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) *