

### **True/False Quiz: Delirium and Dementia in Older Adults**

1. Delirium is a rare and well-understood condition.
2. Delirium can last for a few hours, weeks, or even months depending on whether the underlying cause is addressed.
3. A person experiencing delirium is always disoriented to time and place.
4. Dementia symptoms typically fluctuate significantly throughout the day, similar to delirium.
5. Delirium has a sudden onset, often within hours or days, whereas dementia develops gradually over time.
6. Some medications, such as painkillers and sleep aids, can contribute to delirium.
7. Non-drug approaches, such as providing a calm environment and using familiar objects, can help manage delirium.
8. Delirium can be a contributing factor to the development of dementia in older adults.
9. Physical restraints are recommended as a standard practice for managing agitation in patients with delirium.
10. Caregivers should be prepared to report changes in behavior and symptoms when seeking medical assistance for someone with delirium.