

Aliyah Johnson

April 17th, 2023

SWK 554: Reflection #13

Dr. Allen

**1. Describe two theories of aging and provide an example of how each might influence practice with older adults. 4a8b**

Two theories of aging reintegration which corresponds with Erikson's idea of integration versus despair. The information that elderly people acquire and the knowledge they apply is, to a greater extent than earlier in life, a function of their interests, attitudes, and values. Another theory of aging is known as selective optimization and compensation (SOC) which focuses on ways the older person is able to cope and maintain integrity despite declines in reserve capacities.

Optimization comes with a concerted effort to make the best use of one's remaining strengths, skills, and energies; compensation arises when a narrowing of the range of capacities requires that behaviors be altered to fit current levels of functioning.

**2. What are three typical "tasks" for late adulthood?**

Three typical tasks for late adulthood are volunteering/helping others which enhances their satisfaction and well being. Building and maintaining healthy relationships with family, friends and neighbors. Also, some continue to increase their adult education, and may still continue to work full/part time because of financial needs or they have a desire to continue working.

**3. Explain the concept "compression of morbidity."**

The concept "compression of morbidity" occurs if the age at first expectancy of aging manifestations and chronic disease symptoms can increase more rapidly than life expectancy. Discovering ways for older people to maintain higher functioning and avoid disability until shortly before death increases the compression of morbidity; where morbidity means illness and disability.