

Caregiver Assistance News

“ C A R I N G F O R Y O U . . . C A R I N G F O R O T H E R S ”

Q U I C K Q U I Z

Elderly people often find themselves faced with many stresses, such as a major illness, reduced mobility, deterioration or death of a spouse, and a shrinking circle of friends. Each of these stresses can increase the risk of a person becoming depressed. Read the issue and answer True or False to the questions below.

1. Antidepressant medications can have strong sedative properties and can make people clumsy and likely to fall.
T F
2. Depression can occur with some illnesses such as heart disease and diabetes.
T F
3. Symptoms of depression displayed by older people may look different from those in younger people.
T F
4. Treating sleep disorders, like insomnia, helps people feel less depressed.
T F
5. Many older adults may be ashamed to admit when they feel “blue,” thinking that it is a sign of weakness or failure.
T F
6. The worst thing a sleepless person can do is drink alcohol.
T F
7. A moderate amount of alcohol is up to two drinks per day for men and up to one drink per day for women.
T F
8. Older people do *not* feel the effects of alcohol more and for a longer period than younger people.
T F
9. Taking alcohol with some pain medications and antianxiety drugs can make a person overly sleepy, more likely to have heart problems, and, most important, more likely to overdose.
T F
10. Once a person is past the age of 40, the effects of alcohol use are *not* a lot worse.
T F

Name _____

Signature _____ Date _____