



## Answer Key

This is the answer key to the pre-test, post-test, and each individual session.

Session 1	1-5	Session 4	16-20
Session 2	6-10	Session 5	21-25
Session 3	11-15	Session 6	26-30

The correct answers are in **Boldface** type.

Please circle either **TRUE** or **FALSE** for the following questions:

1. Only older adults have to be concerned about falls.	True	<b>False</b>
2. Nursing home residents fall once a year on average.	<b>True</b>	False
3. Someone who cannot walk is NOT at risk for falling.	True	<b>False</b>
4. Poor vision is a common fall risk factor.	<b>True</b>	False
5. There are only two types of fall risk factors: personal and behavioral.	True	<b>False</b>
6. Cancer is the most common cause of death for people age 65 years or older.	True	<b>False</b>
7. As people age, they have more difficulty recovering from illness and injury.	<b>True</b>	False
8. Loud background noise affects both older and younger people in the same way.	True	<b>False</b>
9. Older adults have more health problems than younger adults.	<b>True</b>	False
10. Older and younger people respond differently to medicines.	<b>True</b>	False
11. Having several medical problems increases the risk of falls.	<b>True</b>	False
12. Incontinence can make older adults more likely to fall.	<b>True</b>	False
13. Older adults may have more pain and trouble sleeping if they are depressed.	<b>True</b>	False
14. Delirium in older people is only caused by pain, fever, and infections.	True	<b>False</b>

15. It is important to tell supervisors when residents have changes in behavior.	<b>True</b>	False
16. Medicines for depression help people think more clearly.	<b>True</b>	False
17. Sleep medicines are safe for older adults who have problems with balance.	True	<b>False</b>
18. Low blood pressure can increase a person's risk for falling.	<b>True</b>	False
19. Cough and cold medicines can cause walking and balance problems.	<b>True</b>	False
20. Older adults who are sleepy during the day have a higher risk for falls.	<b>True</b>	False
21. Older adults' surroundings should become more supportive as their abilities decline.	<b>True</b>	False
22. Since older people are affected by glare, it is best to keep lighting levels low in rooms and common spaces.	True	<b>False</b>
23. Walkways and pathways where older people live should be kept clear of objects to reduce the risk of falls.	<b>True</b>	False
24. Lowered beds with mats next to them may prevent injuries for older people who are at high risk of falls.	<b>True</b>	False
25. Slippery surfaces are only a problem in the bathroom.	True	<b>False</b>
26. Frequent rounding is unnecessary because residents will use the call light anyway.	True	<b>False</b>
27. Pain should be assessed only when an older person complains of pain.	True	<b>False</b>
28. Frequent rounding may reduce the development of pressure ulcers.	<b>True</b>	False
29. Rounding should be done more often at night.	True	<b>False</b>
30. Older people should be encouraged to get their own possessions even if they are out of reach.	True	<b>False</b>