

LATE ADULTHOOD

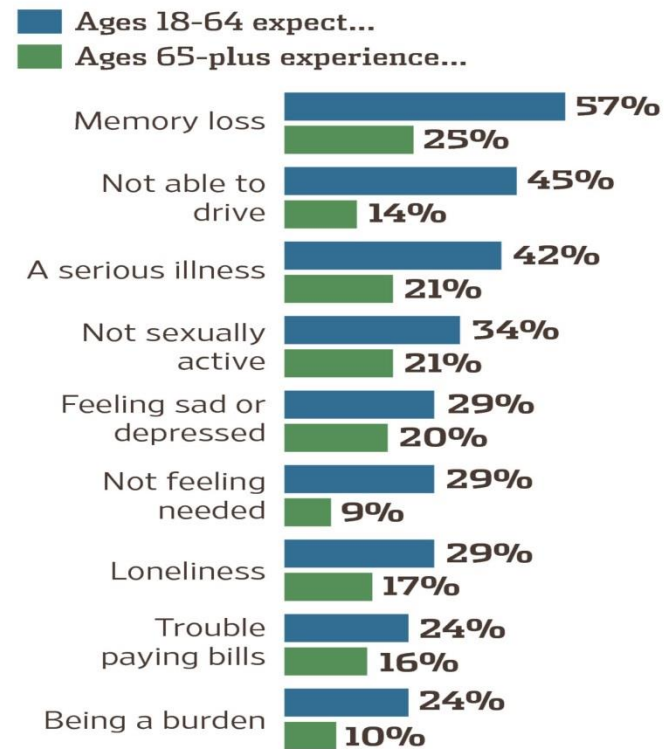
BIOSOCIAL AND COGNITIVE DEVELOPMENT

SENIOR CITIZENS: IMAGES?

Ageism?

Getting Older: Expectations vs. Reality


Many difficulties that younger adults expect to face in later life aren't affecting the vast majority of older Americans.



Source: Pew Research Center telephone survey of 2,969 adults, 2009; margin of error: +/- 2.6 percentage points

The Wall Street Journal


SENIOR CITIZENS: IMAGES?

- **Young – Old**
 - **Old – Old**
 - **Oldest – Old**
 - **Optimal aging, usual aging, impaired aging**
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THEORIES OF AGING

- **Wear – and – tear**
- **Cellular**
- **Genetic clock (Hayflick Limit)**
- **See handouts on telomeres**


COGNITIVE DEVELOPMENT / DECLINE

- **Working memory shows the most substantial declines with age in both storage and processing functions.**
 - **Long term memory generally remains intact unless the individual is exhibiting signs associated with dementia.**
 - **Dementia – pathological loss of memory (intelligence). Always important to compare with individuals of the same age.**
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CAUSES OF DEMENTIA

- **Can be caused by more than 70 diseases and circumstances.**

Most common causes:

- **Multi-infarct dementia (stroke)**
 - **Parkinson's**
 - **Multiple sclerosis**
 - **Pick's disease**
 - **Alzheimer's**
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ALZHEIMER'S STAGES

- 1. Begins with general forgetfulness and loss of verbal fluency. Stage may last a long time. May forget recent events or newly acquired information particularly the names of people or places. Forget where they just put something.**
- 2. Marked by general confusion & noticeable deficits in concentration and short term memory. Frequently ramble in conversation and mix up words. Incidence of forgetfulness becomes more rampant and personality changes such as withdrawal of spontaneous outbursts of tears or temper begin to occur. These are often more pronounced forms of long standing traits.**
- 3. Memory loss becomes dangerous and the person is no longer able to take care of basic needs (eg. forgets to turn off a lit stove or dress properly). Become increasingly irrational & irresponsible.**

ALZHEIMER'S

- 4. Individual requires full-time care. Cannot care for themselves, communicate clearly, or even recognize their closest loved ones. Speech is short and simple, cannot read, stares blankly at TV.**
- 5. Becomes unresponsive, recognizes no one, identity is gone.**

In general, death comes 10 to 15 years after stage one.

Early onset Alzheimer's, which has a genetic etiology, progresses much faster. These individuals may die within a year or two of diagnosis.

***Video clips associated with Alzheimer's amyloid plaques & tangles.**

DIAGNOSING DEMENTIA

Comprehensive Test Battery

- **Wechsler Adult Intelligence Scale**
- **Wechsler Memory Scale**
- **Additional neuropsychological tests**
- **Personality Tests (Minnesota Multiphasic Personality Inventory)**
- **Tests of adaptive behavior (Street Survival Skills Questionnaire)**
- **Sample case**

Roy Duhon