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Chapter Presentation

Week Thirteen

One of the three things I learned from the reading this week that could be useful for my clinical work was how The Attachment Theory brings a series of implications about how the parental care relationship will influence the other relationships experienced by a child until its adult stage.

I liked how the book draws an essential parallel between Attachment Theory and Grief, making us reflect on how relationships with our parents, our main attachment figure, can influence how we experience grief as adults.

For example, in the case of an avoidant attachment relationship. In a grieving situation, the person may experience inhibited or postponed grief. They may not allow themselves to experience grief and will probably need reassurance, a kind of "permission" to express their pain.

Second, It was interesting to see that throughout life, when it comes to grief death losses, it is mainly concerned with other people's death, but for the oldest old phase of life, one is primarily concerned with his own death. Old adulthood is when loss of self-efficacy and social connection becomes a reality. The feeling of hopelessness and awareness of death can take a toll on the person, significantly affecting their emotional well-being. Therefore, support from family and friends is vital in the fourth stage of life.

Third, Chronic health conditions are prevalent in this stage; 80% of those over 85 are dealing with some chronic illness. At this stage, they are also at greater risk for mobility disability and fear of falling.

Older adults are also at risk of being abused, especially financially. I was not surprised to read that family members, friends, or caregivers perpetrate 90% of older adults' financial abuse. It made me think this may be more common than we imagine since less than 2 percent of financial abuse cases are reported. In addition, many older people today did not grow up with technology, so they ask for help to deal with the online world and end up sharing their personal information, which makes them easy prey for being robbed. This kind of situation adds to their suffering.