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Human Development and Aging

1. Describe the stages of human development and identify common disorders for each group**True or False**

1. ____ From the time an infant is born, it takes approximately three years for him to be able to move around, communicate basic needs, and feed himself.
2. ____ Infants develop from the hands to the head.
3. ____ Caregivers should encourage infants to stand as soon as they can hold their heads up.
4. ____ Putting an infant to sleep on its back can reduce the risk of sudden infant death syndrome (SIDS).
5. ____ Tantrums are common among toddlers.
6. ____ The best way to deal with tantrums is to give the toddler what he wants.
7. ____ Preschool children are too young to know right from wrong.
8. ____ Children learn language skills between the ages of 3 to 5.
9. ____ From the ages of 5 to 10 years, children learn to get along with each other.
10. ____ School-age children (ages 5 to 10) develop cognitively and socially.
11. ____ Preadolescents are often easy to get along with and are able to handle more responsibility than they could as younger children.
12. ____ Puberty is the stage of growth when secondary sex characteristics, such as body hair, appear.
13. ____ Most adolescents do not feel that peer acceptance is important.
14. ____ Adolescents may be moody due to changing hormones and body image concerns.
15. ____ Eating disorders are difficult to deal with but cannot be life-threatening.
16. ____ Due to changes they are experiencing, adolescents may become depressed and may attempt suicide.
17. ____ By 19 years of age, most young adults have stopped developing physically, psychologically, and socially.
18. ____ One developmental task that most young adults undertake is to choose an occupation or career.
19. ____ Middle-aged adults usually do not experience any physical changes due to aging.
20. ____ By the time a person reaches late adulthood, he is no longer able to develop new interests or make new friends.

2. Distinguish between fact (what is true) and fallacy (what is not true) about the aging process**True or False**

1. ____ Older adults have different capabilities depending upon their health.
2. ____ As people age, they often become lonely, forgetful, and slow.

3. _____ Diseases and illnesses are not a normal part of aging.
4. _____ Many older adults can lead active and healthy lives.
5. _____ Prejudice against older people is as unfounded and unfair as prejudice against racial, ethnic, or religious groups.
6. _____ Movies often present an accurate image of what it is like to grow old.

3. Discuss normal changes of aging and list care guidelines

Multiple Choice

1. Older adults experience changes in their skin due to aging because
 - (A) Much of the fatty layer beneath the skin is lost
 - (B) They develop allergies to skin care products
 - (C) Circulation to the skin is increased
 - (D) There is not enough moisture in the air
2. Normal changes of aging in the musculo-skeletal system include
 - (A) Brittle bones
 - (B) More flexible joints
 - (C) Stronger muscles
 - (D) Increased appetite
3. For clients who have poor vision, the home health aide should
 - (A) Discourage wearing sunglasses outside
 - (B) Keep eyeglasses clean
 - (C) Dim the lights
 - (D) Have them read a newspaper daily
4. For clients who have trouble hearing, the home health aide should
 - (A) Speak in a low-pitched voice
 - (B) Exaggerate her movements as she speaks
 - (C) Shout to be heard
 - (D) Remove excess earwax if possible
5. For clients with a decreased sense of taste and smell, the home health aide should
 - (A) Stop seasoning foods
 - (B) Make sure there are working smoke detectors in the home
 - (C) Only cook spicy meals
 - (D) Perform oral care less often
6. For clients who have a decreased sense of touch, the home health aide should
 - (A) Serve food at hotter temperatures
 - (B) Bathe these clients less often
 - (C) Keep heating pads on the skin longer
 - (D) Be careful when serving hot drinks
7. Clients with heart conditions should
 - (A) Exercise vigorously to regain strength
 - (B) Avoid vigorous activity
 - (C) Avoid doing any activity
 - (D) Stand up quickly to avoid dizziness
8. If a client is cold due to poor circulation, the best response by the home health aide is to
 - (A) Use a heating pad on the client's legs and arms
 - (B) Remove the client's slippers
 - (C) Layer the client's clothing
 - (D) Put a hot water bottle on the client's feet
9. The best position for clients who have difficulty breathing is usually
 - (A) Lying on the left side
 - (B) Lying on the stomach
 - (C) Lying flat on the back
 - (D) Sitting upright
10. Older clients may need to urinate more frequently due to
 - (A) The bladder not being able to hold as much urine
 - (B) Drinking more fluids than younger adults
 - (C) Incontinence
 - (D) Being thirsty more often
11. Which of the following statements is true of urinary incontinence?
 - (A) It is a normal part of getting older.
 - (B) It could be a sign of illness.
 - (C) It occurs when a person drinks too much fluid.
 - (D) It is treated by withholding fluids.

12. Constipation could be the result of
 - (A) Faster digestion process due to aging
 - (B) Eating too much food during the day
 - (C) Getting too much fiber in the diet
 - (D) Slower peristalsis
13. Because insulin production lessens due to aging, some clients may
 - (A) Need to take insulin to regulate blood sugar
 - (B) Need to fast each day
 - (C) Eat more sugary foods to increase insulin levels
 - (D) Have the home health aide give hormone injections
14. Normal changes in the reproductive system due to aging often result in
 - (A) Loss of sexual drive
 - (B) Thinning of vaginal walls in females
 - (C) Inappropriate sexual advances
 - (D) Decrease in the size of the prostate gland in males
15. Which of the following is a result of a weakened immune system due to normal changes of aging?
 - (A) Increased risk of infection
 - (B) More bouts of insomnia
 - (C) Lower risk of falls
 - (D) Increased risk of hypertension
16. Insomnia, withdrawal, and moodiness are common signs of
 - (A) Anorexia
 - (B) Depression
 - (C) Confusion
 - (D) Forgetfulness
17. Which of the following is a healthy way for an HHA to respond to a client's lifestyle changes due to aging?
 - (A) Assume that the client is depressed and needs medication
 - (B) Insist that the client discuss her feelings
 - (C) Listen to the client if she wants to discuss her feelings
 - (D) Talk about the HHA's own problems to make the client forget her problems

18. What is the most important thing for a home health aide to do if she observes any changes in her client's condition?
 - (A) Report it to her supervisor
 - (B) Report it to her supervisor
 - (C) Report it to her supervisor
 - (D) All of the above

4. Identify attitudes and habits that promote health

Short Answer

List six things that home health aides can do to encourage clients to stay active, maintain self-esteem, and live independently.
