

## Alzheimer's Disease Knowledge Scale

Date: \_\_\_\_\_

**Circle: M/F / Age: \_\_\_\_** 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.

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|------|-------|-----|---|
| True | False | 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 | 11. | Most people with Alzheimer's disease live in nursing homes.   |
| 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.   |

***(questions continue)***

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|------|-------|--|
| True | False | 15. 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. |
| True | False | 16. Once people have Alzheimer's disease, they are no longer capable of making informed decisions about their own care.                                    |
| True | False | 17. Eventually, a person with Alzheimer's disease will need 24-hour supervision.   |
| True | False | 18. Having high cholesterol may increase a person's risk of developing Alzheimer's disease.  |
| True | False | 19. Tremor or shaking of the hands or arms is a common symptom in people with Alzheimer's disease.   |
| True | False | 20. Symptoms of severe depression can be mistaken for symptoms of Alzheimer's disease.   |
| True | False | 21. Alzheimer's disease is one type of dementia.   |
| True | False | 22. Trouble handling money or paying bills is a common early symptom of Alzheimer's disease.   |
| True | False | 23. One symptom that can occur with Alzheimer's disease is believing that other people are stealing one's things.  |
| True | False | 24. When a person has Alzheimer's disease, using reminder notes is a crutch that can contribute to decline.  |
| True | False | 25. Prescription drugs that prevent Alzheimer's disease are available.   |
| True | False | 26. Having high blood pressure may increase a person's risk of developing Alzheimer's disease.   |
| True | False | 27. Genes can only partially account for the development of Alzheimer's disease.   |
| True | False | 28. It is safe for people with Alzheimer's disease to drive, as long as they have a companion in the car at all times.                                     |
| True | False | 29. Alzheimer's disease cannot be cured.   |
| True | False | 30. Most people with Alzheimer's disease remember recent events better than things that happened in the past.  |

Source. Carpenter, B.D., Balsis, S., Otilingam, P.G., Hanson, P.K., & Gatz, M. (in press). The Alzheimer's Disease Knowledge Scale: Development and psychometric properties. *The Gerontologist*.