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QUICK QUIZ

Caregiver Assistance Newsletter - January 2025

To be safe, after age 50, people should have their eyes examined every one to two years to screen for vision problems. Read the issue and answer True or False to the questions below.

- 1. Although no single risk factor causes all falls, the greater the number of risk factors, the greater the probability of a fall and the more likely the fall will threaten personal independence. T F*
- 2. As much as possible, the color of furniture, toilet seats, counters, etc., should be different from the floor color. T F*
- 3. An 85-year-old needs about three times the amount of light a 15-year-old needs to see the same thing. T F*
- 4. Falls are the leading cause of injury-related death among adults ages 65 and older, and the fall death rate is increasing. T F*
- 5. Medications, like sedatives, anti-depressants, and anti-psychotic drugs, plus taking multiple medications, increase the risk of falling. T F*
- 6. Parkinson's, Alzheimer's and arthritis do not contribute to falls. T F*
- 7. Some frail seniors hold onto furniture or other items while moving through the home, so until canes or walkers are introduced, keep everything securely in place. T F*
- 8. Lighting does not affect whether a person might fall. T F*
- 9. Encourage the use of canes and walkers. Make sure the mobility device you choose is the correct height and has a rubber tip or other traction on the bottom. T F*
- 10. Dehydration is a very common cause of falls in older adults. T F*

KEY: 1. T 2. T 3. T 4. T 5. T 6. F 7. T 8. F 9. T 10. T