

Late Adulthood Reviewer

1. Ageism

- **Meaning:** Prejudice or discrimination against older people just because of their age.
- **Example:** Not hiring someone because they're 65, even if they're skilled.

2. Types of Aging

- **Primary aging:** Natural body changes that happen no matter what (*wrinkles, slower reflexes*).
- **Secondary aging:** Caused by lifestyle choices (*smoking, poor diet, lack of exercise*).
- **Example:** Wrinkles = *primary*; lung damage from smoking = *secondary*.

3. Groups of Older Adults

- **Young-old (65–74):** Still active and independent.
- **Old-old (75–84):** May start slowing down.
- **Oldest-old (85+):** Often frail, may need help with daily tasks.
- **Example:** A 70-year-old jogging daily vs. an 88-year-old needing assistance.

4. Life Expectancy vs. Life Span

- **Life expectancy:** Average age people are expected to live.
- **Life span:** Maximum years humans can live (*around 120*).
- **Example:** In many countries, life expectancy is ~75 years, but some live past 100.

5. Theories of Aging

Genetic Programming Theories

- **Programmed senescence:** Genes “*switch off*” over time.
- **Endocrine theory:** Hormones control aging pace.
- **Immunological theory:** Immune system weakens with age.
- **Example:** Body’s “built-in clock” slowly ticking down.

Variable-Rate Theories

- **Wear-and-tear:** Body parts wear out.
- **Free-radical theory:** Harmful molecules damage cells.
- **Rate-of-living:** Faster metabolism = *shorter life*.
- **Example:** Like a car engine — the more you push it, the faster it breaks down.

6. Physical Changes

- **Lungs:** Less efficient, harder to breathe deeply.
- **Heart:** May develop irregular heartbeat.
- **Brain:** Slower processing, but can compensate with experience.
- **Senses:** Vision and hearing decline (*cataracts, glaucoma, hearing loss*).
- **Example:** Needing brighter light to read or asking people to repeat themselves.

7. Lifestyle Influences

- **Exercise:** Helps prevent decline in strength and memory.
- **Nutrition:** Healthy diet = *better quality of life*.
- **Example:** An active 80-year-old who eats balanced meals vs. one who is sedentary and eats poorly.

8. Mental Health

- **Depression:** Risk increases with illness, disability, or loss of loved ones.

- **Dementia:** Progressive brain disorder (*like Alzheimer's*).
- **Example:** Forgetting recent events, personality changes, difficulty with daily tasks.

9. Cognitive Development

- **Intelligence:** Verbal skills (*vocabulary*) stay strong; speed and problem-solving may decline.
- **Memory:** Episodic (*events*) → declines.
- **Semantic** (*facts, meanings*) → stays strong.
- **Procedural** (*skills, habits*) → mostly unaffected.
- **Example:** Remembering how to ride a bike (*procedural*) vs. recalling what you ate yesterday (*episodic*).

Quick Tips to Remember

- **Primary vs. Secondary aging** → Natural vs. lifestyle-caused.
- **Life expectancy vs. Life span** → Average vs. maximum.
- **Memory types** → Episodic declines, semantic stays, and procedural stability.
- **Healthy lifestyle** → Exercise + good diet = better aging.

Psychosocial Development in Late Adulthood Reviewer

1. Erikson's Stage: Ego Integrity vs. Despair

- **Integrity:** Accepting your life, even with mistakes, and feeling it had meaning.
- **Despair:** Regretting missed chances, feeling life was wasted.
- **Example:** A grandma who says, "*I'm proud of the life I lived*" shows **integrity**. One who says, "*I wish I did more*" shows **despair**.

2. Personality Changes (Five Factor Model)

- Personality is mostly stable but can change a little in old age.
- **Increases:** Agreeableness (*kindness*), self-confidence, emotional stability.
- **Declines:** Neuroticism (*worrying*), openness (*trying new things*).
- **Example:** An older man may become calmer and kinder, but less adventurous.

3. Well-Being in Late Adulthood

- Older adults are often happier than younger ones.
- Happiness dips around middle age, then rises again after 50.
- **Socioemotional Selectivity Theory:** Older people focus on relationships and activities that bring joy.
- **Positivity Effect:** They remember good events more than bad ones.
- **Example:** A retired teacher spends more time with close friends instead of worrying about big social circles.

4. Coping Styles

- **Problem-focused coping:** Solve the problem directly.
- **Example:** If money is tight, find a part-time job.
- **Emotion-focused coping:** Manage feelings when the problem can't be changed.
- **Example:** Accepting illness and focusing on staying positive.
- Older adults often use emotion-focused coping more.

5. Religion & Spirituality

- Many older adults are religious.
- Religion helps by giving support, reducing stress, and creating meaning.

- **Example:** Attending church makes an elderly person feel connected and hopeful.

6. Theories of Successful Aging

- **Disengagement Theory:** Older adults withdraw from society. (*Not well supported.*)
- **Activity Theory:** Staying active = *happier aging.*
- **Continuity Theory:** People keep doing what they enjoyed before.
- **SOC Model** (*Selective Optimization with Compensation*): Focus on fewer goals, maximize strengths, and find ways to adjust for losses.
- **Example:** A retired nurse volunteers at a clinic (*activity theory*). Another continues gardening because it was always her hobby (*continuity theory*).

