

كلية المعارف الجامعة

قسم التمريض

المرحلة الثالثة

النمو والنماء

الدكتور

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دكتوراه تمريض الأطفال

Human Growth and development

Part 10 :

Late Adulthood



Late adulthood - period that begins in the 60s and lasts until death .

§ Late adulthood is the time of:

- ❖ adjusting to retirement
- ❖ decreasing strength and health
- ❖ new social roles
- ❖ reviewing one's life.

Physical Changes

- ❖ The blood vessels shrink
- ❖ Reduction in the capacity of the heart to pump blood throughout the circulatory system
- ❖ Produces less digestive juice
- ❖ Constipation
- ❖ Wrinkles and age spots become more noticeable, skin loses its elasticity & collagen
- ❖ Hair becomes thinner and grayer
- ❖ Nails become thicker and more brittle with ridges
- Yellowing of teeth
- ❖ Sleep has more wakeful periods, with more time spent lying in bed – more tiredness in the mornings .

Cognitive Development in Late Adulthood

- ✚ When speed of processing is involved, older adults do more poorly than younger adults
- ✚ Older adults do more poorly in most areas of memory
- ✚ Wisdom (expert knowledge about practical aspects of life) may increase with age
- ✚ Speed of processing information declines in late adulthood

- ✚ decline in brain and CNS functioning
- ✚ Attention: less effectively older adults attention .

Psychosocial Development in Late Adulthood

Includes achieving what Erikson called Ego Integrity: The feeling that one's life has been meaningful, vs. Despair – feelings of regrets or bitterness about past mistakes, missed opportunities, or bad decisions; a sense of disappointment in life.

Adjustment Strategies for Successful Aging

1. Don't abuse alcohol and don't smoke
2. Exercise regularly and avoid being overweight
3. Be well educated
4. Use your intellectual skills
5. Develop coping skills
6. Have good friends and/or a loving partner .

Ageism :



The definition of Ageism

Discrimination based on chronological age. Ageism includes negative beliefs, attitudes, and stereotypes about elderly persons.

- ❖ **AGEISM**, prejudice and discrimination directed at older people, is manifested in several ways.
- ❖ Negative attitudes about older people, especially about competence and attractiveness.

Health Problems

Arthritis: An inflammation of the joints accompanied by pain, stiffness, and movement problems .

- ❖ Common in older adults
- ❖ Symptoms can be reduced with:
 - ❖ Use of some drugs like aspirin
 - ❖ Range-of-motion exercises
 - ❖ Weight reduction
- ❖ **Osteoporosis:** extensive loss of bone tissue lead to became brittle & fragile –Affects women more often than men (decreased bone density).
- ❖ Wellness in Late Adulthood According to the Centers for Disease Control and Prevention, every adult should get at least 30 minutes of moderate-intensity physical activity daily.

Death and Dying Stages of Grief

- ❖ **Denial:** The patient unconsciously cannot accept the diagnoses and refuses to believe he/she is dying.
- ❖ **Anger:** This stage is often directed at the physician or staff when no longer able to deny.
- ❖ **Bargaining:** The patient frequently tries to strike a bargain with God or a higher being (accept death, but wants more time).

- ❖ □ **Depression:** The patient feels distant from others and seems sad and hopeless.
- ❖ □ **Acceptance:** The patient deals calmly with his/her fate and is able to use/enjoy the remaining time with family and friends.



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