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MFT 603B: Individual and Family Development

April 18, 2023

Chapter Presentation: Week 12

1. In Chapter 10 on the “Grief and Loss Across the Lifespan” by McCoy, Koller and Walter, the chapter discusses the grief and loss period during older adulthood. The chapter classifies this age group as being between 65 and 84. In my mind, I pictured this age group as more elderly but in reality this chapter discusses the freedom that this time period can bring to a person. The book mentions this is a time period after retirement and before they become disabled and therefore giving the person freedom to do with their time as they wish. They no longer have to worry about a career but can now pursue other things and volunteer if they like.

2. Although I knew hearing loss occurs during this age, I did not know that it occurred in both ears. The book mentions that this is normal and it occurs within the internal part of our ears due to old age. However, I find it interesting that not all people in this age range has hearing aids, that I know of at least. I believe it has to do with denial of approaching an elderly age.

3. Lastly, Chapter 10 also mentions losses and a key loss experienced in this age group is the loss of their spouse. Widowhood happens regardless of the age, as mentioned in the book, although more frequently during late adulthood. It is sad to think that most marriages will end in widowhood as usually one spouse dies before another, either naturally or through diseases. I find it interesting that the book mentions that social

connectedness is what allows people to overcome this event. If you have a support group during this hard time, it will be easier to bear the loss. I personally had a cell group of widowed older women who I would visit their homes once a week to talk about Jesus and have afternoon coffee. These women were all neighbors and had all lost their husbands in the past few years. However, they had their families and each other to keep themselves company and they loved it when my friends and I would visit. I believe that is what helped them overcome the loss of their husbands.