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IMPORTANT CLASS INFORMATION

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Demographics of Age in the U.S.

measures of demographics:

- ① # of elderly
- ② median age of population
- ③ rel. proportion of older people

① # of elderly:

- important for planning housing services etc.

② median age of population:

- has doubled since 1820
- baby boom generation, "the pig in the python"
- tells age of pop. but not sizes of cohorts

③ relative proportion of older people:

- has inc. - affects intergenerational effect/relationships
- ages 21-65 are in the workforce
- ↑ the working generation or dependency ratio

• Dependency Ratio:

- proportion of young (0-14) & old (65+) rel. to the rest of the population

What is generation?

- offspring in the same stage of descent from a common ancestor
- contemporaries living @ the same time / age
- phase in life cycle
- amt. time needed to grow up & produce offspring (blw ages 30-35)
- WWII babies (1925-1945)
 - most men went off to war
 - universal draft
 - experienced the Great Depression
 - women worked in lrg. #'s during the war
 - lived through the Holocaust
 - went through WWII
 - high marriage & birth rates (Baby Boomers)
 - suburbs developed
- Generation X (1965-1980)

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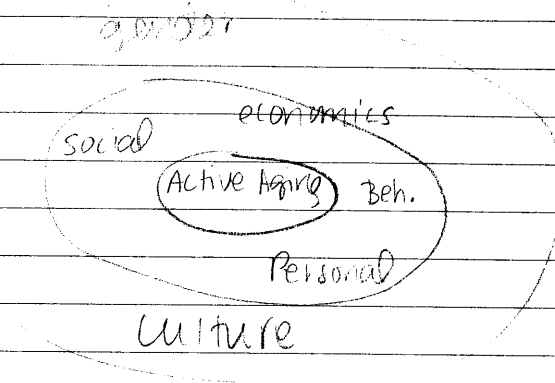
- ind. are motivated to grow/learn
- dev. progress through a sequence of stages (Erickson's 8 Dev. stages) * Adult stages ↓
- Unresolved tasks may become themes
- impact of events is affected by dev. stage

- ↓
- Identity vs. Identity diffusion
 - having commitment → intimacy vs. isolation
 - generativity vs. stagnation
 - ego integrity vs. despair

- well now in an aging society
- "we don't stop paying because we're old..."

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Determinants of Active Aging:



World Health Organization minimizes:

- ① age
 - ② disability
 - ③ diseases
- (W.H.O.)

"Successful Aging":

- diff. by diff. studies
- 30% of elders started as dis. a. aging
- best predictor is age

Stages in "Productive Aging" (Robert Butler)

- prod. contribution to society
- self-reliance, contrib. to society
- continuing self-care (continuing to work is contributing to society)

Correlates of "Successful Aging"

- how healthy you are
- non-smoking
- physical activity
- absence of depression
- social contacts
- high cognitive functioning

MOT

Ageism

"We live in a profoundly ageist society."

- William H. Thomas,
author of *What Are Old People For?*

Stereotypes:

- devaluation of elderly & their contribution to society
- images of elderly
 - > emotionally & financially dependent
 - > conservative
 - > nonsexual
 - > impaired

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Work in Midlife:

- earnings peak
- self-assessment
 - work related goals accomplished
 - on-time vs. off-time work advancement
 - finding meaning in work
- women
 - discontinuous work experience, may be re-entering the workforce

Baby Boomers:

- 43% of work force
- have not saved much for retirement
- have accumulated debt

Avg. retirement age:

- avg. retirement age was getting younger.
 - 74 in 1910
 - 62 in 2002
- but avg. baby boomer plans to retire @ 65
- financial planners & fed. incentives support even later retirement

$$\begin{array}{r} 41200 \\ 12 \\ \hline 00 \\ 0 \\ \hline 00 \end{array}$$

$$\begin{array}{r} 1200 / \text{month} \\ 12 \\ \hline 24000 \\ 12000 \\ \hline 14400 / \text{year} \end{array}$$

DATE: _____

*women are the lineage linkage

> Emotion Resolution & Rel. to Parent:

- differentiation
- understanding
- forgiveness
- communication

> Death of a Parent:

- may force pep. to confront their own mortality & reevaluate lives.
- brings greater resp. for self & remaining parent
- loss of older generation "buffer" w/ 2nd parent death
- may result in psycho. growth

*parent-child conflict typically inc. in early adol., peaks @ 14-16 and then declines.

