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Late Adulthood

Name

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Course

Instructor

Date

Late Adulthood

During late adulthood, cognitive thinking and abilities tend to decline, requiring eating a balanced and healthy diet, participation in social activities, keeping physically fit, and involvement in mind engaging games to be improved among the older people. Consuming a healthy and balanced diet improves mental health by reducing the risk of getting psychological disorders like Alzheimer's and dementia. On the same note, the combination of diet treatments of MIND and DASH helps reduce the rate of cognitive decline in aging adults. Similarly, participation in social activities like dance competition, keeping body fitness like regular physical exercise, and habitually playing mind-engaging games like crosswords and chess reduces cognitive decline during late adulthood. The events keep someone mentally fit since the mind is kept active. When the mind is kept active, it gets used to thinking through increased mental motivation to do so as the working mental memory and reasoning skills are improved. When the body is active and so is the mind, consequently improving cognitive abilities in older adults.

During late adulthood, the elderly might become more creative, musical, and spiritual than before because the elderly has passed production peak of their lives at this time of life. To continue being active, they find themselves so engaged in music, creativity, and spirituality. As a result, by engaging in creativity, the elderly tend to prolong their active and productive lives like they used to be before retirement. This is helpful to them because when they do creative works, they become active, happy, and in one way or the other, their creativity helps society. Those elderly who become more spiritual believe that because of their aging lives, they should be closer to their maker. Since they are nearing their deaths, and by so doing, they become psychologically relieved; the reason for their active participation in spiritual activities like singing in church and

doing charity works related to their respective spiritual subscription. Thus, their participation in these activities keeps their minds engaged and active and in the process, there is less stress to them, hence helping them improve their cognitive abilities.

The opportunities available for the elderly include group exercise classes, walking clubs, Wii classes, music therapy, pet therapy classes, live music concerts, jewelry making classes, and art classes. Among many opportunities the elderly benefit from when they are at educational centers for the elderly. The classes help the elderly have a sense of social connection, their skills' enhancements, and most importantly, help them in their cognitive improvement. Besides, the elderly tend to be lonely and socially detached from society. Therefore, to improve their conditions, the classes meet in a set up for their same age groups where they can interact and practice what art they love without any age barrier. Instead of staying in lonely homes, the classes fill the void for the elderly since they find a place where they can freely keep their minds busy and enhance their cognitive abilities. Something that also helps reduce the risk of getting psychological disorders.

Life review purposefully helps the elderly realize hope and start giving life a meaningful perception to value every little thing they have in society. Life review also helps older people be treated for depression and return to the normal way of life in society. For senior adults who have faced some challenges in life that have led them to stress and consequently depression may be the beneficiaries of life review. They are put into a robust therapeutic process to make them achieve peace and empowerment in their lives. Notably, life review revolves around life themes of childhood, adulthood, parenthood, and working period to make the senior citizens feel that even though they might be hopeless at a particular time, their lives can return to normal like the

period they perceived life to be perfect. They are taught that other people still look up to them as before, and therefore there is no need to give up.

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