

**Janet Garcia**  
**Chapters 15, 16, 17**  
**04/24/2023**

**Required question:**

If we managed to live an old age, physical decline is avoidable. However, the onset of aging related physical problems does not occur at the same time for everyone age related physical changes can affect how we look and move how some of our senses work, as well as how our circulation and lungs work.

The physical changes to start happening in middle age become more pronounced in late adulthood wrinkles in age spots are the most noticeable changes. We also grow shorter as we age and this is true in both men and women due to bone loss in their vertebrae.

Without capacity to carry out daily task, seeing hearing and other sensory functions are linked to a decline in older adults. The decline Vision that most adults, first experience in the early or middle adulthood, becomes more pronounce in late adulthood, because the eye does not adjust as quickly when moving from a brightly lit, environmental one that is semi dark. There is less tolerance for glare as well. Most older adults experience, some loss of taste and smell, or both agent is also link to touch and pain.

Cardiovascular disorders become more prevalent in late adulthood as a diaphragm weakens, the chest shrinks, and the lungs lose their elasticity.

**Chapter 15**

**Question 4:**

Wisdom is the capacity to make decisions with good judgment and common sense. A wise person is perceptive and possesses knowledge that can be

appealed to get past challenges in life. Longer life does bring experience, but not always wisdom. People with leadership experience, and those who have assisted others in solving problems in daily life, appears to be wiser. Age and a particular kind of experience are what bring wisdom. The capacity to understand, and empathize with others, or emotional wisdom, is higher in older adults.

### **Question 10:**

Even though a sizable portion of the population cannot anticipate living longer a mental disorder in old age may have heard that like a mental illness, makes people increasingly dependent on the help and care of others, which is worrying prospect for both the individual and their families.

Although mental disorders in adults are a major concern, older adults do not have a generally experience more mental disorders than younger adults do. Instead the suffering in the loss of human, potential and more significant.

The most prevalent form of dementia Alzheimer's disease has received a lot of attention because it is one of the most disabling mental disorders in adults, dementia patients, including those with Alzheimer's disease, frequently lose the ability to take care of themselves. The majority of the cases of dementia are caused by Alzheimer's disease.

Another type of dementia is Parkinson disease, a chronic progressive condition, marked by facial tremors, muscle, tremors and slowing movements. Degeneration of dopamine producing brain neurons causes Parkinson's disease.

## **Chapter 16**

### **Question 16:**

Ageism is the way we view ourselves, act towards others, or ourselves, based on age. The term ageism refers to two ideas of social constructive

perspective on older people, based on unfavorable beliefs and stereotypes about aging, as well as a propensity to build society on the premise that everyone is young, failing to adequately address the needs of older people. They are frequently viewed as being incapable of thinking, clearly capable of near, neither learning new things, nor helping the community or occupying reasonable positions because of their age older adults may not be hired for new jobs, or maybe forced out of existing ones.

They may also be shunned socially, and forced out of their families, which is painful discrimination that many older adults may endure. The most common manifestation of ageism is disrespect for senior citizens, followed by presumptions about age related, ailments or frailty.

### **Question 18:**

Older adults seniors and elderly people make up a diverse group of people who have grown older, although there is no universally accepted definition of older adulthood. It is generally expected to start at or around the age of 65. Older people can come from all different backgrounds, some may have ongoing medical conditions, or disabilities where others may be in good health and retained their independence. Despite the difficulties they encounter all the people typically lead happy, fulfilling lives by give them back to their families, communities and society at large.

Older adults can live in various settings, including

- Private homes or apartments
- Retirement communities
- Assisted living facilities
- Nursing homes
- Continuing care, retirement communities
- Multi generation housing
- Senior co-housing

## Chapter 17

### Question 24:

The term “death” can be used to describe a person’s passing as the state of no longer being alive, as the process of dying (prolong death), or as the specific event of a person passing away (tragedy).

We can still define death pragmatically, despite these, and other practical issues with determining higher brain death. Cardiopulmonary total brain, and how your brain criteria can be used to accurately determine death in almost every situation.

Today’s definition of brain, death is more complex and states that a person is brain dead when all electrical activity in the brain has stopped for a predetermined amount of time. Frequently, the higher regions of the brain passed away before the lower ones do a majority of doctor is currently define brain death as the loss of both higher cortical functions and lower cortical stem function.

Supporters of the cortical death policy made the case that the higher cortical region of the brain is where human traits like intelligence and personality are found. They contend that when these abilities are lost a person is no longer alive.

### Question 30:

When someone experiences disappointment and self defeating defeat, after a friend or family member passes away, long-term grief occurs.

**Prolong grief** is the cause of the hopelessness, the process over an extended period of time, and it has a negative impact on both mental and physical health.

**Disappointment grief** is when sadness doesn't manifest socially, and those emotions can be intensified because they won't be recognized at first or aren't mentioned to particular people.

**Disenfranchised grief** is one a person is unable to express their sorrow over the loss of a person, such as a misfortune from the removal of a fetus.

These griefs can be mind boggling and call for some serious strength as one adjust to the death of another character and prolonged grief, while caring for someone who was once a source of dependency.

## **Remaining question/chapter 17**

### **Question 29:**

The circumstances surrounding a death, have a significant impact on how it affects those left behind suddenly untimely, violent or traumatic deaths, are likely to have more intense in less than affects on the survivors, making the grieving process harder for them. The death of a child can be particularly upsetting and difficult for parents, because such death are frequently accompanied by post traumatic stress disorder (PTSD). Which manifest symptoms like intrusive thoughts, flashbacks, nightmares, sleep, disturbance, or problems concentrating.

Crying getting angry with drawing may be ways you express your grief and many people find it beneficial to express and work through these emotions. Some people may experience grief with softer feelings you or a loved one might grieve, more analytically , reflecting on the deceased person frequently.

Waves of intense and challenge and emotions, such as deep sadness, emptiness and despair, as well as shock, numbness guilt or regret me come over you you might be serious about how your loved one died.

Grief is a complex and can last for years in some cases, complicated grief, prolong, grease disorder and disenfranchised grief are particularly difficult to deal with.