



## Alzheimer's Disease Myths and Facts Quiz

The probability of needing long-term care is growing. According to the U.S. Department of Health and Human Services, Americans turning age 65 today have nearly a 70% chance of needing some type of long-term care services in their remaining years.<sup>1</sup> There are many reasons why you may need long-term care, but one of the growing causes includes forms of dementia, particularly Alzheimer's disease.

While estimates vary, experts suggest that more than 5.7 million Americans may have Alzheimer's.<sup>2</sup> Alzheimer's disease is currently ranked as the sixth leading cause of death in the United States, but recent estimates indicate that the disorder may rank third, just behind heart disease and cancer.<sup>2</sup>

Here's a short quiz that may help you understand more about dementia and Alzheimer's disease and the need to plan for their potential onset.

### Quiz

1. True or False: There is a way to prevent Alzheimer's disease.

- a. True
- b. False

2. Which statement is true?

- a. Alzheimer's disease affects only people in their 60s and older
- b. Alzheimer's disease is always hereditary
- c. Currently, there is no cure for Alzheimer's disease

3. What is the greatest risk factor for Alzheimer's disease?

- a. Increased age
- b. Gender
- c. Genetics

4. What is often one of the first signs of Alzheimer's disease?

- a. Skin rash
- b. Difficulty walking
- c. Difficulty finding the right words

5. When or how can Alzheimer's disease be diagnosed with certainty?

- a. Through blood tests
- b. Only after death
- c. Through an MRI

6. True or False: Some medications can be used to treat symptoms of Alzheimer's disease.

- a. True
- b. False

7. What is the approximate lifetime cost of care for an individual with dementia in 2018?

- a. \$145,000
- b. \$879,000
- c. \$342,000

8. According to latest figures, approximately how many Americans provide unpaid care for people with Alzheimer's disease?

- a. 1 million
- b. 16 million
- c. 5 million

9. Which statement is true about communicating with someone who has dementia or Alzheimer's disease?

- a. Avoid eye contact
- b. Interrupt the person and try to finish his or her sentences
- c. Offer simple instructions and allow ample time for a response

10. Examples of advance directives for health care include each of the following except?
- a. A living will
  - b. A durable power of attorney for health care
  - c. A deed

## Quiz answers

- 1. [b \(Alzheimer's Association\)](#)
- 2. [c \(National Institute on Aging\)](#)
- 3. [a \(National Institute on Aging\)](#)
- 4. [c \(National Institute on Aging\)](#)
- 5. [b \(National Institute on Aging\)](#)
- 6. [a \(Alzheimer's Association\)](#)
- 7. [c \(Alzheimer's Association\)](#)
- 8. [b \(Alzheimer's Association\)](#)
- 9. [c \(National Institute on Aging\)](#)
- 10. [c \(National Institute on Aging\)](#)

## Plan now

Planning for long-term care and the possibility of dementia or Alzheimer's disease is important for you and your loved ones. What type of health care would you want if you weren't able to communicate your choices? Plan ahead to make sure you get the medical care you want.

<sup>1</sup> [U.S. Dept. of Health and Human Services](#)

<sup>2</sup> [National Institute on Aging](#)

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