

# [Gerontology review for exam 1](https://assignbuster.com/gerontology-review-for-exam-1/)

Gerontology Review for Exam 1 \* Define & distinguish it from other concepts (health & life expectancy) \* What does health incorporate — how do you determine difference btween health&wellness \* Health- presence or absence of disease — but not just absence — incorporated in wellness in making someone healthy \* Wellness- psychological and physical state of being healthy \* Active life expectancy & disabled life expectancy (dependent) \* Not just age they are talking about - how much time do you have left to live actively \* Active life — How much time do you have left to live actively \* Dependent- amount of time you live with a disability or limitation \* Gender & race — primarily life expectancy \* Men are more likely to suffer from acute or fatal conditions (heart attack) \* Heart attack/heart disease can be acute or chronic \* Women are more likely to have chronic conditions over time (osteoporosis) \* Men are more likely to have issues that kill you ! (Stroke, heart attack etc.) \* Dependency Ratios (aka support ratios) \* Those productive in society vs. dependent ones \* Has to do with taxes — how many people is the gov’t getting $$ from? \* Can the gov’t sustain people who aren’t working (especially those who are elderly or children) \* Dependent = people who aren’t in the work force & need to be supported \* Old age dependency ratios or children dependency ratios \* Memory, Intelligence & attention \* Can do cross sectional — look at the differences — can talk about age differences but can’t say they are due to age \* Longitudinal is better — but more $$ and time consuming — more fatalities or people die or move & lose contact (also can look at differences) \* Know all the memory & intelligence \* Test that measures certain cognitive ability — Stroop test specifically measures attention \* WAIS — Adult intelligence scale- older people do worse on performance scale (because nervous about getting answers wrong — intimidated specifically about timing) their oral skills stay the same. \* Intelligence — fluid & crystallized \* Memory — explicit & implicit \* Normal, optimal (successful) and pathological — don’t need to know specific details — know how to tell a difference between them \* Normal — have a certain amount of decline or can maintain but still have some type of decline \* Senescence — normal biologicalprocess usually at age 30 \* Pathological aging- certain amount of limitations placed on your normal activities or what you want to be doing \* Arthritis really isn’t pathological unless it really messes with your schedule \* DON’T NEED TO KNOW THE THEORIES — free radical, wear & tear \* Person environment perspective \* Diagram — whether they are adequately stimulated or not \* Needing assistance such as a ramp or rails in the home \* Public health issues \* Around the globe — what they are — pretty general \* From lecture — not from the video \* Global trends — people in less developed countries will have worse health than developed countries \* Nutrition, smoking & disability \*\*\*\* \* Developing countries are now dealing with obesity & starvation \* Understand trends in fertility rates don’t need specific # \* Remember 1 child policy in china \* Education & economic status in older adults (chap 4) \* More education and $$ they have the better health they have & they more satisfied you are with your health \* Morbidity — need to know what they are and how to distinguish between them \* Don’t need to know who came up with compression of morbidity \* What gerontology is & isn’t \* What ADL & IADL are & give the difference — which one is which \* History of development \* Differences in limitations among groups- measuring the things \* Demographic groups — gender, race, economic status \* Population pyramid- what affects pyramid \* Go over graphical presentations \* Don’t need to understand diff between the type graphically \* But have ageneral understanding of what affects the pyramid — look @ the graph in the book \* Understand health promotion with older adults — \* Understand causes of rise in older adults in the USA — goes back to understanding population pyramids \* Physical changes in aging —don’t need to know about hearing \* Know everything related disease too \* Review some cog functions- what you should expect to decline (no test on Alzheimer or dementia) \* Understand changes of the eye, diseases related (of all the parts) \* Body composition \* ALL TRUE FALSE MATCHING OR MULT CHOICE \* Understand changes in acute and chronic disease over time & individually (mostly found in the book) \* Health service utilization patterns 0 models (Health belief model) \*