



Dementia

EXAMPLE

Reading Test

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Student

Time: *Approximately 1 hour*

Two types of lesson

Lesson#1: [Easy] **** [B2/C1]

1. Predict the content of the text by reading the title. Write down the key terms & ideas.
2. Read the text. Check the unknown words with a dictionary.
3. Answer the comprehension questions.
4. Check your answers with the provided key (pass mark is 70%).

Lesson #2: [Hard] **** [C1]

1. Read the text without looking up any words.
2. Answer the comprehension questions.
3. Check your answers with the provided key (pass mark is 70%).

Teacher

Two types of lesson

Lesson#1: [easy] **** [B2/C1]

1. Distribute **text 1 (without reference words underlined)** a week before the test. Students read, check vocabulary & meanings.
2. Test day. Distribute **text 2 (with reference words underlined)** & the **questions** (no dictionary or notes).
3. Set 1 hour to read the text & answer the questions.
4. Take in & correct or go through answers in class (pass mark is 70%).
5. Extra activity. Students write the *summary (add 30 minutes to the test).

Lesson #2: [hard] **** [C1]

1. Test day. Distribute **text 2 (with reference words underlined)** & the **questions**.
2. Set 1 hour to read the text & answer the questions.
3. Take in & correct or go through answers in class (pass mark is 70%).
4. Extra activity. Students write the *summary (add 30 minutes to the test).

*Summary writing: www.academic-englishuk.com/summary

Dementia (Text 1) EXAMPLE

By C. Wilson (2023)

Dementia is a [redacted] that progresses over time and primarily impacts cognitive functions such as memory, thinking, and behaviour [redacted] which [redacted] the elderly. Most people who have dementia have one of four types with the most common cause of dementia being Alzheimer's disease (Alzheimer's Soc, 2020). In addition to memory [redacted] of other symptoms like sleeplessness, depression, anxiety, agitation, and other behavioural and psychological symptoms [redacted] (NIH, 2021).

Dementia exerts a substantial pressure on individuals, families, and their broader community. According to the Alzheimer's Society (2022), [redacted] in every 10 cases ascribed to Alzheimer's disease. The estimated number of individuals affected by [redacted] over the age of 65 with the chances of developing dementia increasing significantly with age. It is estimated [redacted] dementia [redacted] over 80 (NHS, 2021).

There are four key types of dementia. Alzheimer's disease is the most common which is [redacted] protein aggregations beta-amyloid plaques and tau tangles within the cerebral cortex (Alzheimer's Soc, 2022), [redacted] cells (NHS, 2023). Key symptoms are a loss of memory, thinking ability, language and perception. Vascular [redacted] common form [redacted] the flow of blood and oxygen supply to the brain. This can damage blood vessels or fibres (protein axons) [redacted] vascular dementia which constitutes to issues with planning, making decisions or solving problems. The third [redacted] a protein called alpha-synuclein in the brain. These deposits affect chemicals in the brain whose changes, in turn, can lead to problems with thinking, [redacted] (NIH, 2021). [redacted] and problems with focus and attention. The fourth type is frontotemporal dementia which is a group of disorders [redacted] and their [redacted] tau and TDP43 in the frontal and temporal lobes of the brain (Mayo Clinic, 2021). Common symptoms affect behaviour, [redacted]. It is [redacted] Alzheimer's Society (2021) autopsy studies of the brains of 1,000 people aged 80 and older who had dementia [redacted] (mixed dementia), such as Alzheimer's disease, vascular dementia and Lewy body dementia. It is not [redacted] many [redacted] specific type of dementia actually have mixed dementia, but these autopsies indicate that the condition [redacted] previously realised.

The cause of dementia is not completely [redacted] age-related changes in the brain, along with genetic, environmental, and lifestyle factors (Alzheimer's Assoc, 2020). [redacted] genetic cause, [redacted] (APP, PSEN1, or PSEN2) and other factors like medical conditions (heart disease, high blood pressure, [redacted] choice, sedentary behaviour) (NIH, 2023). Most literature states that dementia is not heredity. At present, [redacted] medicines that decrease the decline of the disease

such as Cholinesterase Inhibitors (donepezil, [redacted]) and Lecanemab (Mayo Clinic, 2021). So, although there is no effective treatment or proven prevention [redacted] that adopting multiple healthy lifestyle choices is imperative in decreasing the risk of cognitive decline [redacted] alcohol intake, regular exercise, cognitive stimulation and social connectiveness (NHS, 2023).

There is no one test that can be used to diagnose [redacted] used by GPs is the General Practitioner Assessment of Cognition (GPCOG) which assesses the mental [redacted], language and communication skills and awareness of time and place (orientation) (Alzheimer's Soc, 2022). [redacted] a diagnosis and the type of dementia. This will provide detailed information about the blood vessel damage [redacted] dementia, and shrinkage in the temporal lobes for the early stages of Alzheimer's disease (NHS, 2023). Other [redacted] to [redacted] of brain activity and whether the amyloid or tau protein, indication of Alzheimer's disease, have been [redacted], brain tumor or hydrocephalus (Mayo Clinic, 2021).

