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**Aging**

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## **Aging**

### **Question 1**

The way human senses (audio, eyesight, touch, aroma, and sensation) provide the body with information about the world changes with age. Human senses deteriorate, making it more difficult to notice small details. Sensory alterations might have an impact on a person's life. They can experience difficulty in communicating, enjoying activities, and participate in social engagements. In addition to that, isolation may result from sensory alterations. The senses take in data from the environment. Sound, light, scents, tastes, and touch can all provide information. Sensory data is transformed into nerve signals, which are then transmitted to the brain. The signals are transformed into valuable sensations, but the rate of transformation decreases with age.

Mechanisms inside the ear begin to change as people age, and their functions begin to deteriorate. In older people capacity to detect sounds deteriorates (Wu et al., 2020). They can also have trouble keeping their equilibrium while sitting, standing, or walking. Tinnitus (persistent, abnormal ear sounds) is another common ailment among the elderly. Tinnitus can be caused by wax buildup, drugs that harm ear tissues, or minor hearing loss (Wu et al., 2020). In addition to that, aging affects many aspects of the eye. Because the cornea is far less sensitive, injuries may go unnoticed. By the time a person reaches 60, their pupils may well have shrunk to nearly a third of their original size.

Darkness or intense light may cause the pupils to react more slowly. The lens turns yellow, loses flexibility, and gets slightly cloudy. The fat pads that support the eyes shrink, causing the eyes to sink deeper into their sockets. Eye muscles lose their ability to swivel the eye entirely. Also, tear production may be reduced in older eyes. This causes dry eyes, which can be

irritating. According to Peelle (2019), infection, inflammation, and corneal scarring can result if dry eyes are not addressed.

Regarding taste and smell, as people age, their taste buds decrease. Each remaining taste bud shrinks too. After the age of 60, one's sensitivity to the five tastes frequently begins to wane. In addition to that, due to old age, the mouth produces less saliva, resulting in dry mouth and impairing the sense of taste. Also, brain functions reduce with age. The brain interprets the type and amount of touch sensations. It also classifies the sensation as pleasant (comfortable warmth), unpleasant (extreme heat), or neutral (such as being aware that you are touching something). Senses may diminish or fluctuate as we age. Reduced blood supply to nerve endings, the spinal cord, or the brain can cause these alterations, especially among older people.

When working with the elderly, it is essential to be cognizant of their challenges and make appropriate accommodations that ensure sensitivity to their needs. For instance, the elderly need assistance when their senses are impaired. Understanding these impairments makes it easy to help them understand their surroundings by enhancing their therapy processes, assisting in physician visits, and the recovery process. Also, some technologies can aid individuals with declining senses. For instance, vision impairment can be treated via laser surgery, wearing contact lenses, or eyeglasses. Hearing aid and prosthetic technologies have come a long way, with gadgets that can boost hearing and are risk-free. In addition to that, whereas it is difficult to stop the natural deterioration of flavor and scent, it is essential to spice up meals and makes them more appealing. Flavoring meals using fresh herbs and spices rather than sugar and salt is recommended.

## Question 2

According to a report by The Guardian, older people are demonized (Hill, 2020). In an image appearing on the Guardian news website, four older women are shown sitting together, their hairs are white, and they hold walking sticks. The image is damaging because it is discriminatory and portrays older women as people who need assistance (Hill, 2020). In a society that negatively views grey hair, wrinkles, and sagging skins, the pictures portray the stereotypical nature of humans towards the elderly. Also, the picture is consistent with the traditional belief, where society ridicules, patronizes, and demonizes the elderly. According to a study of the facts, older adults are typically stereotyped as incompetent, unfriendly, or a burden on others. Negative views abound in employment, the health sector, and the media, with older persons experiencing double prejudice. In addition, stereotypes are much more detrimental in the care sector, with attitudes focused on death and advancing age regarded as a method of escalating ill-health (Hill, 2020). Also, the press is a significant promoter of adverse feelings, portraying aging as a catastrophe or a social problem, utilizing analogies like "grey tsunami," "generational cliff," and "demographic ticking time bomb" to describe the elderly population. Furthermore, senior citizens are often portrayed as desperados who unjustly consume too many of the country's resources (Hill, 2020). Despite the growing number of older citizens, the media has failed to change how they depict the senior generations.

