

Pink - Skin and Temperature	Answer	Asked
Older adults produce as much sweat as other adults.	<b>False</b> – the sweat glands produce less sweat – especially in area where bacteria growth adds to the body odour (under arms and between the legs)...How often should the older adult have a bath or shower? <i>Less often is usually fine considering they don't produce the sweat that creates body odour.</i>	
Older adults have a lower "normal body temperature"	<b>True</b> – when do we need to remember this? <i>If they have an infection we might NOT see a raise in their temperature because an increase from a normal LOW might not look very high to us. A client with a UTI may have a change in behaviour and first signs of pneumonia might be a slight increase in respirations.</i>	
There is a decrease in blood flow to the skin.	<b>True</b> – The skin may feel cool because of this. Slower growth of finger and toe nails. Affects thermoregulation– can't dissipate heat as well.	
The skin of older adults is much drier than the skin of younger people	<b>True</b> – their skin produce fewer oils that help keep the skin moisturized. So: What do we need to do help their skin stay more hydrated or moist? <i>Put on moisturizers (except between the toes where the cream can be a source of bacteria growth cause I doesn't absorb there easily.</i>	
When cold, older adults shiver more than younger people	<b>False</b> – Shivering might not occur – they might not feel cold – even in very cold temperatures. They may get hypothermic more easily due to problems with circulation.	
Hot packs and heating pads are good for keeping older adults comfortable?	<b>False:</b> Hot packs and heating pads can be dangerous as they have less sensation in their skin and can get burned.	
Bathing older adults daily is a good way to maintain hygiene in older adults?	<b>False:</b> The skin of older adults produces fewer oils to help keep skin moist so bathing less often and applying moisturizers help keep the skin more hydrated and moist.	
Older adults have an increased amount of subcutaneous fat though out their bodies?	<b>False:</b> Older adults have a decrease in subcutaneous fat. This can lead to skin breakdown over bony prominences.	
Sliding or boosting older adults up in a chair or bed is a good way to reposition them and avoid skin breakdown.	<b>False:</b> Sliding or boosting a person instead of lifting them with a lift or using a slider sheet risks skin tears. The bed should be put in a flat position if possible. The shearing force is very dangerous for older fragile skin as the connection between the dermal and epidermal layers is significantly weaker in older adults.	

Blue- Respiratory/ Cardiovascular	Answer	Asked
Older adults breath more quickly and with more “shallow” breaths	<b>True</b> – the lungs become stiffer, the rib case more stiff, so the lungs can’t expand as much as in younger adults – Use the diaphragm more to assist in expansion. <i>Elevating the head of the bed if having difficulty breathing takes abdominal contents away from the diaphragm. This change may add to the older person’s risk of developing lower respiratory infections, like pneumonia.</i>	
The same amount of oxygen passes into the blood with each breath as in younger adults	<b>False</b> – There are fewer alveoli in the lungs where the gases exchange (oxygen into the blood and carbon dioxide out of the blood) – How might this affect the older adult? <i>Less oxygen in the blood (diminished PO2 levels), less energy to do things.</i>	
The arteries in the older adult are more relaxed than in younger people	<b>False</b> – the arteries stiffen, making it harder to push blood through – What vital sign might change as a result of this? <i>Increased blood pressure is common in older adults – anything above 140 / 90 is considered hypertension though and should be monitored and treated if it goes much higher.</i>	
The veins in older adults are smaller than in younger adults	<b>False</b> – the veins are more dilated, meaning the blood can “pool” in the veins. The body has a harder time getting blood back to the heart – The veins may become more bulging (varicose veins) – or the blood may pool in the legs leading to edema, which can result in skin breakdown and result in ulcers from venous stasis. What action helps move the blood back to the heart? <i>Walking – exercise (the muscles contracting around the veins help them push the blood back to the heart.)</i>	
The rib cage may change to be more rounded than oval shape (increased diameter between the front and the back of the lung –more barrel shaped)	<b>True</b> – as more air is trapped in the lower lungs (as it is harder to breath out through stiffer lungs) the rib cage changes shape – similar to COPD, although not as much as in that disease.	
The heart in older adults is often larger in size than in younger adults?	<b>True:</b> Narrow arteries make it harder to pump blood through the body and heart muscle is weaker and less effective than in younger adults therefore the heart often enlarges in an attempt to push blood into the body.	

