



Continuing Education for Rehabilitation Professionals

NEURO
INSTITUTE

**Continuing Education
Questionnaire**

**Aging in the community
After a Brain Injury**

Write your name:

Once this form is complete, please submit to institute@neurorestorative.com

1. Of the below, which of the following is a chronic health problem prevalent in the aging population?

- Asthma**
- Heart Disease**
- Migraine Headaches**
- Acid Reflux**
- Double Vision**

2. What factor may be a cause of cognitive decline?

- Taking many prescription drugs**
- Allergies**
- Arthritis**
- Exercising**
- Eating foods rich in Vitamin B**

3. What pre-existing issues can worsen after a brain injury?

- Word Finding**
- Unaware of errors**
- Confusion of humor**
- Frustration when trying to express thoughts**
- All of the above**

4. What is a barrier to providing home and community-based services?

- Owing a service dog
- Having a broad range of interests and goals
- Lack of natural supports
- Learning how to use an iPad
- Waking up in time for a therapy session

5. Of the following foods, which one would promote brain health?

- Candy
- Pretzels
- White bread
- Granola
- French Fries

6. Which of the following is a core component to evidence-based treatment planning?

- Learning to shop online
- Identifying health and wellness opportunities
- Increasing cognitive decline
- Reducing communication and socialization skills
- Not addressing psychological and coping skills

7. What is a key safety concern to address in the home?

- Cooking in a safe environment
- Learning to turn on the television
- Playing video games
- Taking a nap in your favorite recliner
- Reading the newspaper

8. Identify at least two health and wellness opportunities?

- Climbing on a ladder to clean leaves out of a gutter
- Annual check-ups with your Primary Care Physician
- Eating lunch at McDonald's
- Taking a walk in the community
- Refusing counseling services to address depression issues.

9. To improve cognitive skills, strategies developed must be:

- Unrealistic
- Unattainable
- Appropriate for their needs
- Determined by the therapist and not the individual
- Cost effectiveness does not need to be considered

10. Identify one way to improve safety?

- Place additional carpets in commonly used areas
- Take away lighting
- Suggest individual walks barefoot in their home
- Remove grab bars and other home modifications
- Ensure knowledge of the medications being taken and their effects