

# 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

Experts say many well-conducted studies have been published worldwide regarding a link between diet quality and common mental disorders such as depression and anxiety. Diet is as important to mental health as it is to physical health. Read the issue and answer True or False to the questions below.

1. The emotional and mental challenges in the elderly are often related to difficulty in adjusting to physical changes or poor health, as well as other issues such as loneliness.  
T F
2. As a caregiver, you can help the person in your care deal with physical challenges by changing your own attitude towards their *disabilities* and focus more on their *abilities*.  
T F
3. Allowing the person in your care make more choices to give them a greater sense of control will not help them deal with the challenges of aging.  
T F
4. One of the factors that increases one’s risk for depression is poor nutrition.  
T F
5. After heart disease, depression is the second cause of disability among the elderly.  
T F
6. Staying physically active can help ease the symptoms of depression.  
T F
7. Eating a healthy, balanced diet can help protect the body from diseases and prevent mental health disorders as well.  
T F
8. All dietary supplements undergo government testing or review before they are put on the market.  
T F
9. Due to the many physical changes associated with aging, the *effects* of alcohol and drugs are a lot worse in the elderly.  
T F
10. Older adults are especially vulnerable to drug-related balance problems because drugs are absorbed and broken down differently as people age.  
T F

Name \_\_\_\_\_

Signature \_\_\_\_\_ Date \_\_\_\_\_