

## Gerontology

1. Describe the physiological changes due to aging.
2. Identify three ways to encourage independence in the elderly.
3. Define the following:
  - aphasia
  - debilitating
  - deteriorated
  - disoriented
  - atrophy
4. Differentiate between Medicare and Medicaid.
5. Describe under what conditions restraints might be ordered.
6. Define and describe the terms related to ROM:
  - extension
  - flexion
  - internal rotation
  - external rotation
  - abduction
  - adduction
7. Why is lung capacity decreased in the elderly?
8. Identify ways to adapt communication to meet the needs of the elderly.
9. Describe some ways that fear is expressed in the elderly.
10. How often should restraints be released? Why?
11. Define and describe Alzheimer's disease.
12. Define the following:
  - kyphosis
  - presbyopia
  - glaucoma
  - incontinence
  - arcus senilis
  - nocturia
13. What are ADL's?
14. Define dementia.