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

When working with older adults it is important to remember that individuals in this stage are concerned with leaving a legacy. When working with these individuals, we must focus on the fact that these people want something tangible to see. Whether this is a family, or a legacy, these individuals need to see that they are leaving something good behind. If there is nothing that they can think of, or truly nothing that they have left behind, it is important to create something they can look back on and be proud of.

Another theory of aging is the fact that older adults want to fulfill the role of a “wise elder” and pass their knowledge onto someone else. If the individual has no family in which they can pass the knowledge onto, it is important to connect these individuals to programs that allow them to share their knowledge. When these individuals are able to share their wisdom, they are able to find meaning at the end of life.

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

In late adulthood, these individuals must complete tasks in order to successfully age in this stage of life. The first task is to maintain cognitive ability. The second task is to avoid disease and maintain all physical function. The third is to maintain an active engagement with life. These three tasks are necessary to complete in order to age successfully as well as accept the physical changes that happen in this stage of life.

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

Compression of morbidity is where morbidity means illness and disability. By discovering ways for older people to maintain a higher function and avoid this sense of disability

until shortly before death. Physical decline is a natural part of the aging process, however there are efforts to slow this process down in order to increase quality of life as people age. Physical activity is an accurate way that can help prevent or control any health problems such as high blood pressure, depression, obesity or diabetes. Nutritional issues are also an aspect that should be a concern when working with individuals in this stage of life.