Graham (2017) argues that perennial negative attitudes and beliefs about aging can be addressed, and it is essential to be conscious of inherent biases that are unquestioned thoughts occurring naturally. Because internal biases interact with beliefs that appear to contradict them, they can be harder to identify (Graham, 2017). For instance, somebody might feel intuitive that aging is unpleasant while still believing that society ought to do more to cherish older people.

This kind of contradiction may go unnoticed. It is essential to listen to spontaneous reactions to implicit prejudice. If you jump at the presence of creases in the bedroom mirror, for example, pay attention to your expression and ask yourselves, "What is troubling me about this?" Also, Stereotypes must be replaced. This requires becoming conscious of preconceptions and then changing actions based on them. Instead of thinking a person with a walking stick requires assistance, ask, "Do you want some extra help?" A question that acknowledges the dignity of the person. In addition, Graham (2017) argues that the more we learn about people, the less inclined we are to conceive them as a stereotyped group. It is vital to examine the details, and the obstacles older adults confront that are different from those faced by younger people and how they manage daily. One is also required to picture themselves in the shoes of the elderly. What it feels like being referred to as old or addressed as a disadvantaged group in the society. The move will enable individuals to experience what the elderly generation is experiencing, hence helping change their perceptions and the stereotypes about aging.

### **Question 3**

Successful aging is dependent on several factors and not just one element. According to Castel (2018), people are increasingly becoming apprehensive about getting old, and they want to understand what they should expect in old age. My learning partner believes that aging successfully necessitates concentration on what matters to an individual. Being able to accomplish what you desire in later life is a critical aspect of successful aging. While effective aging is one method of characterizing how sound people age, the idea of "meaningful aging" is another option of thinking about age effectively. Castel (2018) argues that successful aging does not entail "winners or losers" regarding health and wellbeing. However, instead, they should focus on what is essential to an individual, especially as they get old. In addition to that, as she

grows old, my partner looks forward to doing less and be energetic, yielding some aspects of control on her life while being conscious of others and being cognizant of the need to reconcile and build new relationships with people. In addition to that, my partner understands the consequences of these practices on aging and how they can lead to successful aging. In this perspective, my partner looks forward to finding a purpose and serenity in life for us to lead a successful aging life. Also, some changes are notable with aging. For instance, we do not remain the same as we age, which affects the longevity of life. My learning partner has noticed that people do not remain the same as they age because their significance in relationships with other people makes them susceptible. Also, people must be prepared to change to meet the needs of the situation. Cognitive strength changes as in old age, and people have to adjust their attitude to almost everything in life.

Moreover, Transgenerational or cross-generational relationships are essential because they can help people understand each other better, dissolve prejudices, and minimize bias and distress (Beaujouan & Solaz, 2019). The elderly and younger generations can interact in a manner that respects them as partners, establishes clear shared goals, encourages their equitable balance via practice, and emphasizes essential commonalities rather than differences. No one wishes to be stereotyped as a disgruntled, overthinking senior citizen. Having younger friends can help one see things from a different aspect. Understanding new concepts and making friends with the younger generation can help the elderly stay active and cheerful.

To sum it up, on average, women live longer than males practically all over the planet. Some believe that women have a higher average lifespan than men because men engage in more harmful activities and have more hazardous occupations, like serving in the military. That is not all. Women cope better than men and are more likely to visit a doctor and, as a result, are

diagnosed with health concerns earlier. Men find it hard to accept old age and still engage in sports activities, though their bodies cannot accommodate such activities, leading to them leaving a short life in old age.

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