Alzheimer's Disease Knowledge Scale

Below are some statements about Alzheimer’s disease. Please read each statement carefully and circle whether you think the statement is True or False. If you aren’t sure of the right answer, make your best guess. It’s important to circle an answer for every statement, even if you’re not completely sure of the answer.

1. People with Alzheimer’s disease are particularly prone to depression.
   - True
   - False

2. It has been scientifically proven that mental exercise can prevent a person from getting Alzheimer’s disease.
   - True
   - False

3. After symptoms of Alzheimer’s disease appear, the average life expectancy is 6 to 12 years.
   - True
   - False

4. When a person with Alzheimer’s disease becomes agitated, a medical examination might reveal other health problems that caused the agitation.
   - True
   - False

5. People with Alzheimer’s disease do best with simple, instructions given one step at a time.
   - True
   - False

6. When people with Alzheimer’s disease begin to have difficulty taking care of themselves, caregivers should take over right away.
   - True
   - False

7. If a person with Alzheimer’s disease becomes alert and agitated at night, a good strategy is to try to make sure that the person gets plenty of physical activity during the day.
   - True
   - False

8. In rare cases, people have recovered from Alzheimer’s disease.
   - True
   - False

9. People whose Alzheimer’s disease is not yet severe can benefit from psychotherapy for depression and anxiety.
   - True
   - False

10. If trouble with memory and confused thinking appears suddenly, it is likely due to Alzheimer’s disease.
    - True
    - False

    - True
    - False

12. Poor nutrition can make the symptoms of Alzheimer’s disease worse.
    - True
    - False

13. People in their 30s can have Alzheimer’s disease.
    - True
    - False

14. A person with Alzheimer’s disease becomes increasingly likely to fall down as the disease gets worse.
    - True
    - False

(questions continue)
15. True  False  When people with Alzheimer’s disease repeat the same question or story several times, it is helpful to remind them that they are repeating themselves.

16. True  False  Once people have Alzheimer’s disease, they are no longer capable of making informed decisions about their own care.

17. True  False  Eventually, a person with Alzheimer’s disease will need 24-hour supervision.

18. True  False  Having high cholesterol may increase a person’s risk of developing Alzheimer’s disease.

19. True  False  Tremor or shaking of the hands or arms is a common symptom in people with Alzheimer’s disease.

20. True  False  Symptoms of severe depression can be mistaken for symptoms of Alzheimer’s disease.

21. True  False  Alzheimer’s disease is one type of dementia.

22. True  False  Trouble handling money or paying bills is a common early symptom of Alzheimer’s disease.

23. True  False  One symptom that can occur with Alzheimer’s disease is believing that other people are stealing one’s things.

24. True  False  When a person has Alzheimer’s disease, using reminder notes is a crutch that can contribute to decline.

25. True  False  Prescription drugs that prevent Alzheimer’s disease are available.

26. True  False  Having high blood pressure may increase a person’s risk of developing Alzheimer’s disease.

27. True  False  Genes can only partially account for the development of Alzheimer’s disease.

28. True  False  It is safe for people with Alzheimer’s disease to drive, as long as they have a companion in the car at all times.

29. True  False  Alzheimer’s disease cannot be cured.

30. True  False  Most people with Alzheimer’s disease remember recent events better than things that happened in the past.

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(questions continue)
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