

WHAT IS YOUR AGING I.Q.?

Quiz prepared by the National Institute on Aging

True or false?

1. Everyone becomes "senile" sooner or later, if he or she lives long enough.
 2. American families have by and large abandoned their older members.
 - 3 Depression is a serious problem for older people.
 - 4 The numbers of older people are growing.
 - 5 The vast majority of older people are self-sufficient.
 6. Mental confusion is an inevitable, incurable consequence of old age.
 7. Intelligence declines with age.
 8. Sexual urges and activity normally cease around age 55-60.
 9. If a person has been smoking for 30 or 40 years, it does no good to quit.
 10. Older people should stop exercising and rest.
 11. As you grow older, you need more vitamins and minerals to stay healthy.
 12. Only children need to be concerned about calcium for strong bones and teeth.
 13. Extremes of heat and cold can be particularly dangerous to old people.
 14. Many older people are hurt in accidents that could have been prevented.
 15. More men than women survive to old age.
 16. Death from stroke and heart disease are declining.
 17. Older people on the average take more medications than younger people.
 18. Snake oil salesmen are as common today as they were on the frontier.
 19. Personality changes with age, just like hair color and skin texture.
 20. Sight declines with age.
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Source: LIFELONG LEARNING FOR AN AGING SOCIETY - AN INFORMATION PAPER. Prepared for use by the Special Committee on Aging, United States Senate. Serial No. 102. U.S. Government Printing Office, Washington, DC: 1991.