*authoritative parent-style is IDEAL & BEST!

> The Older Worker

2/15 > Diff. levels of income after retirement (in level of most imp/prominent)

- social security
- income from assets (stocks)
- pensions
- labor force participation

> 3 legged stool of retirement

- social sec., invest., pension
- inves. & pensions will dec.
- imp. of soc. sec. will inc.

Childless Elderly:

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• inc. in childlessness in past 40 years:

- later age of birth of 1st child
- due to delaying having children to further education/work
- inc. of childless by choice
- less "pronatalism" (have a lot of children)
 - ↳ 1950's TV shows -> Brady Bunch; leave it to Beaver
- some social norms still marginalize childless women

• unintentional childlessness has a greater effect on the well-being of women than men

• poor parent-child rel. detract from well-being of women, men men.

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Grandparents & Grandchildren

> compared to the past:

- grandparents live longer to see grandchildren
- fewer siblings/cousin to compete with
- grandparents are healthier & have more resources
- transportation & communication improvements foster ease/contact
- lower birth rates

↓
• costly but silly way to contact fam. over seas.

> inc. need for grandparents:

- higher divorce rates
- more women in the workforce
- "Beanpole fam.'s" = lost of generations w/ fewer birth rates

> Becoming grandparents:

- median age = 45
- grandparent doesn't control timing or # of grandchildren
- find their role very rewarding
- satisfaction w/ grandparent role higher w/ more contact

> Role of grandparents in dev:

- sense of fam. history, identity
- unconditional ♥
- models for aging
- source of stability & security
- transmission of positive values
- mentors

> Factors affecting influence:

- age of grandchild(ren)
- age of grandparent
- amt. of contact
- health of grandparent
- parent-grandparent rel.
- gender

> Grandparents provide care:

- 40% to help parents w/ their work schedule
- 22% to spend more time w/ grandchild(ren)

> Grandparenting & Health:

- grandmothers raising children w/ absent parents more likely to have neg. Δ's in:

- ① health status
- ② depression
- ③ perceived health

- little effect on grandfathers
- babysitting grandparents may exp. health benefits.
- 26% of U.S. children live in their grandparents home
- they have a big effect on children's well-being
- grandparents are esp. imp. in high risk settings:
 - poverty

3/22 ● senescence = the aging process; it is:

- universal
- physiological
- progressive - keeps getting worse
- irreversible



Theories of Aging

① free radical theory:

- molecules damaged by env., habits, stress cause multiple problems

② wear & tear

③ cellular aging:

- slowed replication

- telomeres = end of DNA; binds/holds genetic material together

- most popular theory among scientists



↑ like the tape on the end of shoes laces

④ cross-linkage:

- changes in collagen (connective tissue)
- loss of elasticity & wound healing

⑤ autoimmune:

- immune sys. becomes defective over time

● Promising Research on Delayed/Reverse Aging

- growth hormones - may slow aging but do not increase life span
- caloric restriction - may slow aging and inc. life span
"Blue Zones" - Ikaria.
- antiaging compounds - research is in very early stages

● Δ in Body Composition:

- ① decline in muscle mass
- ② inc. fat
- ③ loss of flexibility/elasticity of fat
- ④ affect ability to metabolize many medications

• Δ in SKIN & Hair:

- Skin ~~loses~~ loses elasticity, becomes wrinkled
- slower wound healing
- slower circulation, lower skin temp., slower adjustment to temp. Δ
- ultraviolet light damage to skin
 - more wrinkles, leathery skin
 - more melanin
 - more age spots / liver spots
- hair becomes thinner, finer, loses pigment

• Δ in Musculoskeletal & Kinesthetic Sys:

- loss of height / bone density
 - intensified w/ osteoporosis
 - may involve stooping of shoulders
- decline of strength / stamina
- stiffness in joints
- kinesthetic problems

• Δ in Sense of Touch:

- skin Δ 's: loss of # of nerve endings
- reduced touch sensitivity (especially hands & feet)
- reduced pain perception

• Δ in Respiratory Sys:

- decline in vital capacity
- reduction in cilia
- dec. in muscle strength in the chest

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• Other Changes:

- immune sys. less effective
- nervous sys.
 - lost neurons
 - diminished size
 - lowered neurotransmitters affect speed
 - red. sense of hearing, smell, touch
- shorter sleep cycles
- Δ in vision
- hearing loss

• Things to think about:

- even w/ \approx 50% deterioration in many organs, a person can still function adequately
- rates of Δ vary widely among individuals

• Primary aging:

- a gradual process that begins early in life; affects all body exp.

