

# Care CEUs

## Alzheimer's Disease Facts 2013

### Overview of Alzheimer's Disease

1. Alzheimer's disease is the most common type of dementia and is ultimately fatal.

- A. True
  - B. False
- 

### A Modern Diagnosis of Alzheimer's Disease Proposed New Criteria and Guidelines

2. The preclinical or presymptomatic stage reflects current thinking that Alzheimer's-related brain changes may begin \_\_\_\_\_ years or more before symptoms occur.

- A. 5
  - B. 10
  - C. 15
  - D. 20
- 

### Changes in the Brain That Are Associated with Alzheimer's Disease

3. How many neurons does a healthy adult brain have?

- A. 100 million
  - B. 1 billion
  - C. 100 billion
  - D. 1 trillion
- 

4. During the development of Alzheimer's, there is an accumulation of beta-amyloid inside neurons and an accumulation of tau outside of neurons.

- A. True
  - B. False
- 

### Risk Factors for Alzheimer's Disease

**5. Which apolipoprotein E form increases the risk of developing Alzheimer's disease, and of developing it at a younger age?**

- A. epsilon 2**
  - B. epsilon 3**
  - C. epsilon 4**
  - D. All of the above**
- 

**6. A diet rich in vegetables and vegetable-based oils and low in saturated fats, along with physical activity may be associated with reduced Alzheimer's and dementia risk.**

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

## **Prevalence of Alzheimer's Disease and Other Dementias**

**7. Of those aged 65 and older, how many have Alzheimer's disease?**

- A. 1 in 5**
  - B. 1 in 9**
  - C. 1 in 14**
  - D. 1 in 48**
- 

**8. Which group is about twice as likely to have Alzheimer's and other dementias when compared to older whites?**

- A. Older African-Americans**
  - B. Older Hispanics**
  - C. Older Asians**
  - D. None of the above**
- 

## **Incidence and Lifetime Risk of Alzheimer's Disease**

**9. By mid-century, someone in the United States will develop the disease every \_\_\_\_\_.**

- A. 3 days**
  - B. 9 hours**
  - C. 5 minutes**
  - D. 33 seconds**
-

## **Mortality**

**10. Alzheimer's disease is officially listed as the \_\_\_\_\_ - leading cause of death in the United States.**

- A. First**
  - B. Fifth**
  - C. Sixth**
  - D. Twelfth**
- 

## **Public Health Impact of Deaths from Alzheimer's Disease**

**11. Between 2000 and 2010, deaths attributed to Alzheimer's disease increased by what percentage?**

- A. 68%**
  - B. 42%**
  - C. 30%**
  - D. 8%**
- 

## **Duration of Illness from Diagnosis to Death**

**12. By age 80, nursing home admission is expected for 75% of people with Alzheimer's compared with only 4% of the general population.**

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

## **Unpaid Caregivers**

**13. Sixty percent of "sandwich caregivers" have children under 18 years old living with them.**

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

14. A recent report from ADAMS found that family caregivers of people who were categorized as having dementia spent \_\_\_\_\_ hours per day providing help to their relatives.

- A. 12
  - B. 9
  - C. 4
  - D. 2
- 

15. One study of end-of-life care found that 72% of family caregivers said they experienced relief when the person with Alzheimer's disease or other dementia died.

- A. True
  - B. False
- 

## **Paid Caregivers**

16. While 73% of social workers have clients age 55 and older, only \_\_\_\_\_ % have formal certification in geriatric social work.

- A. 4
  - B. 15
  - C. 33
  - D. 48
- 

## **Use and Costs of Health Care, Long-Term Care and Hospice**

17. Medicare and Medicaid cover about 40% of the costs of care.

- A. True
  - B. False
- 

## **Use and Costs of Health Care Services**

18. People with Alzheimer's disease and other dementias have more than \_\_\_\_\_ times as many hospital stays per year as other older people.

- A. 2
- B. 3

- C. 4
  - D. 5
- 

## Use and Costs of Long-Term Care Services

19. In 2011, the average cost of adult day services was \$\_\_\_\_\_ per day.

- A. 40
  - B. 50
  - C. 60
  - D. 70
- 

20. All nursing homes that provide care for people with Alzheimer's disease and other dementias are required to have separate Alzheimer's special care units.

- A. True
  - B. False
- 

## Use and Costs of Hospice Care

21. In 2009, what percentage of all people admitted to hospices in the United States had a primary hospice diagnosis of Alzheimer's disease?

- A. 4%
  - B. 6%
  - C. 9%
  - D. 18%
- 

## Factors Influencing Geographic Separation

22. Children or parents living in which region of the United States tend to live farther from each other?

- A. Northern United States
  - B. Southern United States
  - C. Eastern United States
  - D. Western United States
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