

Stuart, Chapter 5:

Mental Health
and Well-Being

1

What psychological changes occur in "old age?"

Intelligence?

Drops but remains in "middle" range until the 80s or older, can avoid drop by using mind (see next slide)

Memory?

Long-term processes continue, short-term affected if rushed

Learning?

Appears to be slower, needs more time

Depression?

Increased risk

Sexual activity?

Can continue into 90s if healthy

Personality?

Old people don't become grouchy, grouchy people become old

2

2

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.

3

3

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?

4

4

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.

5

5

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)

6

6

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

Disengagement theory

Activity theory

Continuity theory

What would you guess these are?

7

7

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.

8

8

What are the role expectations of older persons?

What would each theory propose?

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

9

9

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?

10

10

What would you guess is re-socialization?

Where might it happen?

11

11

Re-Socialization is:

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

12

12

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

This includes things that people believe that help them maintain good mental health?

13

13

• 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.

14

14

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

15

15

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

16

16

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

17

17

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

- Roughly 4% of young adults have clinical depression (vs 1 to 2% among elderly)
- Roughly 10-15% of college students may have severe depression according to Am. College Health Association (but number varies depending on the study)

18

18

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.

19

19

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



20

20

What do you know about Alzheimer's disease?

- The disease causes physical damage to the brain in the form of lesions
- Scientists are finding excessive levels of certain chemicals (e.g., beta-amyloid) in the brain that may be contributing to the disease
(continued next slide)

21

21

Characteristics of Alzheimer's disease

- People with AD is roughly:
 - 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
 - (research studies vary on percentages)
- Hallucinations
- Loss of intelligence

22

22

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

23

23

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

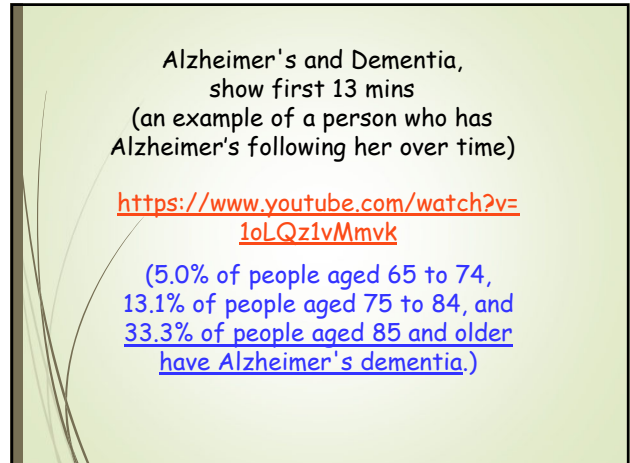
- Both are degenerative
- There is no cure currently available for either
- Both attack the nervous system, the person eventually loses their mind
- Parkinson's appears to be hereditary and Huntington's is hereditary.

24

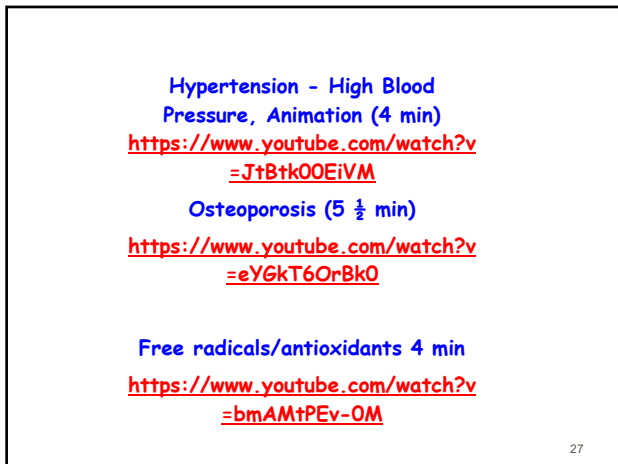
24



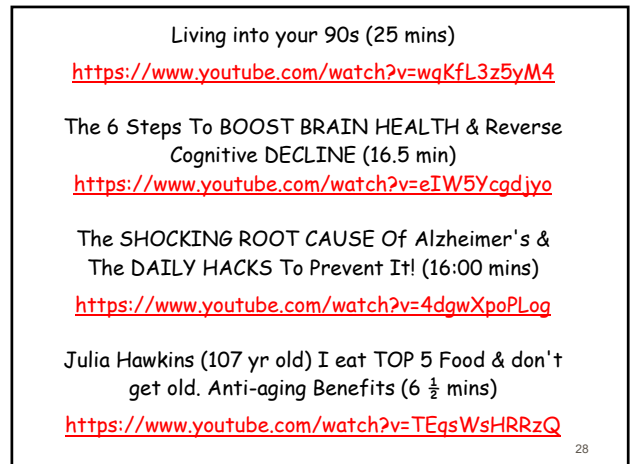
25



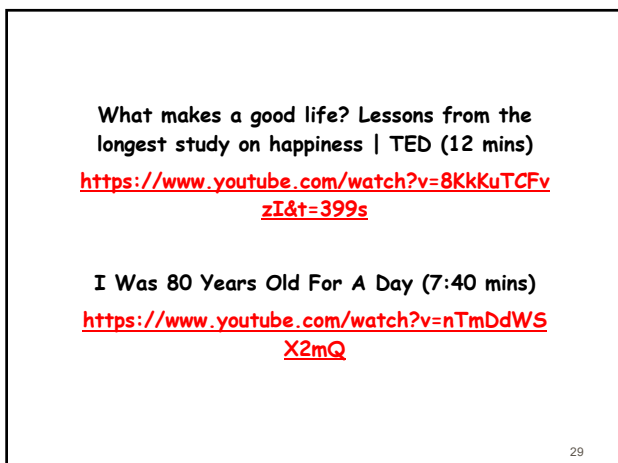
26



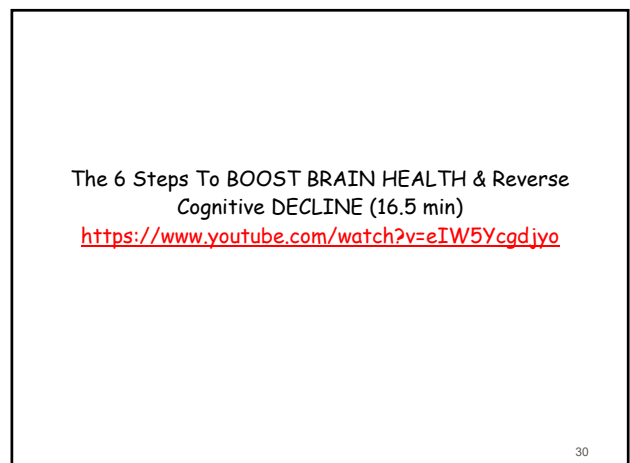
27



28



29



30

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>

31

31

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=4dqwXpoPLoq>

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>

32

32

Hypertension - High Blood Pressure, Animation (4 min)

<https://www.youtube.com/watch?v=JtBtk00EiVM>

=JtBtk00EiVM

Osteoporosis (5 ½ min)

<https://www.youtube.com/watch?v=eYGkT6OrBk0>

=eYGkT6OrBk0

Free radicals/antioxidants 4 min

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

=bmAMtPEv-OM

33

33

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

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

zI&t=399s

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

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

X2mQ

34

34



35