

#4.) Wisdom encompasses a broad spectrum of knowledge and decision-making strategies as well as an extensive understanding of life and human development. It involves good judgment and advice in the fundamental aspects of life which involves important matters utilizing expert knowledge. Many things can contribute to wisdom such as personal life experiences or training, but it doesn't appear that you can be born with it. With that being said you can acquire wisdom at some point in life and it can enhance over the course of life, so it does appear that Wisdom can change over the course of adult development. The ability for someone to separate their own beliefs and promote unprejudiced values and acknowledgement that multiple possible interpretations or solutions to a problem can be seen as a criterion for acquiring wisdom. Over the course of life, wisdom can inspire someone to recognize strategies to manage potential life outcomes that are somewhat in determined or unpredictable. Those who have the privilege of acquiring wisdom from someone older who is known to have wisdom themselves can be seen as some of the few individuals who attain a high level of wisdom. The opportunity to train with someone with great experience and a higher learning, utilizing them as mentors or just working in the same field that intel's difficult life situations can contribute to higher levels of wisdom. Many believe that intelligence and old age are major contributors to acquiring wisdom. But intelligence is not seen as a better predictor of wisdom than personality related factors such as generativity, creativity, or openness to experience. What we definitely know is that it takes time to acquire wisdom. It can increase gradually or more persistent depending on the lifestyle.

Experience, practice and complex skills are traits that only a select few have attained focused on life's realistic adversities and human conditions.

#7.) Sometimes there are those who believe that retirement is filled with relaxation and fewer expenses, but unfortunately this can be a dangerous underestimation. There are several factors that can contribute to someone's ability to accommodate well and express happiness in relation to retirement. One factor is the importance of being financially stable and having sufficient income to provide for oneself during retirement. Sometimes an individual's pension or the money saved up from all the hard work they put in throughout their life is not sufficient enough to sustain their needs throughout retirement. This can lead to increased stress and worrying about how they will provide for themselves, while contemplating if they will need to go back to work after retiring. Those who have the most difficult time adjusting to retirement are older adults who have inadequate income. It has become increasingly difficult to save money for retirement due to the economic crisis, the decreasing unemployment rate and changes in Social Security and health insurance coverage for retired individuals. One survey showed a drop to 14 percent of confidence in individuals' belief in having money to live comfortably in retirement. Another study showed that women's psychological well-being in retirement were strongly related to preretirement social contacts while male psychological well-being was related to a higher level of financial assets and job satisfaction. Those adults who have an extended social network, who are well educated and continue to stay active appear to be the individuals who are most happy during the retirement period. Therefore, all though there are several factors that contribute to the wellbeing of and individual during retirement, it appears that financial status is at

the center of happiness during this time period.

#8.) There are multiple mental health issues and concerns of older adults that seem to impact their later years significantly. One disorder that contributes to struggles in older adult life is mood depression. This disorder encompasses the individual's feelings of deep unhappiness, demoralization, self-derogatory and boredom. Poor health, disability, loss of events such as death of a loved one, low social support, are all common predictors of depression. Although depression is more common in young adult than older adults, they can still fall victim to depression if they live alone, or in a nursing home because these living arrangements are linked to depression. Dementia is another health concern that can impact the lives of older adults. This involves a decline in mental functioning due to a neurological disorder. This can lead to an individual's inability to recognize particular surroundings that should be familiar or not being able to recognize familiar faces or even the inability to care for themselves. This can greatly impact the life of an older adult as now they may be dependent on others such as family members or community services to take care of them, which can lead to increasing expenses. Alzheimer's is another complication that can lead to difficult living in the older adult population. This is the progressive brain disorder that slowly diminishes the memory, reasoning, language and physical functioning of an individual. This can have similar effects on adult livelihood as dementia. This brain disorder is irreversible and can lead to difficult live changes as an individual diagnosed with this might have difficulty completing normal daily tasks such as paying bills or handling money. It can also lead to repeating questions due to loss of memory, as well as personality and behavioral changes. These mental health issues can all

contribute to problems and concerns in older adults.

#17.) As an older adult, there are several policies issues of aging in our society that worries me significantly. One of the issues is the theory that healthcare costs have been on the rise and my ability to afford healthcare to maintain a healthy status can be a struggle. One statistic says that approximately one third of the total health care expenses in the United States involve the care of adults older than 65 who actually only encompass twelve percent of the population. How much longer can I expect our society to provide care for the elderly until they decide to utilize the health expense for something else, they might think will contribute more to advance our society. Understanding that the medical system that was created is utilized to cure rather than care, and care is what is being utilized with the older adult population in health care. Most of the time the health care concerns of the older population are chronic lifelong conditions, and because these conditions require long term care, do we really expect the trend to provide care for us to last forever. Another issues in the aging society policy is eldercare or the physical and emotional caretaking of older family members. I struggle to wonder how this will be provided as typically women were usually seen as the care takers of the elderly, but since they are involved heavily in the workforce, this delegation is left unoccupied. Another policy that concerns me is the invention of new technology because as I get older the less, I become computer savvy and accustom to the new software and devices utilized in today's society. I might need assistance in adapting to new technology, but I do know that older adults are said to be the fastest growing segment of Internet users. It is important to remember that technology plays an important role in the older adult population as frequent computer use is linked to

higher performance on cognitive tests.

