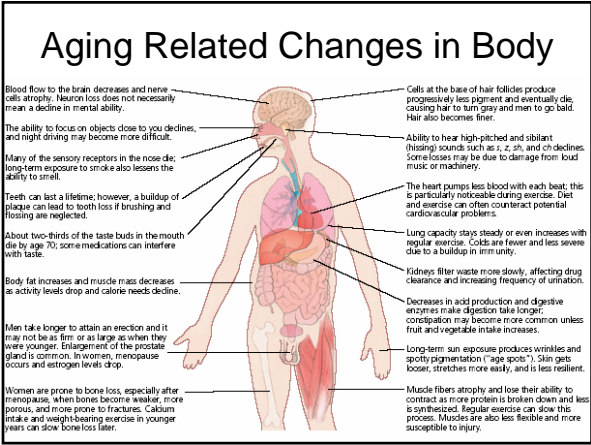


## Chapter 14 Challenge of Aging

### Hlth 2 Health and Wellness

Dr. Tomita

- ### Learning Objectives
1. Define the following terms: aging, glaucoma, arthritis, presbyopia, cataracts, osteoporosis, dementia, Alzheimer's disease, Parkinson's disease, life expectancy, grief, bereavement, mourning.
  2. List strategies for healthful aging.
  3. Explain the physical, social, and mental changes that may accompany aging, and discuss how people can best confront these changes.
  4. Describe the practical considerations of older adults, including housing, finances, health care, and transportation.
  5. Explain the grieving process and how support can be offered to adults and children who have experienced a loss.



- ### Community Resources
- Senior citizens' centers or adult day-care centers
  - Homemaker services
  - Visiting nurses
  - Household services
  - Friendly visitor or telephone services
  - Home food delivery services
  - Adult day hospital care
  - Low-cost legal aid
  - Transportation
  - Case Management

- ### Age Proofing
- Challenge your mind
  - Develop physical fitness
  - Follow Food Guide Pyramid for elderly
  - Maintain a healthy weight
  - Control drinking
  - Avoid overdependence on medications
  - Don't smoke
  - Schedule physical exams to detect treatable diseases
  - Recognize and reduce stress

- ### Government Aid and Policies
- Social Security
  - Medicare
  - Medicaid
  - Changing the public's idea of aging

### Adapting to Physical Changes

- Hearing Loss (hearing aid)
- Vision Changes (bifocals for presbyopia)
- Arthritis
- Menopause
- Osteoporosis

### Handling Psychological and Mental Changes

- Dementia
- Alzheimer's disease
- Grief
- Depression

### Phases of Grief

- **First stage:** Shock, numbness, disbelief, and denial. Sense of mental and emotional disorganization is balanced by the need to attend to many tasks and decisions.
- **Second stage:** Filled with intense yearning, lethargy, restlessness, and disturbed sleep.
- **Last stage:** Resolution, reestablishment of balance, reintegration. Grief and sadness recede.

### Coping With Grief

1. Realize and recognize the loss.
2. Take time for nature's slow, sure process of healing.
3. Give yourself massive doses of restful relaxation and routine busyness.
4. Know that powerful, overwhelming feelings will lessen with time.
5. Be vulnerable, share your pain, and be humble enough to accept support.
6. Surround yourself with life: plants, animals, and friends.
7. Use mementos to help your mourning, not to live in the past.
8. Avoid rebound relationships, big decisions, and anything addictive.
9. Keep a diary and record your successes, memories, and struggles.
10. Prepare for change, new interests, new friends, solitude, creativity, and growth.
11. Recognize that forgiveness (of ourselves and others) is a vital part of the healing process.
12. Know that holidays and anniversaries can bring up the painful feelings you thought you had successfully worked through.
13. Realize that any new death-related crisis will bring up feelings about past losses.