Yellow –Senses (vision, hearing, taste, touch)	Answer	Asked
Older people have an increased ability to taste sweet and salty foods	<b>False</b> – As an individual ages, there is a progressive loss in the acuity of the sense of taste. In particular the ability to detect sweet and salty decreases. The person may need more sugar in order for things to taste sweet.	
Older adults have a decrease in their sense of smell but this does not affect the older adult.	<b>False</b> – the sense of smell is closely related to the sense of taste so appetite can be affected. Also the older adult may be unable to detect spoiled food or a gas leak.	
With the changes in skin elasticity and tissue loss beneath the skin, the sense of touch is increased.	<b>False</b> – there is also a decrease in the nerve endings so there is a decrease in touch sensation and this alters their sensation for temperature, pain and movement.	
Hearing loss in older adults often increase due exposure to loud sounds and noise pollution over a life time.	<b>True</b> – Noise pollution and loud industrial sounds damage hearing and increase the loss of hearing with older adults	
Older adults loose the ability to hear sounds in the high range (children's voices, soprano notes)	<b>True</b> – make your voice LOWER (more like a man's deep voice) to help the older person hear you better	
Older adults see you best if you stand in front of the window and look at them	<b>False</b> – Backlight makes it difficult for the older adult to "see" the speakers – stand so the light is on your face	
The lens of the eye lets in more light as the person ages	<b>False</b> – the lens lets in LESS light so the older person needs 3 to 5 times MORE light to see well than a younger adults (Older adults might benefit from flashlights in dark restaurants!) - Indirect light is better as the lens has difficulty with glare – what are some examples of glare (shiny floors, light on shiny table tops, etc.	
Older adults can move easily from a dark room to a light room	<b>False</b> – the eye takes longer to adjust to the change in light – dark to light or light to dark – when might this be a risk for clients? Getting up at night to use the bathroom – bright light, difficult to see – increased risk of falling	
Hearing aids bother many people because they hear all the background noises as well as the conversations that they WANT to hear	<b>True</b> – it takes people a while to become accustomed to using hearing aids for this reason. To help a person new to hearing aid use, suggest they use the aid for a few hours each day – gradually increasing the amount of time they use the aid each day until they are used to the aid	
Older adults build up more wax in their ears that block the sounds entering their ears	<b>True</b> – The older person's ears should be checked regularly by the RN / LPN for signs of wax build up – and it should be treated when noticed. What might you notice in a client who has wax blocking their ears? Might not answer you when you call their names, spend more time in room if they can't hear what is going on around them.	

Green- Mobility and Safety	Answer	Asked
Falls are more likely in older adults than in younger people	<p><b>True</b> – there are a number of age related changes that increase the older persons risk of falling:</p> <ul style="list-style-type: none"> <li>• Change in the persons ability to keep their balance (decrease sensitivity in the part of the brain that controls balance)</li> <li>• Many older adults take lots of medications that have side effects of dizziness.</li> <li>• History of falls (fall once, more likely to fall again – even the FEAR of falling can increase the risk of falling).</li> </ul>	
The way a person walks does not change as they age	<b>False</b> – the persons steps tend to widen slightly (increasing their base of support and helping them avoid falls).	
Medications are the only reason why older adults experience dizziness when rising quickly.	<b>False</b> – The ability of the blood vessels to react to change in position, postural hypotension, can also contribute to dizziness on rising in older adults.	
Once over the age of 70, it is too late to do anything for osteoporosis.	<b>False</b> – weight bearing exercise, calcium and medications can help at any age.	
If a person is restrained, they are at decrease risk for a hip fracture.	<b>False</b> – A restrained older adult is more prone to a fracture than an unrestrained adult due to the loss of calcium in the bones and loss of muscle mass and strength that occurs with a restrained adult.	
Studies show that an increase in exercise even in older adults can increase their muscle mass?	<b>True</b> – Use it or loss it. Exercise and physical activity can help maintain and increase muscle mass in older adults.	
Broken hips is older adults are often caused by osteoporosis?	<p><b>True</b> – Osteoporosis has many risk factors including age, being postmenopausal, medications such as steroids, thyroid pills, anticonvulsants, heparin and lasix. Adults at highest risk for osteoporosis are white women over 65 and men over 80.</p> <p>Weight bearing exercise and calcium and vitamin D are preventative measures to reduce bone fractures.</p>	
The fear of falling can increase an older adults risk of falling?	<b>True</b> – Anticipation of falling makes adults more fearful of falls but also increases their chances of falling. Hip protectors may give the older adult a sense of security and allow the elderly to walk more and exercise more-thus decreasing the risk of future falls.	

