Introduction to Aging A Positive Interdisciplinary Approach 2nd edition Sugar Test Bank

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CHAPTER 1: The Longevity Dividend

MULTIPLE CHOICE:

1. Which of the following statements is true?
   a. Average lifespan has been increasing in some countries around the world but decreasing in others.
   *b. More people are living longer lives than ever before in human history.
   c. The percentage of older adults in each country around the world is approximately the same.
   d. The average life expectancy of all older Americans is at least 80 years of age.

2. What percentage of the U.S. population is age 65 or older?
   a. 10 %
   *b. 15%
   c. 20%
   d. 32%

3. What does the term *healthspan* refer to?
   a. The life expectancy of a person calculated from birth
   b. The length of time a person is expected to live past age 65
   *c. The portion of a person's life during which they are free of all of leading causes of death
   d. The health of centenarians—those who are living to 100 years of age or more

4. Which of the following terms is used to describe the benefits that could result from living longer lives?
   a. Life expectancy
   b. Ageism
   c. Longevity paradigm
   *d. Longevity dividend

5. True or false. Ageist attitudes and stereotypes that people have when they are young can have negative consequences on their cognitive abilities and physical health later in their lives. True or false?
   a. True

6. In what year will all Baby Boomers in the United States be older than age 65?
   a. 2020
   b. 2025
   *c. 2030
   d. 2035

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7. According to the National Center of Health Statistics, which of the following groups has the longest life expectancy in the United States?
   *a. Hispanic women
   b. Hispanic men
   c. White men
   d. White women

8. What is the name given to the largest group of individuals ever born in one period of American history?
   a. Millennials
   b. Generation Y
   *c. Baby Boomers
   d. Generation X

9. As society begins to accept the social revolution of the aging of America, people need to be encouraged to do which of the following? Select all that apply.
   *a. Avoid stereotypes
   *b. Stop closing doors because of age
   *c. Recognize diversity
   d. Keep retirement age at 65

10. How can we mobilize the energy of older people to share their talents for the benefit of our communities? Select all that apply.
   *a. Create intergenerational programs that bring older and younger people together in community centers.
   b. Build special housing to accommodate older adults.
   *c. Offer continuing education and training opportunities to younger and older workers alike.
   *d. Design transportation options that will benefit people of all ages.

SHORT ANSWER:

1. What is the difference between the terms “life span” and “healthspan”? Name at least one demographic trend related to each term.

   Correct Answer: “Life span” is the number of years of life and “healthspan” is the portion of life during which a person is healthy. Note that “healthy” is defined in this context as free of a leading cause of death such as heart disease or cancer. The average life span has been increasing throughout the world. The longest healthspans are found in the Western Pacific, Europe, and the Americas. However, the largest increases in healthspan in recent years have been in Africa.

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2. What can be done in society to fight ageism?

   Correct Answer: Fighting ageism requires removing the barriers that prevent older people from fully participating in the community. For example, creating intergenerational community programs that include people of all ages would mobilize the energy of the older population. Building housing and providing adequate transportation benefits the older population, as well as everyone else in the community. Also, changes to policies and practices could make older people feel more welcome in the workplace so that they can continue, if they so choose, beyond the age of traditional retirement to contribute to society and the workforce. As a society, we should move toward valuing the wisdom, experience, skills, and talents of older people.

3. What is the concept of ageism in our society today?

   Correct Answer: Ageism is the concept of discrimination against people because of their age. Although ageism can affect younger people as well, it is generally considered to be discrimination against older people. Dr. Butler described three aspects to this prejudice: negative attitudes against older people, old age, and the aging process; discriminatory practices against older people; and institutional practices and policies that preserve the negative stereotypes and negative attitudes about older people.

4. What are some of the challenges of an aging population?

   Correct Answer: Some of the challenges of the aging population are discrimination and isolation. Isolation can result in abuse, neglect, and poverty. Also, older people must keep up with the rising cost of living, especially if they are removed from the workforce before they are ready, leading to economic hardships as they try to make ends meet. In addition, ageism in healthcare settings leads to morbidity and premature mortality because older people are less likely to get screened for chronic conditions and less likely to be diagnosed during early stages of disorders when treatment could be more effective. Also, studies have found that stereotypes about aging that are held early in life have unfavorable consequences on cognitive abilities and physical health later in life.

5. Older adults' lives are far more positive than many people realize. Give some examples of these positive aspects of the lives of older adults.

   Correct Answer: There are vast differences in people of all ages with respect to their desires, strengths, and needs. Even so, positive aspects of older adults' lives that many people do not seem to be aware of include the fact that the majority of them rate their own physical health as good; that, on average, they are happier than younger people; that most continue to engage in, and enjoy, sexual activities; that a substantial proportion live in their own homes; and, that they are very good workers.

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