

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

Getting older can be scary; if you prepare when you are younger, you will be better prepared for older age. If you are more active and then, as you get older, more careful in taking care of yourself, you should have a better transition into old age. I reflect on the old age situation; I am only 37 and feel like I am 74 with issues from the service. How will I be at 74? If specific health issues do not get fixed. With aging and activity, this can help you. Being active in late adulthood can help physically and cognitively. Studies show more active older adults are fitter and “sharper.” If adults go the route of disengagement, the person possibly deteriorates further. As a social worker, you can understand how both older people are either happy or sad about their current life situations through their activity or another disengagement. Disengagement leads to despair, while activity breeds integrity and a happier end-of-life transition.

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

Three typical tasks for late adults are maintaining cognitive ability, avoiding disease and maintaining physical functioning, and maintaining active engagement with life. These tasks seem to make sense, With Dementia and Alzheimers at an all-time time. I can understand this. Alz.org states, “An estimated 6.7 million Americans 65 and older will be living with Alzheimer's in 2023. Seventy-three percent are age 75 or older. “About 1 in 9 people age 65 and older (10.7%) has Alzheimer's.” “Almost two-thirds of Americans with Alzheimer's are women.” Older Black Americans are about twice as likely to have Alzheimer's or other dementias as older Whites. Older Hispanics are about one and one-half times as likely to have Alzheimer's or other dementias as older Whites.” So having “wits about you” in old age is very important. I remember when my mother had Dementia and Parkinsons', I saw the deterioration and how rapid it went, and it was said, but watching her go in and out of remembering who or where she was at times hard to watch. My mother was not active as much because she was overweight and had an accident that made it hard for her to “work out.” After this, she became disengaged with certain things and fell victim to her image and certain vices. In short, each of the three “task” can lead the older adult to either have fruitful life or a life with even more problems.

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

In short, the compression of morbidity means a reduction in the amount of time someone is sick or disabled. If you can maximize a healthy lifestyle and lessen an unhealthy one, we may have better outcomes of people being sick or disabled for fewer periods. Since people live a lot longer, you have to see that they live healthy long lives. Healthy foods, exercise for the body and reading, and “games” to keep your mind healthy. If we can accomplish this, people could live longer lives and healthier lives.