# Answers to Questions in the Workbook, Chapter 8, The Long-Term Care Resident

**Activity A MULTIPLE CHOICE**

* 1. **a.** 65 years and older
  2. **d.** arthritis

**Activity B MULTIPLE CHOICE**

1. **b.** The person who is suffering from the lingering effects of a stroke
2. **a.** Activities of daily living

**Activity C TRUE OR FALSE**

**1. T**

**2. F.** A person may be admitted to an LTC facility because they need continuous monitoring and treatment as a result of ONE OR MORE chronic conditions.

* 1. **T**
  2. **F.** Many people are admitted to long-term care facilities to receive the care they need UNTIL THEY ARE WELL ENOUGH TO RETURN HOME.
  3. **T**

**Activity D SHORT ANSWER**

**1.** Changes in how health care is paid for result in people being discharged from the hospital “quicker and sicker.” Many of these people are admitted to long-term care facilities to receive the care they need until they are well enough to return home.

**2.** Using the telephone

…..Handling money

…..Obtaining groceries and preparing meals

**Activity E MULTIPLE CHOICE**

**1.** **b.** A stroke

**2.** **d.** Role reversal

**3.** **b.** Watchdog

**Activity F FILL IN THE BLANKS**

**1.** A chronic condition often affects how others act toward the person with the condition. Some people become overprotective. This may cause problems with roles and relationships, particularly if the person does not want to be treated any differently. The opposite reaction can also happen.

**Activity G SHORT ANSWER**

**2.** Living with a chronic condition often necessitates making lifestyle changes that are not always welcome. For example, a person with diabetes must change the way they eat. The person may have to begin to exercise, an activity they might not enjoy. A person with a cardiovascular or respiratory disease should stop smoking, but they may not want to or be able to. Making changes to the way we live can be difficult even when we want to make these changes. Imagine how it must feel to be told that you mustmake these changes, or risk further health problems.

**Activity H TRUE OR FALSE**

**1. T**

**2. F.** For many younger residents, the disease or injury that results in the need for long-term care is an UNEXPECTED life event.

**3. T**

**Activity I MULTIPLE CHOICE**

**1. a.** Give the resident opportunities to exercise personal choice

**2. c.** Accommodate their wishes

**3. c.** Help them to dress in an age-appropriate manner

**Activity J SHORT ANSWER**

A younger resident may want to stay up later at night and sleep later in the morning, or have more flexibility in visiting hours. Having the opportunity to make decisions about everyday matters helps the resident maintain a sense of control and personal identity, and is important for maintaining the resident’s self-esteem. Because younger residents are living in an environment that is not reflective of their age group or interests, special accommodations should be made. A younger person living in a nursing home might want pizza, subs, or spicy foods, while an older person might prefer more traditional fare. Preferences relating to activities will also differ significantly and younger residents may prefer video games and popular music. They may enjoy action and thriller movies more than classic movies. Scheduling a movie and pizza night for a younger resident, or providing headphones so the resident can listen to their own choice of music, are examples of ways the unique needs of a younger resident can be met.

**Activity K SHORT ANSWER**

**1.** The answers will be different for each student.