

Benedict College
Social Work Department
SW 336 01- Social Gerontology

Octavia Williamson
Exploring Attitudes about Age and Ageism
August 17, 2020
Dr. Glover E. Hopson, Instructor

Exploring Attitudes about Age and Ageism

- 1) When is a person old? According to Erikson a person is old at the age of 65 years old.
- 2) When will you be old? I will be old when I retire from my job, which will be the age of 65 years old.
- 3) How should you refer to a person who is “old”? How will you want to be referred to when you are “old”? A person who is old should be referred to as the elderly or a senior. Also, you address old people by using proper etiquettes such as “Yes ma’am” or “No ma’am.” or “Yes sir” “No sir”. In addition, I would want to be referred to as my name (Octavia), so I won't ever feel old.
- 4) Identify some common stereotypes about “old” people.
 - “Old people think they know it all.”
 - “All old people drive slow.”
 - “Old people are mean.”
 - “Old people are unable to drive.”
 - “Older people are stuck in their ways and never want to change.”
- 5) What special entitlements, if any, should an “old” person receive just because of their age? Some of the special entitlements an older person should receive is Social Security benefits, free health insurance, free dental insurance, and spa discounts.
- 6) What are some changes we will experience as we become “old”? When we get older, we will experience that we will no longer be able to move the way we used to like becoming slower when we walk, bad posture, and having back problems. Also, an older person may have to change the way they eat because certain foods may give them heartburn or simply make them sick. To add on, as we grow older our hearing and sight might change as well. Lastly, an older person may also experience feeling more fatigued than usual.
- 7) What is the worst and best part of growing older? The worst part about growing older, you begin to have many physical and mental problems. Old people are more likely to gain mental problems such as PTSD and or depression because of

how long they have been living and witnessing all of the negative obstacles in the world. On the other hand, the best part about growing old is that you can enjoy your retirement money and be taken care of by your children. Also, watching your grandchildren blossom to young adults and having family gatherings are wonderful satisfactions.

8) Define “aging well.” Identify some factors which contribute to “aging well.”

“Aging well”- A person that has become an old person and yet has maintained physical health and charisma.

Factors a person “aging well”:

- No worry lines
- No wrinkles around your body
- Great memory
- Energetic
- Looking exactly the same or similar to your younger photos
- 9) Define “aging poorly.” Identify some factors which contribute to “aging poorly”

Aging poorly- When it has become noticeable that a person doesn’t look as good as they did before.

Some factors a person is “aging poorly”:

- Being overweight
- Stretch marks
- Wrinkles around your whole body
- Worry lines
- Forgetfulness