Questions and case studies (3)

Activity

Sheet 23

Consolidation

The questions and case studies below will test your knowledge and understanding of Lessons 25 to 28 in Unit 1: Human Lifespan Development. Work on your own or in pairs or small groups, writing your answers on separate paper.

Questions

1. With reference to the physical changes that occur in older adulthood, explain why older people are more at risk of coronary heart disease, emphysema and osteoporosis.

2. Compare and contrast the advantages and disadvantages of two different theories associated with the ageing process.

3. Evaluate how theories of ageing can influence the provision of health and social care services for older people.

4. Analyse four factors that can influence the psychological well-being of older people.

5. Discuss how creative and leisure activities can help to maintain physical, intellectual and social skills during later life.

Case study: A

Moira is 73 years old. Six weeks ago, Moira’s husband died suddenly from a heart attack. Moira has been devastated by this tragic event and she has become very depressed. She refuses to leave the house and she is neglecting her own personal care.

Before her husband’s death, Moira was in good physical health and very active in the local Women’s Institute. She and her husband enjoyed lots of activities together and frequently attended events at the local community centre and the public library.

Moira now lives alone in the same three-bedroomed house that she and her husband used to share. Her daughter Jane lives nearby and visits Moira on a regular basis. Jane is very worried about her mother and she is anxious to support her through this very sad time.

Questions: Case study A

1. Explain how bereavement can affect individuals in older adulthood.

2. Outline some of the ways that Jane could support her mother through this major life event.

3. Give examples of health and social care services that could help Moira at this time in her life.

Case study: B

Kevin and Beth work at a residential care home. They have recently attended a training session on the changes in physical health and the benefits of physical activity for older adults. The manager of the centre has asked Kevin and Beth to give a talk to the other staff and volunteers about physical health in older age and how to promote an active lifestyle with their residents.

Questions: Case study B

1. Outline the key points for Kevin and Beth to include in their talk about the changes in physical health in older age.

2. Evaluate the importance of physical activity for older adults in a residential care facility.

3. Give examples of some of the ways to promote physical activity in a residential care facility.