

Objectives:

1. *Identify the changes that occur in health and life situations during old age.*
2. *Summarize how people physically, mentally, and socially adjust to old age.*

I. Introduction

- A. Many people believe that experiencing problems in old age is _____.
- B. Many people tend to regard old _____ as being just one step away from the _____.
- C. Indeed, some would rather _____ than grow old.
- D. The fear of growing _____ is probably one of the most common fears in our _____.

- We are surrounded with indications that aging and old age are negative—or at best something to ridicule.
- Birthday cards make light of aging; comedians joke about it.
- Advertisements urge us to trade in older products for the newer, faster model.
- We encourage older workers to retire—whether they want to retire or keep working—and replace them with younger people.
- Many do not even want to use the word old and instead refer to “golden agers” and “senior citizens.”

II. Attitudes Toward Aging

- A. Many of our attitudes about aging are based on a _____, which holds that progressive _____ and _____ decline is inevitable with age.
- B. In other words, _____ age is what makes people “old.”
- C. The prevalence of the decremental view in our society can be explained in part by _____ and a lack of _____ with _____ people.
- D. The result is a climate of _____ against the old. This prejudice or bias has been coined the term _____.
- E. Young people tend to believe that the old suffer from poor _____, live in _____, and are frequent victims of _____.

- F. Such beliefs, however, affect _____ of the elderly.
- G. The notion that the aged _____ from life and sit around doing nothing is also very common.
- H. One misconception is the notion that older people are _____ or _____.

III. Changes in Health

- A. Most people over 65 are in reasonably good health; of course, _____ strength and the _____ do decline.
- B. About _____ percent of the elderly have at least one _____ disease.
- C. The quality of health care for the elderly remains by and large _____ to that of the _____ population.
- D. For the 1 million old people who are no longer able to care for themselves, there are _____.

IV. Changes in Life Situation

- A. For _____ people, transitions in life—graduation, marriage, parenthood—are usually positive and create a _____ involvement in life.
- B. In late adulthood, transitions—retirement, widowhood—are often negative and reduce responsibilities and increase _____.
- C. The symptoms of _____ are very common in older adults.
- D. On the positive side, older people continue to _____ and develop _____ more than ever before.

V. Changes in Sexual Activity

- A. Just as young people tend to think sexual activity _____ at midlife, they often believe it _____ altogether in old age.
- B. Yet the majority of people over the age of _____ continue to be interested in sex.

VI. Adjusting to Old Age

- A. Many of the changes the elderly face makes their adjustment to everyday life more difficult because they represent a loss of control over the _____.
- B. The loss of _____ is usually gradual, and it may involve both _____ changes (becoming sick or disabled) and external _____ (moving to a nursing home).
- C. Those who experience a loss of control often develop a _____ self-concept.
- D. In order to help old people adjust, _____ must make some basic changes.
- E. Older people are beginning this process themselves by supporting _____ that lobby on _____ issues of importance to them.
- F. _____ toward old people are already slowly changing.
- G. Eventually a time will come when old age will be considered the _____ of life, not simply the _____.

VII. Changes in Mental Functioning

- A. As people age, there are also changes in many of the _____ functions they use, although there is much _____ decline in intelligence and memory than people think.
- B. John Horn (1982) has proposed two types of intelligence:
1. _____ –the ability to use accumulated knowledge and learning in appropriate situations.
 2. _____ –the ability to solve abstract relational problems and to generate new hypotheses.
- C. A _____ percentage of people develop senile dementia in old age.
- D. _____ is a collective term that describes conditions characterized by memory loss, forgetfulness, disorientation of time and place, a decline in the ability to think, impaired attention, altered personality, and difficulties in relating to others. The most common form of senile dementia is Alzheimer's Disease.
- E. _____ is an affliction more commonly seen among the elderly.
- F. Alzheimer's is a _____ disease marked by a gradual deterioration of _____ functioning.

- G. The causes of Alzheimer's are _____ and still not completely understood. It is believed there is a _____ link. There is currently no known _____.
- H. Many patients and their caretakers (usually their families) are offered supportive _____ that helps them learn to accept the relentless progression of the disease and the limitations it imposes on its victims.