

# OLDER AND WISER: Here's a pop quiz about seniors open to all ages

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It's time for my annual pop quiz.

What a way to start the new year. No, you're not back in school, I'm just checking in to see if you have been paying attention to the messages I have been writing about in my biweekly columns over 2019.

Take the following quiz and test your seniors knowledge.

The answers to the questions are all true or false, and the answer key is at the end of the column. For hints to the answers see my Older and Wiser columns on the North Shore News website.

1. According to research, the number one emerging issue for seniors in Canada is keeping older people socially connected and active. True or False?
2. If you look at persons 85 and over, almost everyone has a diagnosis of dementia. True or False?
3. One great thing about the North Shore, there are no seniors living in poverty. True or False?
4. Seniors who are transitioning from driving their car find it easy to switch to using public transportation. True or False?
5. Cardiovascular disease is the number one killer in Canada. True or False?
6. Older adults have a lower volunteer rate than younger age groups, but they contribute, on average, more hours per year. True or False?
7. Skipping the flu shot is only a danger to yourself. True or False?

8. About one-third of people 65 years and over typically fall once or more each year. True or False?
9. Physical activity benefits the brain as well the body. True or False?
10. There are over one million people providing unpaid care for adult family members and friends in British Columbia. True or False?
11. During hot weather, older adults are less likely to notice that they need water for hydration than younger adults. True or False?
12. Being isolated for a senior is as unhealthy as smoking 15 cigarettes a day. True or False?
13. Seniors are a drain on the economy. True or False?
14. Seniors have a lot of difficulty adapting to changing technology. True or False?
15. In the holiday season, seniors may be more at risk for increased stress than a younger person. True or False?
16. Unpaid caregivers are a vital, often unrecognized yet critical piece in insuring the stability of our health care system. True or False?
17. For seniors, there are options for cycling that are both safe and healthy. True or False?
18. It has been reported that for people with disabilities there is a dramatic improvement in the physical environment, transit, sidewalks and building accessibility on the North Shore. True or False?
19. Seniors have few issues adapting to the spring forward time change to daylight saving. True or False?
20. There is little to need to worry about homelessness for seniors on the North Shore. True or False?
21. Seniors' Centres in British Columbia are well funded and do not need our support. True or False?
22. Seniors are generally well prepared for winter and face no increased risk factors. True or False?
23. There are no easy and accessible walks for seniors on the North Shore. True or False?

Answer key: questions 1, 5, 6, 8, 9, 10, 11, 12, 15, 16, 17, 18 are true. All the rest are false.

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