

**Graphic Organizer Activity**

**5**

**Changes That Occur In Old Age**

Directions: As people age, they experience changes in at least four different areas of life. Complete the graphic organizer by listing in the first column four areas of life in which change may occur. In the second column, list examples of the kinds of changes that may take place as people age.

CHANGES THAT OCCUR IN OLD AGE	
Area of Life	Types of Changes
<p>Health</p> <p>(diabetes, arthritis, hypertension)</p>	<ul style="list-style-type: none"> <li>- influenced by health when younger</li> <li>- eating habits + exercise (not physical strength) affect it</li> <li>- 40% have chronic disease</li> <li>- 10% unable to care for selves (nursing homes)</li> </ul>
<p>Mental Functioning</p> <p>intelligence - crystallized - improves</p> <p>                  - fluid - declines (nervous system)</p>	<ul style="list-style-type: none"> <li>- less decline than most people assume</li> <li>- reaction time, visual motor acuity, memory retrieval often decline</li> <li>- small % develop senile dementia</li> </ul>
<p>Life Situation</p>	<ul style="list-style-type: none"> <li>- more isolated + lonely</li> <li>- fewer responsibilities</li> <li>- depression common (esp. after spouse dies)</li> <li>- many continue to learn new skills</li> </ul>
<p>Sexual Activity</p>	<ul style="list-style-type: none"> <li>- continues to be enjoyed</li> <li>- activity may decline (poor health not aging)</li> <li>- society may discourage</li> </ul>