

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

Two theories of aging that are found to describe the development in late adulthood are disengagement and activity. Disengagement theory implies that as individuals get older, they are more inclined to disengage from social interactions and society which leads to more self-reflection. Social workers who use this theory for their practice, can help the individual embrace and focus on their new phase of life.

Another theory that is found in this stage of life is the activity theory, which contradicts the disengagement theory, where the individuals who are experiencing aging continue to stay engaged and active which can help in their physical and mental health. Social workers who use this theory can help encourage these adults to continue to stay involved in their community and pursue hobbies and maintain social relationships.

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

The three typical tasks for late adulthood usually include: redefining life patterns, a point of view of death, and contribution to society. Redefining life patterns, can occur as individuals start to experience changes in their social roles and relationships. As adults emerge into late adulthood the task of coming to terms with their own mortality and start to develop an understanding of death and create a sense of purpose around their lives. And lastly with their contribution to society, individuals will feel the need to stay engaged with those around them and desire to have a positive impact on the world around them.

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

The concept of “compression of morbidity” mainly means the physical decline in an individual when they come close to death. Due to the physical decline the best way to a healthy

lifestyle during late adulthood is through exercise. Physical activity helps prevent any additional diseases and illnesses that individuals in late adulthood are more prone to than others.