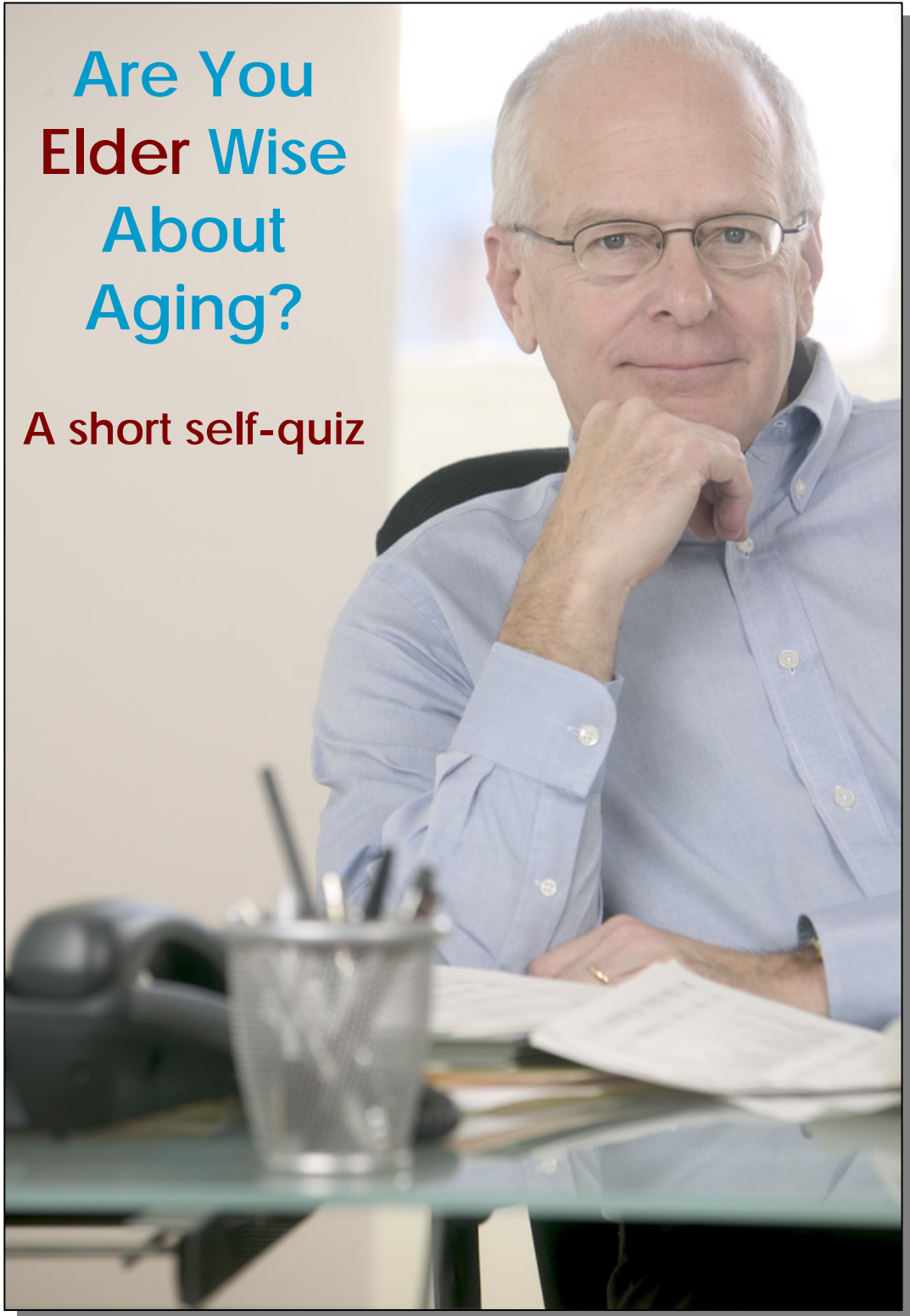


Are You  
Elder Wise  
About  
Aging?

