

How to Say It to Seniors: Closing the Communication Gap with Our Elders

Test 1

1. Being a legacy coach involves:
 - a. A few hours a week of your time
 - b. Many of the same skills that parents employ in raising their children
 - c. Giving up your time for the rest of your life
 - d. People who are usually overcommitted in life already

2. Elderly person's two developmental drivers are:
 - a. Watching their children grow up and raise their grandchildren
 - b. Relaxing and getting proper nourishment
 - c. Maintaining control and searching for a legacy
 - d. Sharing memories and financially supporting their children

3. The trouble with placing the elderly in assisted-living facilities or nursing homes is:
 - a. The cost is prohibitive
 - b. Then the children have to find time to go visit them
 - c. This solution does not address the psychological needs of the older person
 - d. There are not enough homes available to place them in

4. People in general draw strength from grief because:
 - a. Everyone wants to listen to your stories
 - b. Most people have lived a good life
 - c. It changes your outlook on life
 - d. It proves the depth of our love

5. A well-facilitated life-review process affects:
 - a. How elderly care for their financial affairs
 - b. How long someone will live
 - c. How peacefully a person faces death
 - d. Whether their children will visit them often

6. Effective communication with the elderly is impossible if:
 - a. We are determined to stick to our agendas
 - b. We allow them to lead the conversation
 - c. We listen and give them our undivided attention
 - d. We have all day to give them

7. The process by which senior adults look backward to prepare for their future is called:
 - a. Legacy
 - b. Recontextualization
 - c. Dementia
 - d. Old Age Syndrome

8. Rather than see old people as diminished, we need to understand that:
 - a. They need time to relax during retirement
 - b. They love to socialize
 - c. As people get older, their mind starts slipping
 - d. Their drivers do a different job

9. When discussing finances with the elderly, money needs to be used:
 - a. To reflect the values a person wants to pass on to future generations
 - b. To pay all their bills
 - c. As an end in itself
 - d. Sparingly so there's a huge estate to pass on to the heirs

10. Ironically, in old age, in order to go forward:
 - a. All financial affairs must be in order
 - b. Their estate must be finalized
 - c. We must look back
 - d. Future living plans must be decided

11. What we as a culture have failed to recognize in the theories about personality development is:
 - a. Everyone is different
 - b. Simply, that it is a lifelong event
 - c. Seniors stop progressing as they age
 - d. Younger people have much more to offer

12. Over the course of a lifetime, what matters is what we accomplished, NOT:
 - a. What we missed
 - b. Where our children reside.
 - c. How much everything cost
 - d. How many materialistic things we accumulated

13. During conversation with the elderly, asking the right question in the right way at the right moment can:
 - a. Help you realize how unhappy the individual is
 - b. Be exhausting, so better to just sit back and allow them to do the talking
 - c. Change the course of a life
 - d. Help you understand them better

14. The more we engage our elders in conversation:
 - a. The better their grandchildren will get to know them
 - b. The sooner they will appreciate our efforts
 - c. The sooner they will accept the aging process
 - d. The better we become in discerning the values they hold most dear

15. The intensity with which the elderly experience the body's loss of strength:
 - a. Has a profound impact on their sense of who they are
 - b. Causes stress because they wonder who will pay the doctor bills
 - c. Makes it difficult for their children to cope with them
 - d. Is no different than any other age in life

16. Signaling tools come in two forms:
 - a. Hands crossed and uncrossed
 - b. Gestures and handshakes
 - c. Nonverbal and verbal
 - d. Watching and waiting

17. Functional ability tells us how older adults operate:
 - a. When they get to the nursing home
 - b. And isn't really a helpful tool
 - c. And whether they will be difficult to live with
 - d. Both physically and psychologically

18. One of the many reasons the author wrote this book was to:
 - a. Teach us how to save money as we get older
 - b. Guide us in becoming advocates for our elders
 - c. Help us realize that becoming older is not as difficult as people say it is
 - d. Show us how to grow old with grace and dignity

19. Which one of the following is NOT an important nonverbal cue that indicates our receptivity to the senior's message:
 - a. Cross your arms in front of you when there is silence
 - b. Make friendly eye contact
 - c. Keep your hands folded in your lap
 - d. Sit in a relaxed manner and face the other person

20. Older people intuitively realize that life:
 - a. Is never fair
 - b. Goes way too fast
 - c. Will always take care of itself
 - d. Will get better the older you get