

Mental health and the elderly.

What roles do people lose as they grow old?

How might role loss affect the older person's self concept or self-image?

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How might role ambiguity be related to older persons?

How might it be different between women and men?

As roles are lost, some older persons are unsure what to do.

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What is role discontinuity?

It is a lack of preparation for a new role.

What new roles do older people take on?

Examples: retirement, grandparenthood, institutionalization-- (such as a nursing home)

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There are three major theories that attempt to explain the aging process:

Disengagement theory

Activity theory

Continuity theory

What would you guess these are?

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Disengagement Theory: proposes that older people naturally disengage from society as they grow older

Activity Theory: proposes that older people need to stay active to be happy and healthy as they age.

Continuity Theory: proposes that older people want to maintain the same level of activity in old age as when younger to the extent possible.

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What are the role expectations of older persons?

What would each theory propose?

(i.e., disengagement theory
activity theory
continuity theory)

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Have older men and women been socialized differently and if so does this continue in old age?

Gender socialization—the ways in which society has set men and women onto different courses in life because they are male or female.

Any differences in socialization between age cohorts?

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What would you guess is re-socialization?

Where might it happen?

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Re-Socialization is:

- Learning new norms, values, attitudes, and behaviors
- Adult Re-Socialization (retirement, loss of a spouse, living in a nursing home)

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What psychological factors have been found to be associated with positive mental health?

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•Little or no fear of death

•Little or no feelings of guilt or sadness when reviewing one's life

•Little problem adjusting to changes

•Personality factors such as maintaining self-esteem, self confidence, accepting dependency when dependency is needed

•High level of motivation and energy.

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Is a decline in intelligence with age to be expected?

Not necessarily. Verbal skills little affected.

Mental abilities may drop some—in one study those 65+ maintained 80% of mental ability.

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What factors may contribute to depression among the elderly?

- Physical conditions like stroke, hypertension, atrial fibrillation, diabetes, cancer, dementia, and chronic pain.
- Certain medicines or combination of medicines can cause depression
- Guilt, unresolved grief
- Social losses (friends/family deaths)/loneliness
- Role loss, Anger

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What factors affect an elderly person's ability to learn something?

- Pacing/quickness of instruction older adults learn better with slower pace or self-pacing
- Test Anxiety older adults are more anxious in a testing situation
- Meaningfulness regarding what is being learned; Motivation
- Physical health
- Depression

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How widespread is depression among the elderly?

Some studies suggest 15% to 20% have mild, noticeable depression, but roughly 1%-2% are "clinically" (severely) depressed

Is severe depression more common among the elderly than young adults?

Roughly 4% of young adults have clinical depression

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What does the older person feel when depressed, i.e., the symptoms of depression



- Sadness or feelings of despair.
- Loss of interest in socializing or hobbies.
- Unexplained or aggravated aches and pains.
- Feelings of hopelessness or helplessness.
- Lack of motivation and energy.

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What can help an older person overcome depression?

- Exercise/staying active
- Staying in touch with others
- Getting enough sleep
- Eating healthy meals
- Volunteering, caring for a pet, or finding a good movie/book that makes one laugh (these may be unique to the individual)
- medications



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What do you know about Alzheimer's disease?

- The disease causes physical damage to the brain in the form of lesions that can be seen if an autopsy is performed
- Detected by process of elimination
- 10% of 65+ and 50% of 85+ may be affected
- Hallucinations
- Loss of intelligence

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Is Alzheimer's disease curable?

- There's currently no cure for Alzheimer's
- There are treatments that may change disease progression, and drug and non-drug options that may help treat symptoms
- Aducanumab is a medication that removes *beta-amyloid* from the brain and subsequently may reduce cognitive and functional decline. Has major side-effects

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What do you know about Parkinson's and Huntington's diseases? What do they have in common?

- Both are degenerative
- There is no cure currently available for either
- Both attack the nervous system, the person eventually loses their mind
- Parkinson's appears to be hereditary and Huntington's is hereditary.

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Kahoot

<https://create.kahoot.it/#login?next=>

The 6 Steps To BOOST BRAIN HEALTH & Reverse Cognitive DECLINE (16.5 min)

<https://www.youtube.com/watch?v=eIW5Ycgdjyo>

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Alzheimer's and Dementia,
show first 13 mins
(an example of a person who has
Alzheimer's following her over time)

<https://www.youtube.com/watch?v=1oLQz1vMmvk>

(5.0% of people aged 65 to 74,
13.1% of people aged 75 to 84, and
33.3% of people aged 85 and older
have Alzheimer's dementia.)

Film: Julia Hawkins (107 yr old) I eat TOP 5 Food & don't get old. Anti-aging Benefits (6 ½ mins)

<https://www.youtube.com/watch?v=TEqsWsHRRzQ>

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Living into your 90s (25 mins)

<https://www.youtube.com/watch?v=wqKfL3z5yM4>

The 6 Steps To BOOST BRAIN HEALTH & Reverse Cognitive DECLINE (16.5 min)

<https://www.youtube.com/watch?v=eIW5Ycgdjyo>

The SHOCKING ROOT CAUSE Of Alzheimer's & The DAILY HACKS To Prevent It! (16:00 mins)

<https://www.youtube.com/watch?v=4dgwXpoPLog>

Julia Hawkins (107 yr old) I eat TOP 5 Food & don't get old. Anti-aging Benefits (6 ½ mins)

<https://www.youtube.com/watch?v=TEqsWsHRRzQ>

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Hypertension - High Blood Pressure, Animation (4 min)

<https://www.youtube.com/watch?v=JtBtk0OEiVM>

Osteoporosis (5 ½ min)

<https://www.youtube.com/watch?v=eYGkT6OrBkO>

Free radicals/antioxidants 4 min

<https://www.youtube.com/watch?v=bmAMtPEv-OM>

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What makes a good life? Lessons from the longest study on happiness | TED (12 mins)

<https://www.youtube.com/watch?v=8KkKuTCFvzI&t=399s>

I Was 80 Years Old For A Day (7:40 mins)

<https://www.youtube.com/watch?v=nTmDdWSX2mQ>

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