

Respond to the questions below based on your review of Chapter 10 Late Adulthood & Very Late Adulthood.

1-Name two implications of the fact that women, on average, live longer than men.

Biological differences help to explain women's higher longevity. Scientists believe that estrogen in women combats conditions such as heart disease by helping reduce circulatory levels of harmful cholesterol. Women are also thought to have stronger immune systems than men. Men are more likely to die from heart disease. Men have less of a social life and are less likely to go to the doctor when they need to. Men naturally take larger risks and have jobs that are life threatening such as police officers, military, firefighters. Women are less risk takers and are known to be the caregivers in the family therefore they are more prone to take care of themselves.

2-Describe the differences between crystallized and fluid intelligence and give an example of each.

Fluid intelligence is your ability to process new information, learn, and solve problems. An example of fluid intelligence is solving puzzles and coming up with problem-solving strategies. People use their fluid intelligence when facing situations that require creating strategies and solving problems. Examples of the use of crystallized intelligence include vocabulary exams, remembering history, and recalling formulae to solve mathematical problems.

Crystallized intelligence is your stored knowledge, accumulated over the years because crystallized intelligence refers to general knowledge, you can increase this by acquiring new knowledge and through continual learning. An example of crystallized intelligence is recalling historical events and dates, remembering geographical locations, and playing sports.

3-How might an older person's depression present differently from that of a younger adult?

In older adults' depression may not present in the form of sadness/ unhappiness as it does in younger adults. Instead, they may feel a sense of loss of pleasure, emptiness, loss of interest, self-neglect, and changes in appetite and sleep. The things that once made their lives complete, they no longer find it interesting. In addition, they express their mental distress through their concerns in their physical health where they may attribute their lack of sleep and change of appetite to a physical ailment and not to psychological distress. Diagnosing depression in older adults is often not recognized because some signs of depression can be mistaken for signs of aging.

4-Name three red flags for elder abuse, neglect, or exploitation that social workers should be aware of.

Three red flags that social workers should be aware in regard to elder abuse, neglect and exploitation is malnourishment or weight loss, symptoms of anxiety, confusion and unexplained transactions or loss of money. In addition, some elder may show signs of being depressed, or withdrawn, being isolated from friends and family, has unexplained bruises, burns, or scars, appears dirty, over-or undermedicated, or may not be receiving needed care for medical problems as well as having bed sores or other preventable conditions.