#22.) In my culture, in terms of the seven factors most likely to predict high status for the elderly, the elder population are treated with the highest respect and honor. In some community's elderly people are celebrated every year and looked at as a place to inquire wisdom. They are seen as people who have gone through a lot, and their experiences has led to others giving them kind of a break from life as they are praised for enduring so much of life's challenges. This is definitely attributed to their advanced knowledge from their experiences, and not always because of their family resources. Older people are incorporated into family functions and daily activities. But unfortunately, due to the new generations and the implementation of foreign influences and policies, the way the elders are treated in my culture has changed somewhat. Some now believe that the elderly is not useful in society anymore. The government has no policy for the care of the elderly and there has been a loss of respect for them as well. There is no special medical care program for the elderly and there are very few doctors who are knowledgeable about illnesses that come with aging. It is believed that in our generation that the elderly population are suffering more than they did in the past. One myth is that if an elderly becomes sick in our culture, they pray to die rather than stay alive only to suffer. They are not given any kind of special treatment in the hospitals and they are looked at as just a ticking timer to pass so they are not a burden to anyone.

#29.) There are many different ways that an individual can mourn or express their feelings about the death of another person. Some individuals utilize emotional and

psychological expression of loss to exhibit how they are feeling. Some people grieve which can lead to intense periods of sadness about the loss and other problems that can be difficult to deal with. Extreme emotional and physical suffering when someone passes away can bring out intense feelings where some individuals might find it difficult to hold in their tears and sorrow for the person who has passed away. But sometimes when someone grieves it does not always lead to feelings of sorrow and sadness. Sometimes grieving can bring out feelings of anger, guilt, or even denial. Sometimes a person may feel that it is their fault that the loved one has died, or sometimes they may not want to accept the reality that they will not be able to see them again. Highly distressful emotions can contribute to anxiety, extreme fatigue, uncontrollable crying, or even dreams and nightmares about the person who has passed. In some instances, an individual might know that an illness they are diagnosed with only gives them a limited time to live. This is seen as anticipatory grieving which allows individuals to prepare for the loss to come. When the death involves a traumatic accident or if the individual experienced a horrific death, this is known as traumatic grief. The violent or unexpected loss will manifest into feelings of trauma and grief which can be extremely painful and could possibly lead to a depressive state in those who are prone to having depression symptoms. In the Amish culture they accept death through their profound religious faith and express their cultural habits with an extreme level of support for at least one year after the death. The Amish community take the responsibility of handling all the funeral needs, as well as making special handmade products for the family, new work projects for the widow, and quilts for the bereaved family.

#31.) Losing a life partner is a part of life that no one wants to endure.

Unfortunately, there are several consequences associated with losing a life partner.

One consequence of losing a life partner is the risk of the surviving partner developing depression due to loneliness or other factors. It can be extremely difficult to accept and move on from the death of a significant other. Depression is very common because it is difficult to come to grasp with the fact that someone, they spent so much time with is not there to wake up to anymore at such an elderly age. It can lead to a partner failing to complete regular daily activities such as ADL'S, or even pick up bad health habits such as smoking or drinking alcohol, or just becoming less active. Another consequence of losing a life partner could be the financial loss that the surviving partner might endure. If the partner who passed away provided the majority of the family income, it can be very scary and a struggle for the surviving partner to live comfortably if they were before the incident. This added stress can also lead to health complications including cardiac issues as well as respiratory. One study provided information on how psychiatric visits and early death were linked to widowed individuals over the age of 74 years old.

Unfortunately, if you are poorer, or live in a lower-class environment and are less educated you are more likely to be lonely. It is important for those who endure the loss of a life partner to have an effective and loving support system to cope with a tragic life event. Programs such as the widow-to-widow program who provides support for newly widowed women, need to be created and utilized efficiently to prevent any consequence that a bereaved partner might endure.

Required Question

As the human development journeys through the late adulthood developmental period, there are many physiological, as well as physical changes that occurs. The body begins to develop wrinkles from old cutaneous skin, and individuals develop most noticeable age spots. The human body begins to decrease in stature because of the loss of bone in the vertebrae. The body tends to take on a kind of sagging look as well as a significant drop in weight as there is an increase loss of muscle and muscle tone. The body begins to move slower as mobility becomes limited and range of motion decreases gradually. Sensory functioning in older adults are affected during this developmental period as well. There is a decreased tolerance for glare in the human eye and a decrease in the area of the visual field is evident. It is difficult for the eye to adapt from light to dark areas which could make it hard to drive at night. Depth perception takes a decline during this developmental period and color vision is susceptible to deterioration as well. One study provided information about how 40 percent of older adults with moderate hearing utilized hearing aids. This is evident by the hearing impairment exhibited in late adulthood due to degeneration of the cochlea, which is the primary neural receptor for hearing in the inner ear. The human anatomy endures a decrease in lung capacity of 40% from age 20 to 80 years. There is a loss of elasticity in the lungs as the chest wall deteriorates and the diaphragm loses strength. There are changes in touch and pain as sensitivity which can be scary because of the chances of masking a serious injury or illness. There is a decline in the sense of smell and taste, but smell has more of a significant reduction. But those who are healthy have less of a reduction of their senses. Many older adults experience less sleep due to poor sleep linked to lower

cognitive levels. These can also be associated with health problems which can lead to an early death. The brain shrinks as well as some areas shrink more than others during this developmental period. The prefrontal cortex shrinks leading to a decrease in working memory and other cognitive events. Reflexes take a decline as evident by the absence of the knee jerk reflex that no longer occurs after the age of 70. There is a decrease in production of neurotransmitters such as acetylcholine which is linked to memory loss. There is a lower number of synapses, reduced axon length and depletion of neurons that are linked to the decrease in brain volume. The decrease in motor control in Parkinson disease is linked to the reduction in dopamine in the developmental period. There is also a decrease in brain volume as one study showed that the volume of older adults was 15 percent less in younger adults.