



*Assisted Living Consult* can be a tool to help enhance quality and improve outcomes in your facility. Each issue presents learning opportunities for providers and the related care team. Copy this section and have your staff read the articles and test their knowledge by answering the questions below. Please note that each article title appears in color, with specific related questions below.

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## Providing Consultant and Dispensing Services to Assisted Living Residents

1. Medication therapy management (MTM) can:
  - a. Improve health outcomes
  - b. Decrease hospitalizations
  - c. Save money
  - d. Prevent a need for residents to move from the assisted living (AL) community to the nursing home setting
  - e. All of the above
2. The role of consultant pharmacists is not limited to direct patient contact or medication administration. For example, consultant pharmacists can improve therapeutic outcomes for residents through in-service programs and training for community personnel covering a broad range of topics designed to improve the delivery of pharmaceutical services.
  - a. True
  - b. False
3. A consultant pharmacist MTM program in AL can assist in maintaining occupancy.
  - a. True
  - b. False

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## Alzheimer's Disease Facts and Figures 2008

4. The number of Americans with Alzheimer's disease (AD) and other dementias is increasing every year because of global warming.
  - a. True
  - b. False
5. In 2008, the estimated number of Americans of all ages with AD was:
  - a. 2.5 million
  - b. 5 million
  - c. 7.5 million
  - d. 10 million
6. The percentage of persons aged 65 and over with AD is:
  - a. 5%
  - b. 13%
  - c. 18%
  - d. 26%
  - e. 39%
7. People with fewer years of education are more

likely than people with more years of education to have AD and dementia.

- a. True
- b. False

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## A Pill Card Can Help Patients Take Correct Medications on Time

8. Twenty-five percent of Americans do not take their medications as prescribed.
  - a. True
  - b. False
9. A pill card includes all of the following except:
  - a. How much to take
  - b. Pictures and simple phrases to show each medicine's purpose
  - c. When to take it
  - d. What to do if a dose is missed
10. A pill card can serve as a visual aid for confirming that patients understand how to take the medicines properly and as a reminder to take medicines.
  - a. True
  - b. False

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## Making the Transition to an Assisted Living Community

11. Senior move management is a relatively new industry made up of professionals who are dedicated to assisting older adults and families with the physical and emotional demands of downsizing and relocating.
  - a. True
  - b. False
12. These professionals help with every aspect of moving except which of the following?
  - a. Getting a home in market-ready condition
  - b. Sorting, organizing, and packing
  - c. Working with appraisers, charities, and antique specialists
  - d. Supervising movers
  - e. Settling clients into their new homes
  - f. Moving financial accounts
13. The groups that benefit from a senior move management firm's involvement include which of the following?
  - a. The older adults making the move
  - b. Their families
  - c. The facility they are moving into
  - d. All of the above

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## Schizophrenia and Dementia with Behavioral Symptoms

14. A person must have 2 or more of any of the following symptoms present regularly during a 1-month

- period to be diagnosed with schizophrenia except:
- Delusions
  - Hallucinations
  - Headaches
  - Disorganized speech
  - Gross disorganization
  - Negative symptoms such as affective flattening or poverty of speech
15. Atypical antipsychotics are associated with all of the following except:
- Sedation
  - Orthostatic hypotension
  - Extrapyramidal symptoms (EPS)
  - Metabolic adverse effects, such as weight gain, increased blood glucose, and dyslipidemia
  - Decreased blood pressure
16. Problems with use of benzodiazepine antianxiety medications (eg, lorazepam) include all of the following except:
- They are excluded from coverage under Medicare Part D.
  - They are not indicated for short-term treatment of agitation.
  - They are not recommended for routine use in geriatric patients because of their side effect profile.
  - They have a potential for tolerance.

## Senior Arts Programs for Better Health

17. A participatory creative arts program is an active rather than passive program. The idea is not so much to entertain the residents, but rather to engage them.
- True
  - False
18. Some suggested goals for an arts program include all of the following except:
- Seniors have a sense of autonomy and feel empowered.
  - Seniors are socially engaged.
  - Seniors exercise just their minds and not their bodies.
  - Seniors have reduced risk factors for disease and disability.
  - Seniors have a zest for life and a positive attitude.
19. The Toolkit used to develop senior arts programs provides information on partnering with community organizations.
- True
  - False

## PACE Day Centers: Designing for Function

20. PACE serves individuals who meet all of the fol-

- lowing criteria except:
- Age 55 or older
  - Certified by their state to need nursing home care
  - Able to live safely in the community at the time of enrollment
  - Reside anywhere within the state
21. The hub of a PACE program is the PACE day center, which includes all of the following except:
- A medically intensive adult day facility that provides health services
  - Permanent housing
  - Care coordination
  - Meals
  - Activities
  - Social and family services
22. Recommendations for PACE center designs include all of the following except:
- A modular design that places the main activity areas at the hub, surrounded by key support and outdoor areas, thereby minimizing the need for long hallways
  - Low lighting to increase the homelike feeling
  - Many toilets
  - Decentralized staff work space

## Best Practices in Assisted Living Design

23. *Universal design* refers to meeting building code requirements and requirements of the Americans with Disabilities Act (ADA).
- True
  - False
24. Principles of universal design include all of the following except:
- Equitable use
  - Flexibility in use
  - Simple and intuitive use
  - Perceptual use
  - Tolerance for error
25. The principle that states that a design feature should produce as little fatigue as possible when it is used is called:
- Tolerance for error
  - Low physical effort
  - Size and space for approach and use
  - Simple and intuitive use

ALC

Please see Answer Key below.

22. b	23. b	24. d	25. b
15. e	16. b	17. a	18. c
8. a	9. d	10. a	11. a
1. e	2. a	3. a	4. b
Answer Key	5. b	6. b	7. a
	12. f	13. d	14. c
	19. a	20. d	21. b