

Guided Reading Activity 5-2

KEY

Old Age

For use with textbook pages 137-143

Directions: Outlining Locate the heading in your textbook. Then use the information under the heading to help you write each answer.

ageism - prejudice or discrimination against the elderly

I. Old Age

A. Introduction

1. What is a common fear in our society? fear of dying
2. How does our society take a negative view of aging? negative age jokes, old products replaced by new ones / old workers replaced

B. Attitudes Toward Aging

10%

senile
do nothing

1. What is the decremental model of aging? physical and mental decline is inevitable with age
2. What are common misconceptions of young people about the old? all old people suffer health problems, live in poverty, frequent crime victims

C. Changes in Health

40%

1. What influences the health of older people? health earlier in life / eating habits / exercise
2. What is a chronic disease, and what are the most common chronic diseases? permanent disabilities / heart disease, hypertension, diabetes, arthritis

D. Changes in Life Situation

1. How do transitions between early adulthood and late adulthood vary? early - positive, deeper involvement (marriage, graduation, parenthood) / late - negative, more isolated (retirement, widowhood)

E. Changes in Sexual Activity

1. What factors influence the frequency and regularity of sexual activity in old age? availability of partners, frequency and regularity of sex in early-middle adulthood

F. Adjusting to Old Age

Social Security

1. What changes is society making to help people adjust to old age? changing attitudes with help of organizations like AARP (American Association of Retired People)

G. Changes in Mental Functioning

1. What is the difference between crystallized and fluid intelligence? crystallized - use prior knowledge in situations (↑ with age) / fluid - solve abstract problems and create hypotheses (↓ with age)
2. What are two forms of loss of mental functioning experienced by some older people? senile dementia - memory loss, forgetfulness, disorientation of time
Alzheimer's disease - forgetfulness, poor judgment, irritability, social withdrawal

4 million people