

## Gerontology

1. The myths and negative misconception about aging are too numerous to count. The most common ones range from assuming all seniors have poor health to the misconception that older adults can't master technology. Myth#1-Most seniors have health problems. Myth#2-Older adults are lonely and sad much of the time. Myth#3- People feel old by the time they reach 60. Myth#4- Seniors don't use technology and social media. Myth#5- Your brain shrinks as you age so you can't learn new things or adapt to new situations very easily.
2. Personality patterns tend to persist throughout life. You are what you are for as long as you live unless you make a conscious effort to change or a medical condition such as Alzheimer's disease or a stroke; affect your personality. In general, old age merely continues what earlier years have launched. If you have been an easygoing, fun-loving person, you likely will continue to be the same when you are older. On the other hand, if you always have been impatient and critical, you probably will remain the same.
3. Elderly people that continue to challenge their brains, exercise their bodies and feed their soul with religion and spiritual beliefs are perfectly competent into their senior years. Even as they age and experience some memory loss or dementia, many elderly people retain abilities to understand, make rational decisions and participate in and simply enjoy life.
4. How older people are perceived can have implication on how they are treated in society. Recent developments have emphasized the need to focus attention on how older people are perceived so steps can be taken to reduce ageist attitudes and the mistreatment of the elderly. However Lee {2009} states that it is still unclear the extent to which negative attitudes towards ageing it is difficult, if not impossible, to target resources efficiently and effectively to promote positive attitudes and to tackle age discrimination (Gilhooly 2001 Arnold- Cathalifaud et al 2008, Allan & Johnson 2009)..