Overall, dementia is not a single disease; it is [redacted] (Alzheimer's Assoc. 2021). This, however, is not true and there is an urgent need for more awareness [redacted] the number of people with dementia is increasing because people are living longer and it has been estimated [redacted] in [redacted] million (NHS, 2023).

References

Alzheimer's Association. (2020). [redacted] [online] Available at: <https://www.alz.org/uk/dementia-alzheimers-uk.asp> [Viewed 15.06.2023].

[redacted] *What Is dementia? | Alzheimer's Society*. [online] www.alzheimers.org.uk. Available at: <https://www.alzheimers.org.uk/about-dementia/types-dementia/> [Viewed 14.06.2023].

Mayo Clinic (2021). *Dementia* - [redacted] <https://www.mayoclinic.org/diseases-conditions/dementia/symptoms-causes/syc-20352013> [Viewed 14.06.2023].

[redacted] *Alzheimer's Disease*. [online] NHS. Available at: <https://www.nhs.uk/conditions/alzheimers/> [Viewed 15.06.2023].

National Institute on Aging (NIH) (2023). [redacted] Available at: <https://www.nia.nih.gov/health/alzheimers-disease/> [Viewed 14.06.2023].

Dementia (Text 2) EXAMPLE

By C. Wilson (2023)

1. Dementia is a [redacted] that progresses over time and primarily impacts cognitive functions such as memory, thinking, and behaviour [redacted] which [redacted] the elderly. Most people who have dementia have one of four types with the most common cause of dementia being Alzheimer's disease (Alzheimer's Soc, 2020). In addition to memory [redacted] of other symptoms like sleeplessness, depression, anxiety, agitation, and other behavioural and psychological symptoms [redacted] (NIH, 2021).

2. Dementia exerts a substantial pressure on individuals, families, and their broader community. According to the Alzheimer's Society (2022), [redacted] in every 10 cases ascribed to Alzheimer's disease. The estimated number of individuals affected by [redacted] over the age of 65 with the chances of developing dementia increasing significantly with age. It is estimated [redacted] dementia [redacted] over 80 (NHS, 2021).

3. There are four key types of dementia. Alzheimer's disease is the most common which is [redacted] protein aggregations beta-amyloid plaques and tau tangles within the cerebral cortex (Alzheimer's Soc, 2022), [redacted] cells (NHS, 2023). Key symptoms are a loss of memory, thinking ability, language and perception. Vascular [redacted] common form [redacted] the flow of blood and oxygen supply to the brain. This can damage blood vessels or fibres (protein axons) [redacted] vascular dementia which constitutes to issues with planning, making decisions or solving problems. The third [redacted] a protein called alpha-synuclein in the brain. These deposits affect chemicals in the brain whose changes, in turn, can lead to problems with thinking, [redacted] (NIH, 2021). [redacted] and problems with focus and attention. The fourth type is frontotemporal dementia which is a group of disorders [redacted] and their [redacted] tau and TDP43 in the frontal and temporal lobes of the brain (Mayo Clinic, 2021). Common symptoms affect behaviour, [redacted]. It is [redacted] Alzheimer's Society (2021) autopsy studies of the brains of 1,000 people aged 80 and older who had dementia [redacted] (mixed dementia), such as Alzheimer's disease, vascular dementia and Lewy body dementia. It is not [redacted] many [redacted] specific type of dementia actually have mixed dementia, but these autopsies indicate that the condition [redacted] previously realised.

4. The cause of dementia is not completely [redacted] age-related changes in the brain, along with genetic, environmental, and lifestyle factors (Alzheimer's Assoc, 2020). [redacted] genetic cause, [redacted] (APP, PSEN1, or PSEN2) and other factors like medical conditions (heart disease, high blood pressure, [redacted] choice, sedentary behaviour) (NIH, 2023). Most literature states that dementia is not heredity. At present, [redacted] medicines that decrease the decline of the disease

such as Cholinesterase Inhibitors (donepezil, [redacted]) and Lecanemab (Mayo Clinic, 2021). So, although there is no effective treatment or proven prevention [redacted] that adopting multiple healthy lifestyle choices is imperative in decreasing the risk of cognitive decline [redacted] alcohol intake, regular exercise, cognitive stimulation and social connectiveness (NHS, 2023).

5. There is no one test that can be used to diagnose [redacted] used by GPs is the General Practitioner Assessment of Cognition (GPCOG) which assesses the mental [redacted], language and communication skills and awareness of time and place (orientation) (Alzheimer's Soc, 2022). [redacted] a diagnosis and the type of dementia. This will provide detailed information about the blood vessel damage [redacted] dementia, and shrinkage in the temporal lobes for the early stages of Alzheimer's disease (NHS, 2023). Other [redacted] to [redacted] of brain activity and whether the amyloid or tau protein, indication of Alzheimer's disease, have been [redacted], brain tumor or hydrocephalus (Mayo Clinic, 2021).