• Secondary aging:

- results from disease, abuse & disuse - factors often under our own control

Cognitive & Sensory Changes:

Eyesight

• Presbyopia:

- (further normal)
- progressive loss of ability to focus eyes on close obj.
- begins around age 40 ability to focus up close w/ age
- reading glasses/bifocals

• Macular Degeneration:

- a blur spot in your vision
- 2 forms - both progressive but no cure
- exacerbated by smoking

• Cataract:

- blurring
- less colorful
- blues disappear
- treatable
- more tissue covers over the eye
- happens very gradually
- "Halo" effect

• Glaucoma: (disease - treatable w/ medication)

- too much water fluid in your eye

> early glaucoma:

- blind spot
- pedestrian disappear

> later glaucoma:

- severe vision loss
- tunnel vision

Hearing

- [Framingham ♥ study]

- 83% of 57+yr. olds had some hearing loss
- men had more severe hearing loss

• Risk Factors:

- age (most sig. factor)
- illness
- fam. history of hearing loss
- meniere's disease
- noise exposure

Smell

- sense of smell begins to decline after 60 yrs old
- many elderly cannot smell at all
- not all Δ's rel. to aging itself:
 - head trauma
 - infections
 - polyps or tumors
 - allergies
 - chemical exposure

- κόκκινο κρασί
- ψύδι
- πατάτες
- χυμώδη σαλάτα
- ψωμί

Taste:

- sense of taste will decline w/ age
- partially caused by dec. in smell
- health implications:
 - may red. appetite
 - unhealthy foods may have more flavor
 - spoiled food may be harder to detect
 - need for research on flavor "amplifiers"

Touch

- dec. w/ age
- aging may affect pain sensitivity
- elderly often deprived of the exp. of being touched

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Longevity Survey:

① Who took it?

② What did you learn?

③ What is the single most important thing you could do to increase your longevity?

Income & Health:

- lower income adults less healthy than those w/ higher income
 - living conditions
 - diet
 - health info.
 - less use of preventive health: dental care
 - Medicaid or uninsured
- women & minorities disproportionately represented among the poor

Disabling Chronic Illnesses:

- tend to occur earlier among minorities than among whites
- result in higher rates of hospitalization
- longer hospital stays
- shorter life expectancy
- minority older pop. w/ chronic conditions perceive themselves to be in poorer health than whites w/ same conditions. (might be due to their neg. outlook of life)

Caregiving: Future Demographics

DATE:

- 415
- more older pop will be caregivers of older relatives
 - problems include loneliness, loss of sleep, restriction of social life, & loss of freedom
 - quality of life most affected by loneliness → recent Swedish study

Effects on caregiver include:

- negative emotional reactions
- feeling of responsibility for the patient
- feeling of abandonment by fam.
- impact of caregiving on daily schedules

Most influenced by:

- patient's neg. beh.
- patient's neg. health
- caregiver's age
- caregiver's employment
- patient & caregiver emotional status

Frequently needed for:

- serious mental disorders
- HIV/AIDS
- developmental problems
- substance abuse etc.

In addition to caregiving, future planning needed:

- NAMI (nat. alliance for the mentally ill)
- AARP (american alliance for retired persons)

Caregiving can cause:

- stress & emotional strain
- isolation
- reduced sense of self-efficacy
- dec. in self-care beh.
- inc. alcohol use
- depression
- illness or death

Activities of Daily Living Scale:

> based on 6 criteria:

- ① bathing
- ② dressing
- ③ toilet use
- ④ transferring in-out of bed
- ⑤ urine/bowel
- ⑥ eating

TPA

TPA

TPA

Caregiver Burden Scale:

• assess subjective burden experienced by the caregiver

TPA

• subjective caregiver burden only partially reflects the objective burden of caring for the relative

> Social exchange theory:

- cost/benefits in human relationships
- rel. among generations affected by relative resources

> Reciprocity theory:

- fam. values & fam. cohesiveness are also important
- satisfaction is greatest when exchange is experienced as reciprocal

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• "in situ" provide services to elderly so they don't need to move out for new needs

• inc. the stock of housing that's appropriate for the elderly

> Univ. design features:

- no front steps
- entry way flush w/foyer
- wider doorways
- accommodate elevator/chair lift
- lever door handles - not knobs