A short self-quiz



## **Are you Elder Wise about aging?**

Answer the following questions to test your general knowledge about aging. Then check your answers with the guide on the next page:

- | Yes                      | No                       |  |
|--------------------------|--------------------------|--|
| <input type="checkbox"/> | <input type="checkbox"/> | 1. Most older people have a lot in common.   |
| <input type="checkbox"/> | <input type="checkbox"/> | 2. Most old people are set in their ways and unable to change                            |
| <input type="checkbox"/> | <input type="checkbox"/> | 3. At least 10% of people over 65 live in long-term care institutions                    |
| <input type="checkbox"/> | <input type="checkbox"/> | 4. Aged drivers have fewer accidents than drivers under 65.                              |
| <input type="checkbox"/> | <input type="checkbox"/> | 5. Men usually outlive women.  |
| <input type="checkbox"/> | <input type="checkbox"/> | 6. The majority of old people are socially isolated                                      |
| <input type="checkbox"/> | <input type="checkbox"/> | 7. Many older people are preoccupied with death.   |
| <input type="checkbox"/> | <input type="checkbox"/> | 8. Most older people will develop Alzheimer's Disease.                                   |
| <input type="checkbox"/> | <input type="checkbox"/> | 9. Approximately 20% of Canadians are over 65 years of age.                              |
| <input type="checkbox"/> | <input type="checkbox"/> | 10. The majority of older people are healthy enough to carry out their daily activities. |
- 

**Answer Guide on the next page...**

## Answer Guide.

1. No. As people age, they have different life experiences which make them less like others their own age. Many older individuals prefer to have younger friends rather than doing things with or living with their own age group.
2. No. Research has found that, except for the changes that can result from Alzheimer Disease and other forms of dementia, personality is one of the few constants of life. That is, you are likely to age as you have lived and your personality will remain the same throughout your life. So – if you are set in your ways when you are young – then you are likely to be the same when you are old.
3. No: In Canada, approximately 5-6 % of individuals over 65 reside in long-term care facilities.
4. Yes. Older drivers have same accident rates as middle-aged persons and fewer accidents than drivers under age 30 (per person rate). Many people voluntarily modify their driving behaviour to accommodate changes associated with aging.
5. No. Women have average life expectancies that are longer than men; as a result they account for particularly large share of the senior population. In 1996, a 65-year old woman in Ontario could expect to live an additional 20 years, almost four years more than her male counterpart.
6. No The large majority of Canadian seniors live with their family, either as a family head or spouse, or with their extended family, such as the family of a daughter or son. In 1996, 69% of all people aged 65 and over lived with family members: 57% with their spouse, 1% with common-law partners, and 4% were lone parents. Almost 7% lived with members of their extended family.
7. No. Attitudes towards death are highly variable, but some general trends can be noted. In general, older adults are less anxious and more matter-of-fact about death. As people move through their life span, they lose friends and family members, and begin to accept their own mortality. This enables the older adult to speak more freely about death and dying. Most young adults avoid thinking about or discussing death.
8. No. Alzheimer Disease and other dementias do increase with advanced age but they are not inevitable. Many older adults maintain a sharp mind throughout their life. Memory lapses are common (e.g. where did I leave my keys?). You can keep your mind fit by giving it “exercise” (reading, crossword puzzles, playing games, learning something new).
9. No. But Canada is aging. In 2001, one Canadian in eight was aged 65 years or over. By 2026, one Canadian in five will have reached age 65. There are notable variations across Canada from a low of 2.6% in Nunavut to a high of 14.6% in Saskatchewan
10. Yes. At least two-thirds of seniors are able to manage daily life activities.

**Want more information on aging?** Sign up for our free [ElderWise™ Info](#) a bi-weekly email with tips that inform and support you, your family or your workplace, as well as notices about new products and services, special offers, events and new happenings at our site. Visit our website at [www.elderwise.ca](http://www.elderwise.ca) for more information.