6. Overall, dementia is a not a single disease; it is [redacted] (Alzheimer's Assoc. 2021). This, however, is not true and there is an urgent need for more awareness [redacted] the number of people with dementia is increasing because people are living longer and it has been estimated [redacted] in [redacted] million (NHS, 2023).

References

Alzheimer's Association. (2020). [redacted] [online] Available at: <https://www.alz.org/uk/dementia-alzheimers-uk.asp> [Viewed 15.06.2023].

[redacted] *What Is dementia? | Alzheimer's Society*. [online] www.alzheimers.org.uk. Available at: <https://www.alzheimers.org.uk/about-dementia/types-dementia/> [Viewed 14.06.2023].

Mayo Clinic (2021). *Dementia* - [redacted] <https://www.mayoclinic.org/diseases-conditions/dementia/symptoms-causes/syc-20352013> [Viewed 14.06.2023].

[redacted] *Alzheimer's Disease*. [online] NHS. Available at: <https://www.nhs.uk/conditions/alzheimers/> [Viewed 15.06.2023].

National Institute on Aging (NIH) (2023). [redacted] Available at: <https://www.nia.nih.gov/health/alzheimers-disease/> [Viewed 14.06.2023].

Comprehension Questions EXAMPLE

1. Headings: Choose a subheading for each paragraph. One title is not needed.

1	D	A	Variants of dementia
2		B	[REDACTED]
3		C	Preventative measures
4		D	Extended definition of dementia
5		E	Epidemiology
6		F	[REDACTED]
		G	Aetiology

___ / 5

2. True / False / Not Given: One question per paragraph.

		T / F / NG
Paragraph 1		
i.	The treatment of dementia is [REDACTED] of different symptoms.	
Paragraph 2		
ii.	Alzheimer's is [REDACTED] of dementia.	
Paragraph 3		
iii.	Having more [REDACTED] is quite common.	
Paragraph 4		
iv.	The main cause of dementia [REDACTED] to be genetics.	
Paragraph 5		
v.	Most dementia [REDACTED] (MRI, CT and PET).	
Paragraph 6		
vi.	Mental decline [REDACTED] process.	

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3. Reference Words: What do these words connect to? (underlined in the text).

Paragraph	Word	Connection
1	It	<u>Dementia</u>
2	Their	
3	[REDACTED]	
4	It	
5	[REDACTED]	
6	This	

___ / 5

4. Open Answer Questions: One question per paragraph.

Paragraph 1			
i.	Use four words or phrases from paragraph one to define dementia.		
	1. <i>neurodegenerative disorder</i>	2.	3.
			4.

Paragraph 2	
ii.	How serious is [redacted] 65? Why?
Paragraph 3	
iii.	What is the common [redacted] types of dementia?
Paragraph 4	
iv.	[redacted] (age-related changes in the brain, along with genetic, environmental, and lifestyle factors) which [redacted] important? Why?
Paragraph 5	
v.	What is the [redacted] MRI and PET scan?
Paragraph 6	
vi.	What will happen [redacted] to dementia?

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5. Types of dementia: Match the dementia type with the cause.

	Source		Point
i.	[redacted]	a.	The brain's blood supply is blocked or damaged, [redacted] and die.
ii.	Vascular dementia	b.	Primarily [redacted] with personality and behaviour.
iii.	[redacted]	c.	An [redacted] cerebral cortex which prevents communication with brain [redacted]
iv.	Frontotemporal dementia	d.	Abnormal deposits [redacted] the brain's nerve cells.

i.		ii.		iii.		iv.	
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6. Key language: Search for the word or phrase in the paragraph that means:

Paragraph	Explanation	Word
1	A state of anxiety or nervous excitement.	
1	Happening [redacted] stages.	
2	Identify [redacted] of the symptoms.	
2	Be [redacted] (a quantity, or number).	
3	A serious [redacted] happens when the blood supply to part of the brain is cut off.	

3	An experience involving the apparent perception of something not present.	
3	The [redacted] death.	
4	The [redacted] from a parent to their child through the genes.	
4	A diet that focuses around foods derived from plant sources.	
5	A doctor [redacted] for people who live in a particular area.	
5	A [redacted] process of becoming smaller.	
6	Showing poor [redacted] old age.	

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7. Stance: What does the write think [redacted]? And what does he think should happen?

i) Key problem	
ii) [redacted] ?	

___ / 2

Overall Total: ___ / 42

Comprehension Questions **ANSWERS**

1. Headings: Choose a subheading for each paragraph. One title is not needed.

1	<i>D</i>	A	Variants of dementia
2	<i>E</i>	B	Diagnosis
3	<i>A</i>	C	Preventative measures

ALL ANSWERS INCLUDED IN PAID VERSION...