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Chapter 15

4- Wisdom is the ability to use common sense and good judgment in making decisions. A wise person is insightful and has knowledge that can be used to overcome obstacles in living. Does aging bring wisdom? While living longer brings experience, it does not always bring wisdom. Those who have had experience helping others resolve problems in living and those who have served in leadership positions seem to have more wisdom. So it is age combined with a certain type of experience that brings wisdom. However, older adults do have greater emotional wisdom or the ability to empathize with and understand others.

10- Mental health issues can crop up at any point in someone's life. The increased awareness and conversations about mental health have made current generations sensitive to the issue. However, when it comes to the elderly, there is very little awareness and sensitivity to their issues-this is because of multiple factors. Their generation is not as well-versed with mental health issues and can brush this under the carpet. Moreover, the symptoms of mental health illnesses are not as pronounced as that of physical ailments, thus making it very difficult to diagnose. Unfortunately, the effects of mental health issues are far-reaching and can even impact the elderly's physical well-being. Thus, all these factors make it even more imperative to check on the elderly's mental health and see a specialist to get an expert opinion.

Chapter 16

16- Ageism is prejudice or discrimination against people based on their age. It typically applies to people who are older but can also affect young people. Ageism has a negative impact on physical and mental health, and reports link it with earlier death.

Two original example of Ageism:

1-Losing a Job because of your age.

2-Being refused-interest-free credit, a new credit card, car insurance, or travel insurance because of your age.

21- Grandparenthood is a status and an experience that is significant to many older adults. Decades of research have contributed to an understanding of the concept but variations based on age, race, and ethnicity as well as gender, marital, and health statuses make definitions of Grandparenthood particularly complex. Much in the same way that the U.S. population in the twenty-first century will be defined by tremendous heterogeneity, so too will relationships between grandparents and grandchildren.

23- Selective Optimization with compensation is a strategy for improving health and well-being in older adults and a model for successful aging. It is recommended that seniors select and optimize their best abilities and most intact functions while compensating for declines and losses. This means, for example, that a person who can no longer drive, is able to find alternative transportation, or a person who is compensating for having less energy, learns how to reorganize the daily routine to avoid overexertion. Perhaps nurses and other allied professionals working with this population will begin to focus more on helping patients remain independent by optimizing their best functions and abilities rather than on simply treating illnesses. Promoting health and independence are essential for successful aging.

Chapter 17

24- In the current situation there is no single definition for human death, and neither of the alternatives has yet gained a consensus. The existence of worldwide doubt about whether brain- dead people are dead or alive and dependency of the definition of death on religious, cultural values and philosophical grounds support such as policy of allowing individuals to choose under which condition they wish their death as an accepted alternative for human death. Which an individual may choose or reject based on his or her values.

31- Grief doesn't just affect our emotions but also affects our health. It's common to suffer headaches, weight loss, sleep disturbance or fatigue. Resistance to illness may be lowered and you might find yourself more likely to catch minor illnesses. If symptoms persist or you are struggling to cope seek help from your GP. The loss of your partner can bring a number of other changes and losses. You face a change of identify from one of a couple to a single person. You may feel pain at the loss of future. You may face financial difficulties if you have lost a second or primary income and you may have increased family and household responsibility. Sorting out these issues can take a lot of time and energy.

Required question

Many factors affect cognitive development in late adulthood, including **physical changes** such as hearing loss, back and neck pain, depression and dementia, chronic obstructive pulmonary disease, cataracts and refractive errors, a slowing of information processing in the brain, and increased difficulty in focusing and problem-solving ability. As people age, they are more likely to experience several conditions at the same time.

Physiological changes occur with aging in all organ systems. The cardiac output decreases, blood pressure increases and arteriosclerosis develops. The lungs show impaired gas exchange, a decrease in vital capacity and slower expiratory flow rates.