MELISSA BURT-MILLER| REFLECTION 13

1. **Name two implications of the fact that average women live longer than men.**

According to Ashford (2018), older women tend to live alone because they live longer than men and suffer from chronic disabilities, which put them at greater risk for nursing home placement as they grow older. I find this true as I reflect on my grandmother, who has been living alone due to my grandfather's death. Additionally, with her being alone, I also see where she developed chronic illnesses and disabilities due to a lack of physical support that forced her to live with my aunt.

2. **Describe the differences between crystallized and fluid intelligence, and give an example of each.**

Ashford (2018) describes Crystallized intelligence as an essential aspect in beginning middle adulthood cognition and refers to skills that depend on accumulated experience and knowledge, good judgment, and social competence (Karger & Stoesz, 2018). Ashford explains that practical problem-solving, sizing up real-world situations, and analyzing how to achieve goals is one aspect of adult crystallized value intelligence (Karger & Stoesz, 2018). This form of intelligence increases with age. An example of crystallized intelligence is when my grandmother taught my sister step-by-step how to care for her newborn or make a swaddle. Using crystallized intelligence, my grandmother can pull from previous knowledge and recall moments during her lifetime when she cared for a child.

Fluid intelligence, on the other hand, involves more basic information-processing skills, such as the speed of analyzing information and detecting relationships among stimuli and the ability to use working memory (Karger & Stoesz, 2018). Fluid intelligence begins to decline in the 20s. An example of fluid intelligence is that my grandmother is very good at discerning the weather

outcomes by simply looking at the sky and observing the clouds' color and where they sit to determine when it will rain and in what direction. This observation, in my opinion, is the use of fluid intelligence whereby my grandmother can detect the relationship between the cloud colors and the direction and time of the rain.

3. **How might an older person's depression present differ from that of a younger adult?**

Depressed elderly are less likely to display affective symptoms and are more likely to show cognitive signs, somatic symptoms, and loss of interest than younger people (Karger & Stoesz, 2018). For example, in the text on page 478, it is indicated that elderly adults experience loss of pleasure, experience feelings of emptiness and express their psychological distress through concerns with physical symptoms such as weakness, dizziness, etc. (Karger & Stoesz, 2018). In these instances, the social worker should consider conducting a Geriatric Depression Scale assessment to understand the symptoms older people are experiencing. Additionally, there are various factors might that might contribute to this depression, including:

- Age-causing a decline in cognitive and physical capacities
- Loneliness due to lack of familial support
- Medical Condition
- Loss
- Mental Illness

4. **Name three red flags for elder abuse, neglect, or exploitation that social workers should know.**

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The red flags are as follows:

1. Poor hygiene and nutritional status
2. The older person appears hyper-vigilant or nervous.
3. The caregiver displays hostility and impatience toward the elder.

References: Karger, H. J., & Stoesz, D. (2018). American social welfare policy: A pluralist approach. Pearson.