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### **Reflection #12 Late Adulthood and Very Late Adulthood**

1-Describe two theories of aging and provide an example of how each might influence practice with older adults.

2-What are three typical “tasks” for late adulthood?

3-Explain the concept “compression of morbidity.”

1. There are two major theories of aging. One of them is called “Disengagement Theory”. This theory views the process of aging as a form of withdrawal process in which aging adults slow down their frantic life style to a steady pace and prepare for retirement. Many individuals believe that a mutual social withdrawal holds benefits all parties. Retirees get to relax and enjoy the rest of their days and younger individuals have more opportunities to work. The second major theory is “Activity Theory”. This theory focuses on the positive aspect of being active and aging well. This means that those who have been active during their prime years, are much more likely to remain active and healthy as they enter their late adulthood stage. On the contrary, inactive individuals are more likely to remain inactive and maintain poor health conditions during their elder years.
2. People entering their late adulthood stage are likely to be burdened with many responsibilities before they depart from the world. These responsibilities include preparing for retirement and settling their retirement funds and savings for their family members to inherit from them. Other tasks include creating legacies to hand all of their properties, assets, everything they wish to grant to the people they trust through an official and formal process such as wills. Another task includes adjusting to the bodily aches that persists as their bodies are not what they used to be anymore and everything pains them (unless they undergo physical therapy and exercise moderately).
3. Compression of morbidity is defined as reducing the length of time in which a person with a long term disability has been experiencing a long time. The purpose of this is to maximize their healthy aspect of their lives (physically and mentally) and reduce their sickness by a large portion). This is possible through prevention practices performed by specialists.