

Reflection 12

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

Theories include activity and disengagement.

The activity involves how the adult can maintain their physical functioning and how they view life knowing they are active in many roles. Sometimes that individual can say he or she can do it without the help of someone else because they want to have a purpose to wake up each morning. Disengagement is the withdrawal between the individual and society this can influence inequality and successful aging is not equally attainable amongst those in the same group.

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

Three typical task include increasing volunteer activities, increasing recreation, employment opportunities due to desire to work. Often times in this stage you can see individuals wanting to get part time jobs because their pension is not enough. I often think about our generation when I reflect on this because by the time we get to that stage what will be the available jobs and it can be an increase of a lot of potential diseases due to eating habits and environmental factors meaning people dying younger nowadays.

3-Explain the concept “compression of morbidity.”

I interpreted this concept as the older you get the more you want to find a purpose or make yourself useful to maintain higher functioning and it can avoid disability before death. This is why doctors tell people to include an exercise regimen so their body gets use to it and you develop healthy habits.