

Reflection #12

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

Continuity theory is where those who get to old age are where their personality and core of self do not change besides their body. The text, states the reason why seniors would phrase themselves with their prior career as it is a form of identity:

“Reminiscence is one way older people maintain a sense of self. As aging brings loss of some of the roles and relationships that were important in creating the individual’s personal identity, think- ing over and talking about important past roles, events, and people helps keep these memories alive and literally helps maintain the identity of the person.” (Ashford et al, 2017, p. 473)

This theory can be useful to influence practice by being able to stay positive about remembering the past of who they were and what they’ve done.

Disengagement theory is a “mutual withdrawal that occurs between the individual and society in late adulthood” (Ashford et al, 2017, p. 456) where late adults would be in despair because of old age. Where there may be regrets and a lack of ability to do what they were able and it would cause despair. For practice with a social worker, it can be difficult for a senior to be out of despair to be able to be active or stay in contact with their family.

(I believe I am talking about this correctly, as I was confused or just tired)

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

Again confused based the question, however, I will answer by talking about a cognitive theory called SOC: *Selecting* what to prioritize and leaving other things to not do for the time being.

Then *Optimization*, where to bring all their energy to do the task they have chosen, then to *compensate* how to make it easier to have it done.

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

“To live long and well to have a rapid drop off in the end” (Andrew Weil, M.D., 2014)

Meaning to be able to be active, eat healthily, and be healthy mentally and physically to lower the chances of having any types of diseases that would come up from aging. All so to “compress” the time of “morbidity”.

References

Ashford, J. B., LeCroy, C. W., & Williams, L. R. (2017). *Empowerment Series: Human Behavior in the Social Environment: A Multidimensional Perspective* (6th ed.). Cengage Learning US.

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