7. Practical Issues

- **Retirement:** Adjustment depends on health, finances, family, and activities.
- **Finances:** Older women are more likely to face poverty.
- **Living Arrangements:** • Developed countries → live alone or with spouses.
- **Developing countries** → live with children/grandchildren.
- **Example:** A widowed grandmother moves in with her daughter because of financial need.

8. Relationships

- **Marital: Long marriages** = more satisfaction. Widowhood is harder for men.
- **Single Life:** Some older adults enjoy independence.
- **Cohabitation:** Living together without marriage is common.
- **Friendships:** Close friends are important for happiness.

- **Adult Children:** Support often shifts from parents to children.

- **Example:** An elderly man enjoys weekly coffee with his lifelong friend, which keeps him happy.

Quick Study Reminders

- **Erikson's last stage** = Integrity vs. Despair.
- **Personality:** kinder, calmer, less adventurous.
- Happiness rises again in old age.
- **Coping:** problem-focused (*fix it*) vs. emotion-focused (*accept it*).
- **Successful aging** = activity, continuity, or SOC strategies.
- Relationships and social support are key to well-being.

Death & Bereavement Reviewer

1. Cultural Context

- Different cultures have different customs for mourning, funerals, and remembering the dead.
- **Example:** Some cultures wear black, others wear white during funerals.

2. Thanatology & Hospice

- **Thanatology:** Study of death and dying.
- **Hospice care:** Focuses on comfort, not cure. Provides pain relief, emotional support, and dignity.
- **Example:** A patient with terminal cancer receives hospice care to ease pain, not to cure.

3. Physical & Cognitive Changes Before Death

- **Terminal drop:** Sharp decline in thinking ability before death.

- **Near-death experiences (NDEs):** People report tunnels, lights, or out-of-body feelings.
- **Example:** Someone in a coma wakes and describes “seeing a bright light.”

4. Kübler-Ross Stages of Dying

1. **Denial** (“This can’t be happening.”)
2. **Anger** (“Why me?”)
3. **Bargaining** (“Just give me more time.”)
4. **Depression** (Sadness, withdrawal.)
5. **Acceptance** (Peace with death.)
6. **Meaning** (Finding purpose in the experience.)

- **Note:** Not everyone follows the same order.
- **Example:** A patient may feel anger and depression at the same time.

5. Grief & Bereavement

- **Grief:** Emotional response to loss.
- **Bereavement:** The process of adjusting after loss.

Classic Grief Work Model

1. Shock & disbelief.
2. Preoccupation with the deceased.
3. Resolution (acceptance, moving forward).

Variations

- **Recovery pattern:** Distress fades over time.
- **Delayed grief:** Pain grows later.
- **Chronic grief:** Long-lasting sorrow.
- **Resilience:** Low grief, adapts well.
- **Example:** A widow who slowly returns to daily life shows a recovery pattern.

6. Children & Adolescents

- Kids show grief differently (*crying, tantrums, school problems*).

- Teens may turn to friends, struggle in school, or show risky behavior.
- **Example:** A child may wet the bed after losing a parent.

7. Adults

- **Young adults:** Angry if life is cut short.
- **Middle adults:** Think about how many years are left.
- **Older adults:** Mixed feelings—some accept, some fear.
- **Example:** A 60-year-old starts planning retirement and wills.

8. Significant Losses

- **Spouse:** Women often face poverty; men face loneliness.
- **Parent:** Even adults feel deep grief, but may grow stronger.
- **Child:** Most painful, can strain marriages.
- **Miscarriage:** Brings grief, guilt, sometimes PTSD.
- **Example:** Parents losing a child may either grow closer or drift apart.

9. Medical & Ethical Issues

- **Suicide:** Highest rates in elderly men.
- **Euthanasia:** Ending life to reduce suffering.
- **Passive** = stopping treatment.
- **Active** = direct action (*illegal in most places*).
- **Advance directive:** Legal document stating wishes for medical care.
- **Assisted suicide:** Patient ends life with help (*controversial*).
- **Example:** A living will says “*no life support if I’m terminally ill.*”

10. Finding Meaning

- **Life review:** Looking back at life to find purpose.
- **Example:** An old man writes his autobiography to reflect on his journey.

11. Dual Process Model of Grief

- **Loss-oriented:** Focusing on memories and sadness.
- **Restoration-oriented:** Adjusting to new roles and responsibilities.
- **Example:** A widow cries over photos (*loss-oriented*) but also learns to manage finances (*restoration-oriented*).

Quick Study Reminders

- **Death** = cultural + personal experience.
- **Hospice** = comfort, not cure.
- **Kübler-Ross** = denial → acceptance.
- **Grief** = shock → resolution.
- **Losses:** spouse, parent, child = different impacts.
- **Ethical issues:** suicide, euthanasia, advance directives.
- **Coping** = balance between grief and moving forward.