

# Care CEUs

## National Plan to Address Alzheimer's Disease

1. Alzheimer's disease (AD) is an irreversible, progressive brain disease that slowly destroys brain function.

- A. True
  - B. False
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2. Which of the following statements regarding Alzheimer's Disease-Related Dementias (ADRD) is most accurate?

- A. ADRD can include frontotemporal dementia.
  - B. ADRD does not include frontotemporal dementia.
  - C. ADRD can include frontotemporal dementia but does not include Lewy body dementia.
  - D. ADRD does not include frontotemporal dementia or Lewy body dementia.
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3. The first symptom of AD is often memory impairment.

- A. True
  - B. False
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4. Which of the following statements is most accurate?

- A. In more than 90% of people with AD/ADRD, symptoms do not appear until after age 60, and the incidence of the disease decreases with age.
  - B. In more than 90% of people with AD/ADRD, symptoms do not appear until after age 60, and the incidence of the disease increases with age.
  - C. In more than 90% of people with AD/ADRD, symptoms do not appear until after age 70, and the incidence of the disease increases with age.
  - D. In more than 90% of people with AD/ADRD, symptoms do not appear until after age 80, and the incidence of the disease decreases with age.
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5. Which of the following statements is most accurate?

- A. AD can be cured by pharmacological means.
  - B. AD can be prevented by pharmacological means.
  - C. AD can be prevented but not cured by pharmacological means.
  - D. AD cannot be prevented or cured by pharmacological means.
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**6. Which of the following statements regarding Goal 1 of the National Plan is most accurate?**

- A. Goal 1 of the National Plan is to prevent and effectively treat Alzheimer's disease and related dementias by 2035.**
  - B. Goal 1 of the National Plan is to prevent and effectively treat Alzheimer's disease and related dementias by 2025.**
  - C. Goal 1 of the National Plan is to prevent and cure Alzheimer's disease and related dementias by 2035.**
  - D. Goal 1 of the National Plan is to prevent and cure Alzheimer's disease and related dementias by 2025.**
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**7. In 2016, a group of NIH-supported scientists conducted the 'Welllderly' study and found that genes that promote cognitive health may also help protect against chronic disease of old age, including AD.**

- A. True**
  - B. False**
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**8. Which of the following statements is most accurate?**

- A. In 2016, a group of researchers supported by the NIH found that Alzheimer's disease shares biological mechanisms with autoimmune diseases.**
  - B. In 2016, a group of researchers supported by the NIH found that Alzheimer's disease does not have a connection with the immune system.**
  - C. In 2016, a group of researchers supported by the NIH found that Alzheimer's disease does not share biological mechanisms with autoimmune diseases.**
  - D. In 2016, a group of researchers supported by the NIH found that Alzheimer's disease shares biological mechanisms with autoimmune diseases - however, they concluded that the immune system does not play a key role in the development of AD.**
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**9. Which of the following factors can contribute to the high-quality care of AD patients?**

- A. Smooth transitions between care settings**
  - B. Coordination among health care providers**
  - C. Dementia-capable health care**
  - D. All of the above**
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**10. Which of the following programs can help achieve Goal 2 of the National Plan?**

- A. The Healthy Brain Initiative**
- B. Implemented Road Map Actions in States**
- C. Indian Health Service Workforce Partnerships**

**D. All of the above**

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**11. Dementia Friendly America (DFA) is a multi-sector, national collaborative of cross sector organizations and individuals seeking to foster communities across the United States that are equipped to support people living with dementia and their caregivers.**

- A. True**
  - B. False**
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**12. In July 2016, nursing homes were required to submit daily staffing data that is traceable to an auditable source in order to help develop new staffing measures.**

- A. True**
  - B. False**
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**13. The National Alzheimer's Call Center is available to people in all United States and territories, 24 hours a day, 7 days a week, 365 days a year, to provide expert advice, care consultation and information and referrals nationwide, at the national and local levels, regarding AD/ADRD.**

- A. True**
  - B. False**
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**14. Indian Country programs involve educational efforts - however, they do not include the implementation of a proven caregiver support program.**

- A. True**
  - B. False**
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**15. Which of the following strategies can help achieve Goal 4 of the National Plan?**

- A. Ensure receipt of culturally sensitive education, training, and support materials**
  - B. Assess and address the housing needs of people with Alzheimer's disease and related dementias**
  - C. Enable family caregivers to continue to provide care while maintaining their own health and well-being**
  - D. Educate the public about Alzheimer's disease and related dementias**
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**16. According to the Dementia Chart Book, older adults with dementia were more likely than those without dementia to have multiple chronic conditions and functional limitations.**

- A. True**

**B. False**

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**17. Which of the following strategies can help achieve Goal 5 of the National Plan?**

- A. Identify research priorities and milestones**
  - B. Enhance the federal government's ability to track progress**
  - C. Coordinate United States efforts with those of the global community**
  - D. Explore the effectiveness of new models of care for people with Alzheimer's disease and related dementias**
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**18. A Road Map for accomplishing the primary goal of the National Plan should include input from experts in the field through research summits on AD/ADRD, including a research summit on care and services.**

- A. True**
  - B. False**
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