



Assisted Living Consult can be a tool to help enhance quality and improve outcomes in your facility. Each issue presents learning opportunities for providers and the related care team. Copy this section and have your staff read the articles and test their knowledge by answering the questions below. Please note that each article title appears in color, with specific related questions below.

You Can Say That Again!

1. Hearing loss is the ____ most common affliction among elderly people in the US.
 - a. 2nd
 - b. 3rd
 - c. 5th
 - d. 10th
2. Hearing loss affects more men than women.
 - a. True
 - b. False
3. Presbycusis means:
 - a. Environmental hearing loss
 - b. Age-related hearing loss
 - c. Noise-induced hearing loss
4. Loss of hearing is associated with all of the following except:
 - a. Symptoms of depression
 - b. Dissatisfaction with life
 - c. Reduced functional health
 - d. Increased use of the Internet
 - e. Withdrawal from social activities
5. Despite the benefits of treatment, fewer than 1 in ____ elders who could benefit from hearing aids seeks treatment.
 - a. 3
 - b. 5
 - c. 10
 - d. 25

Use It or Lose It: Part II Body Fitness

6. The video game Nintendo Wii is finding an audience among seniors.
 - a. True
 - b. False

7. In the second annual "Evercare 100 @ 100 Survey," sponsored by the company Evercare, in which 100 Americans turning 100 or older were polled in 2007 about their practices and habits, it was discovered that 1 in ____ has played video games.

- a. 5
- b. 7
- c. 20
- d. 50

8. The Centers for Disease Control and Prevention (CDC), in collaboration with the Alzheimer's Association and other partners, has released a report titled, *The Healthy Brain Initiative: A National Public Health Road Map to Maintaining Cognitive Health*. The report reveals that all of the following maintain cognitive health except:

- a. Physical activity
- b. Control of hypertension
- c. Social drinking
- d. Engagement in social activities

9. Research has revealed that an integrated exercise program that includes aerobic, strength, balance, and flexibility exercises can increase walking ability among individuals ages 70 to 89.

- a. True
- b. False

Critical Information for Caring for Residents with Parkinson's

10. Parkinson's disease is a rapidly progressive disorder, generally associated with increased flexibility of the limbs and increased speed of movement.

- a. True
- b. False

11. Which of these signs is not commonly associated with Parkinson's disease?

- a. Rigidity
- b. Tremor
- c. Bradykinesia
- d. Euphoria

12. The abbreviation DBS stands for:

- a. Deep basal substitution device
- b. Deep brain stimulation implant
- c. Depressed brain stimulator
- d. Denied bimodal stimulation

13. Which of the following are complicating factors of parkinsonism?

- a. Not getting medications (particularly Sinemet [carbidopa/levodopa]) on time
- b. Taking Sinemet with protein or iron
- c. Taking Sinemet too soon or too late (more than 15 minutes) from the prescribed time
- d. Stress, anxiety, lack of exercise, and/or the need for rest
- e. Being prescribed incompatible medications
- f. All of the above are complicating factors.

14. The resident must receive medication(s) promptly at the times specified.

- a. True
- b. False

Treatment Options for Seizures in Older Adults

15. Nonepileptic seizures (NES) can include all of these signs and symptoms except:

- a. Altered mentation
- b. Staring
- c. Full body spasms
- d. Blackouts
- e. Confusion

16. Seizures in older adults most often arise from which area of the brain?

- a. Temporal lobe
- b. Frontal or parietal lobes
- c. Occipital lobes
- d. Spinal cord

17. Seizures should be considered a major concern among elderly residents because a 1-minute seizure can produce a postictal state that

lasts for days or even a week, causing a prolonged confusional state as long as 1 to 2 weeks, temporary paralysis, or a fall.

- True
- False

Conflict in Assisted Living: The Promise of Elder Mediation

18. Mediation is all of the below except:
- Voluntary
 - Public
 - Confidential
19. The mediation process can be initiated only by AL staff by contacting a local conflict resolution center, mediator in private practice, or a specialized legal or social work practice that offers mediation services.
- True
 - False

Caring for Vulnerable Elders During a Disaster

20. A complete transportation resource is an appropriate vehicle and a plan for the provision of evacuation transportation.
- True
 - False
21. The decision to evacuate or shelter in place involves all of the following except:
- Clinical elements
 - Ethical elements
 - Political elements
 - Measures to ensure that the basic safety guidelines are followed.
 - A variety of stakeholders

Please see Answer Key below.

21. c	16. b	17. a	18. b	19. b	20. b
11. d	12. b	13. f	14. a	15. c	
6. a	7. b	8. c	9. a	10. b	
1. b	2. b	3. b	4. d	5. b	
Answer Key					

Experts' Roundtable

(continued from page 36)

factors that have, admittedly, attracted residents in years past. Politicians and the press, however, are beginning to focus on the same issues that concerned them about nursing homes: alleged problems with quality of care.

Public scrutiny can have its benefits. An educated consumer is attracted to facilities that provide quality care and have implemented reasonable policies regarding admission and discharge, level of medical care, and other factors that affect seniors' well-being.

Unfortunately, the public is beginning to hear another view of AL. *Consumer Reports*, for example, (no slouch when it comes to credible reporting) might just be predictive of this new sentiment. In an article in 2005, the magazine referred to "a troubling mismatch" between the care a resident needs and the care a facility and its staff provide. "Finding a good, safe, and affordable facility," it continues, "has thus become problematic for seniors and their families."¹ Given such scrutiny, AL developers should perhaps no longer assume that prospects will continue to have generally positive impressions of their facilities.

AL deals with the same frail and needy population who occupied nursing homes some 20 years ago. A protest by some of its early adherents notwithstanding, an AL facility is a *healthcare* facility. True, it organizes and delivers a broad *range* of health, social, and environmental services and assistance—all focused on enhancing the patient's well-being. But it is still health care, not hospitality. An inevitable sentiment on the part of the public (family, outside observers, politicians) is to *protect* elders, especially when the industry caring for them is largely profit oriented (no matter what it chooses to call itself or how caring it might otherwise be). The issue, therefore, is not *whether* there will be more state-by-state regulation. There will be. The only issue is what those regulatory systems will look like. Will they be shaped by the industry, which theoretically is in the best position to do it right? Or will it follow what *regulators* are most comfortable with—the system imposed on nursing homes?

Unlike nursing home operators of the past, AL operators still have the opportunity to take a more proactive approach: demonstrating quality (and a more acceptable method for measuring it). Or, they can prove Santayana right. Time will tell.

ALC

References

1. Assisted living. *Consumer Reports*. July 2005. Consumer Reports Web site. <http://www.consumerreports.org/cro/health-fitness/health-care/assisted-living-705/overview/>. Accessed January 18, 2008.

THOUGHTS ON AGING

“ Before you contradict an old man, my fair friend, you should endeavor to understand him. ”

– George Santayana, 1863-1952