

I. THEORIES OF AGING

TERMS	DEFINITION
1. Geriatric	• "geras," meaning old age and "iatro" meaning relating to medical treatment • physiology of aging and with the diagnosis and treatment of diseases
2. Gerontology	• "gero," meaning related to old age, and "ology," meaning the study of • study of all aspects of the aging process
3. Gerontics	• the nursing care and the service provided to older adults
4. Chronologic age	• number of years a person has lived

CATEGORY OF THE AGING POPULATION

Age	Category
55 to 64 Older	Older
65 to 74 Elderly	Elderly
75 to 84 Aged	Aged
85 and older	Extremely Aged
Or	
60 to 74 Young-old	Young-old
75 to 84 Middle-old	Middle-old
85 and older	Old-old

ATTITUDE TOWARDS AGING

TERMS	DEFINITION
1. Gerontophobia	• fear of aging and the refusal to accept
2. Ageism	• disliking of aging and older adults
3. Age Discrimination	

MYTHS: OLDER ADULTS...

- Are pretty much all alike.
- Generally are alone and lonely.
- Tend to be sick, frail, and dependent on others.
- Are intellectually impaired.
- Suffer from depression.
- Become more difficult and rigid with advancing years.
- Can barely cope with the inevitable declines associated with aging.

FACTS: OLDER ADULTS...

- Are a very diverse age group.
- Typically maintain close contact with family.
- Usually live independently.
- May experience some decline in intellectual abilities, but it is usually not severe enough to cause problems in daily living.
- Generally have lower rates of diagnosable depression when they live in community settings, when compared with younger adults.
- Tend to maintain a consistent personality throughout the life span.
- Typically adjust well to the challenges of aging.

INTRODUCTION

- No single universally accepted definition of aging.
- Best looked at as a series of changes that occur over time, contribute to loss of function, and ultimately result in the death of a living organism
- **Maximal life expectancy = 120 years**