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