages 9-11.

PTS: 1

Chapter 2: Midrange Theory of Successful Aging

Multiple Choice

Identify the choice that best completes the statement or answers the question.

- _____ 1. Your elderly patient recently lost her husband and has decided to join an exercise class at the YMCA and volunteer at the senior center so that she does not feel so isolated. Her adaptation to this life change is an example of which concept in Flood's theory of successful aging?
1. functional performance mechanisms
 2. intrapsychic factors
 3. spirituality
 4. gerotranscendence
- _____ 2. At 65 years of age, Mr. Jones has gained nearly 20 pounds since retiring 10 years ago. At his latest visit to his physician, Mr. Jones learned that he has developed diabetes and will need to take oral medication. In order to understand how to control his diabetes, Mr. Jones decides to attend diabetic classes offered at his local hospital. Which coping process in Flood's theory of successful aging is Mr. Jones illustrating?
1. functional performance mechanisms
 2. intrapsychic factors
 3. spirituality
 4. gerotranscendence
- _____ 3. At 93 years of age, Mrs. Wu is thinking about her life's accomplishments and contemplates the possibility of life after death. Mrs. Wu is exhibiting which coping process in Flood's theory of successful aging?
1. functional performance mechanisms
 2. intrapsychic factors
 3. spirituality
 4. gerotranscendence
- _____ 4. The interaction of foundational coping processes can lead to which of the following constructs in Flood's theory?
1. functional performance mechanisms
 2. intrapsychic factors
 3. spirituality

4. gerotranscendence

_____ 5. Nursing interventions to enhance functional performance mechanisms include:

1. teaching a patient how to monitor exercise exertion.
2. helping patients to verbalize their feelings.
3. arranging a visit from the patient's religious leader.
4. listening to patients' expressed concerns about death.

_____ 6. Art therapy, facilitating forgiveness, and using literature to enhance the expression of feelings are strategies to enhance coping in which of the following dimensions?

1. functional performance mechanisms
2. intrapsychic factors
3. spirituality
4. gerotranscendence

_____ 7. Helping a patient gain confidence in care of their new colostomy is an example of:

1. spiritual growth facilitation.
2. reminiscence therapy.
3. respecting differences.
4. self-efficacy enhancement.

_____ 8. Successful aging theories focusing on *optimizing* developmental potential and *compensating* for losses are known as:

1. biopsychosocial theories.
2. cognitive/psychological theories.
3. spiritual theories.
4. existential philosophical theories.

_____ 9. Existential theories of aging propose that:

1. life satisfaction depends on whether the need for personal meaning is met.
2. health requires having a worthwhile purpose, balanced abilities and challenges, adequate resources, and a positive attitude.
3. successful aging means a low risk for disease and disability, high mental and physical functioning, and active engagement with life.
4. spirituality decreases the sense of loss of control that accompanies an illness.

_____ 10. Challenges to successful aging include:

1. insufficient numbers of providers trained in the care of older adults.
2. increasing numbers of older adults living longer with chronic diseases.
3. disparities in care provision across ethnic and racial groups.
4. all of the above

Chapter 2: Midrange Theory of Successful Aging

Answer Section

MULTIPLE CHOICE

1. ANS: 2

“Intrapsychic factors” describes the innate and enduring features of an individual’s character that may enhance or impair one’s ability to adapt to change and to solve problems.

PTS: 1

2. ANS: 1

Flood defines functional performance mechanisms as one’s use of conscious awareness and choice as an adaptive response to cumulative physiologic and physical losses with subsequent functional deficits that occur as a consequence of aging.

PTS: 1

3. ANS: 3

Flood defines spirituality as the personal views and behaviors that express a sense of relatedness to something greater than oneself—the feelings, thoughts, experiences, and behaviors that arise from the search for the sacred.

PTS: 1

4. ANS: 4

The foundation of the theory is physical, mental, and spiritual coping processes, which may give rise to gerotranscendence, and then lead to successful aging. Flood defines gerotranscendence as a shift in metaperspective from a materialistic and rationalistic perspective to a more mature and existential one that accompanies the process of aging (Tornstam, 2005).

PTS: 1

5. ANS: 1

Interventions to improve functional performance mechanisms include patient education about strategies to improve or maintain mobility and health.

PTS: 1

6. ANS: 2

Interventions to promote the effective use and/or well-being of intrapsychic factors include bibliotherapy, the therapeutic use of literature to enhance expression of feelings, active problem solving, coping, or insight.

PTS: 1

7. ANS: 4

Self-efficacy enhancement means strengthening an older adult’s confidence in his or her ability to perform a health behavior.

PTS: 1