



Quiz on Aging

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Based on: Palmore E. Facts on aging. A short quiz.
Gerontologist. 1977; 17:315-20.



1. The majority of old people will suffer from dementia at some point in their lives.

According to a study in the US, percentage of older people suffering from dementia:

- 5% of the 71-79 years old
- 24% of the 80-89 years old
- 37% of the over 90 year old.

According to Plassman BL, Langa KM, Fisher GG et al. Prevalence of dementia in the United States: the aging, demographics, and memory study. *Neuroepidemiology*. 2007; 29:125-32.



2. Chronological age is the most important determinant of the ageing process of a person.
3. Ageing is genetically programmed.
4. Some biogerontologists suggest that ageing should be considered as a disease.
5. In the context of the current evolutionary theory, the hypotheses with the most empirical evidence regarding the function of aging, is that it has evolved in order to create space for younger generations, and thus conserving the evolutionary fitness of a species.
6. The group of over 85 year old people is currently the strongest growing part of the population in industrialized countries.
7. Most older people have difficulties adapting to social changes.



8. Physical handicaps are the most important limiting factors for the activities of older people.
9. All five sense usually decline in the very old.
10. The maximum heart rate declines according to an almost uniform pattern as people grow old.
11. Intelligence declines with age.
12. The statistical average of self rated happiness declines constantly after 45.
13. Most old people must be taken care of in a nursing home at some point in their lives.
14. Most old people say that they can perform activities of daily living without help.



15. In general, older people of one generation share the same convictions regarding values and virtues.
16. The majority of older people claim that solitude is a big problem for them.
17. Old people very often describe their old age as a second childhood.
18. Most older people are actively thinking about death.
19. Most older people have an income below the poverty line.
20. Older people become more religious.



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21. Entering pension has no negative impact on health.
 22. Pain is a normal part of the aging process.
 23. Older people only rarely produce an artistic or scientific work of exceptional quality.
 24. People get wise as they grow old.
 25. Interest in sexuality does not decrease with old age.
 26. Medical staff (doctors and nurses) have a better knowledge on facts on aging as the general population.



Danke.

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