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SWK554

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Reflection 12

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

The two theories of aging are chronological age and functional aging. Chronological aging is how a person in late adulthood functions based on how old they feel (basically just “living”) and are motivated as to what’s in store for their future. Functional aging is successful aging that is based on attitude and adaptation, security and stability, health/wellness, and engagement and stimulation. Functional age is easier to assess than chronological age. “These theories can help us understand aging and inform our social work practice with older adults and their families.” (Ashford, 2018, pg. 456.).

**What are three typical “tasks” for late adulthood?**

“The three typical tasks for late adulthood are:

- Maintaining cognitive abilities.
- Avoiding disease and maintaining physical functioning.
- Maintaining active engagement with life.” (Ashford, 2018, pg. 456)

**Explain the concept of “compression of morbidity.”**

The concept of “compression of morbidity” is to avoid disability before death. Researchers found that slowing down the decline of physical abilities with older adults being more physically active is the answer to a healthier late life.