Orange – Sleep/Sexuality/ Nervous System	Answer	Asked
Older adults need less sleep than younger adults	<b>False</b> – the amount of sleep needed doesn't change much throughout life – the older person should count both the time spent napping and nighttime sleep to get a total number of sleep hours in 24 hours.	
Older people dream more than younger adults	<b>False</b> – the REM (dream sleep) is LESS as are the stage 3 and 4 deep sleep stages. This means the person is more easily woken up during the night as they are sleeping more lightly. How might this affect how you are doing rounds? <i>Try not to wake the person up – incontinence products are designed to hold a lot of urine. When you check them, try only changing the person when they are awake (They might need to be disturbed if they are incontinent of bowel movement or need to be disturbed to re-position for skin care needs).</i>	
Older adults don't think about sex anymore.	<b>False</b> – there may be less opportunity to have sexual activity, but it doesn't mean the person has no need or desire.	
The reproductive organs are slower to respond and don't work as well in older adults.	<b>True</b> – they can work, but there are normal changes: the vagina is smaller, thinner and drier and the penis takes longer to respond to stimulation and may be smaller when erect.	
The number of neurons decrease as we age	<b>True</b> – the aging brain shrinks. This does not affect function under normal circumstances. There is a decrease of reserve capacity that may result in delirium if the system is stressed. Cell loss in the cerebellum may contribute to falls.	
With the decrease in sperm and semen production, there is no desire for sexual expression.	<b>False.</b> The desire for sexual expression remains throughout life.	
Older people tend to get up earlier and go to be earlier	<b>True</b> – There is a change in the timing of the body clock as we age.	
Learning and processing information takes place at the same speed thorough a life time?	<b>False</b> – I here is a slowing of central processing of information so older adults may need more time to process information. We need to allow older adults to absorb and think about new information as learning occurs at a slower pace.	

Brown- Digestive Tract and Urinary System	Answer	Asked
The kidney's in the older person make the same amount of urine as in a younger person	<b>False</b> – there is less blood flow to the kidneys and fewer cells to make the urine, so production is less.	
Older adults need the same amount of food as younger adults	<b>False</b> – the caloric needs decrease BUT the nutritional needs stay the same – so, they need to focus on eating really healthy, nutrient “dense” food to get the nutrients they need in fewer calories – some vitamins are not absorbed as well in older adults (B12, iron, folic acid).	
The bladder in an older adult holds less urine than in younger people	<b>True</b> – The capacity is less, so the person may have to urinate more often. The time between the feeling of need to urinate and actually urinating is reduced so they may have to get to the bathroom more quickly (or risk incontinence).	
Being incontinent is a normal part of aging	<b>False</b> – there are special challenges to keeping urine in the bladder in older adults, but it is not “normal” to loose urine – causes of incontinence should be investigated.	
Older adults may not feel as thirsty as younger people	<b>True</b> – the message “I’m thirsty” is less in older persons, so it is very important for staff to encourage lots of fluid intake because the person may not think of it himself or herself – why? <i>Helps with constipation, urine problems like concentrated urine that is very irritating to the bladder and may cause urge incontinence, etc.)</i>	
Older adults are slower to absorb most medications so they require higher doses than younger adults.	<b>False</b> – Due to decreased kidney function (glomerular filtration) drugs may not be excreted as well and can build up in the body therefore a lower dose may be necessary.	
Food moves more quickly through the digestive track in older adults therefore there is less absorption of nutrients.	<b>False</b> – There is decreased motility of the esophagus, stomach and intestines and this can lead to constipation and indigestion. There is also less efficiency in the digestion and absorption in the digestive tract of older adults.	
Older people have less saliva.	<b>True</b> – There is a decrease in salivary flow resulting in drier mouth. Need good oral hygiene as poor hygiene will contribute to loss of taste.	

