

Know your seniors



Supporting elderly



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Course content



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Introduction & definition of ageing

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Challenges of ageing

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Social & physical changes

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The ABC of ageing well



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Unit 01

Upon completing this unit, you will be able to:

- Understand the concept of ageing
 - Define gerontology
- Understand how ageing is perceived around the globe
 - Learn about the life stages and theories
 - Define ageing



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What age is considered “old”?

Depending on who you ask, the definition of what **old** is can differ depending on the opinion and the age of the person being asked. Searching for what is considered “old” can seem irrelevant when you will always receive a subjective answer.



- The **World Health Organisation** believes that most developed world countries characterize old age starting at **60 years and above**.

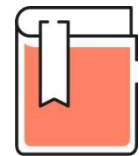


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Gerontology

Gerontology is the study of ageing processes and individuals across the life course. It includes:



The study of physical, mental, and social changes in people as they age



The investigation of changes in society resulting from our ageing population



The application of this knowledge to policies and programs



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Old age around the globe

- *Just under a decade ago in **Britain**, people believed old age started at 59. However, research undertaken in 2018 found that British people believed you were considered old at 70.*
- *In **America**, one researcher found that you are considered old at 70 to 71 years of age for men and 73 to 73 for women.*
- *A decade ago, **Turkey** considered 55 the beginning of old age, because the country's average life expectancy at the time was 72. Now, with an unexpected boom in people over the age of 65, you are considered old when you reach the age of 70.*
- *In **China**, the retirement age is 60 for men and 50 for female workers or 55 for female civil servants.*
- ***India** has one of the lowest retirement ages in Asia, with 58 considered the age to retire.*
- *In **Libya**, the retirement age was raised from 65 to 70 years.*
- *In **Australia**, the current retirement age is 67, however, that is expected to rise over the next few years.*

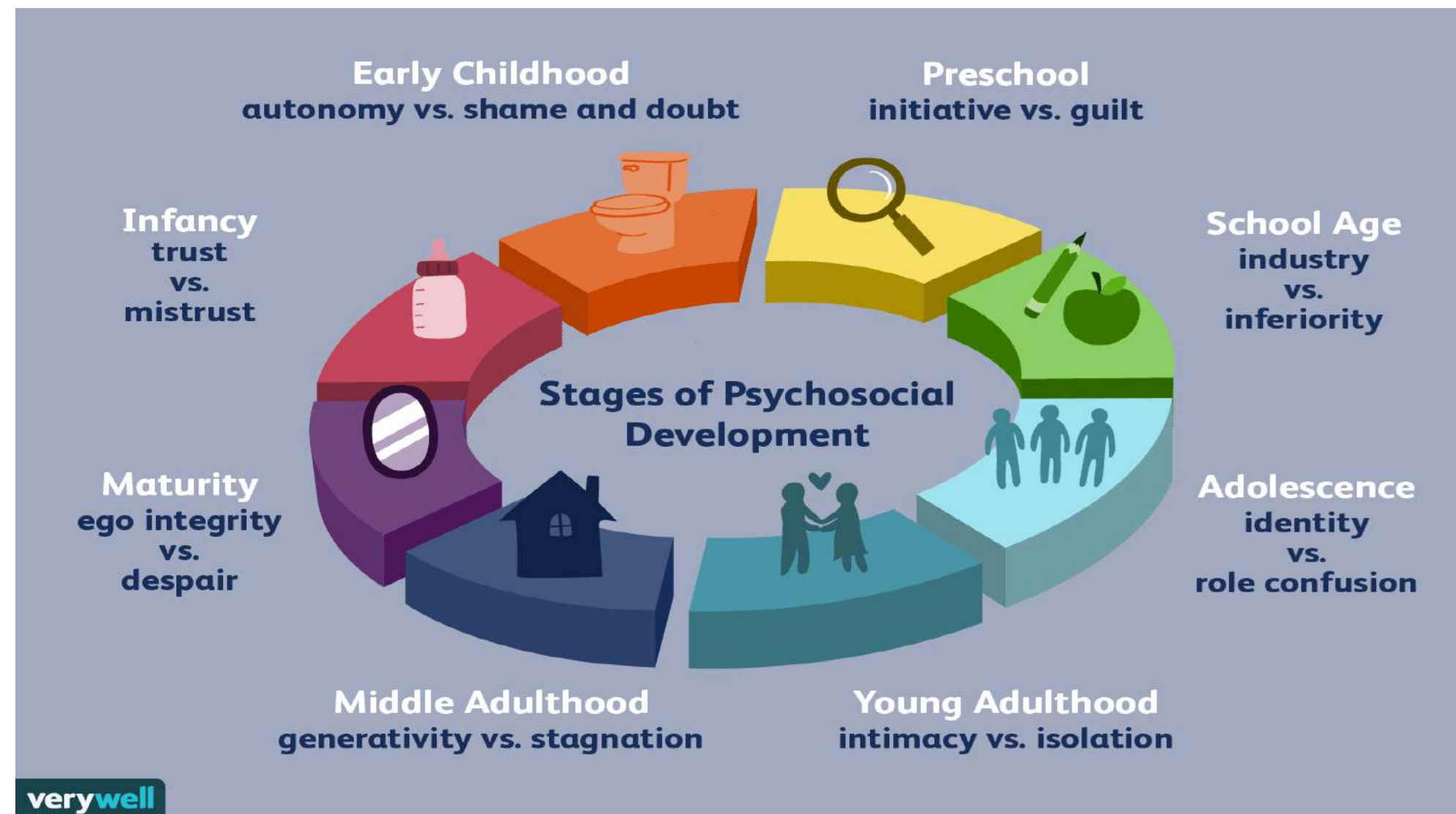


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Life stages theories

Erikson's stages of life theory is one of his most recognized models. He established 8 stages that presume a change or evolution in personal identity throughout the life cycle.



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Life stages



Infancy – Trust vs. Mistrust

- 0 to 1 year old;
- must develop attitude of trust towards their parents;



Early Childhood – Autonomy vs Shame & doubts

- 2-3 years old;
- forced to take steps towards their autonomy;
- will learn to eat, dress, and begin to oppose their parents independently.



Preschool – Initiative vs Guilt

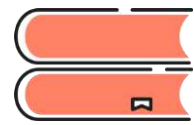
- 3-6 years old;
- takes the initiative to try to achieve personal goals;



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Life stages



School Age – Industry vs. Inferiority

- 7 to 12 years old;
- must learn to manage cultural tools while comparing themselves with their peers;



Adolescence – Identity vs. Role confusion

- during adolescence.
- a series of physical changes together with the appearance of new social demands;
- will cause confusion about roles and self-concept;



Young Adulthood – Intimacy vs. Isolation

- early adulthood or youth;
- must root identity to achieve a link with other people;
- must find bonds “among the rest of individuals” to achieve a fusion of identities while maintaining personal identity;



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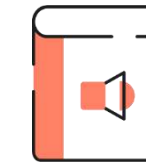


Life stages



Middle Adulthood – Generativity vs. Stagnation

- large part of average adulthood;
- must engage with others, with work, with children, thus achieving a productive life;
- the need to achieve a productive life protects them from stagnation and helps them move forward with their goals and intentions;



Maturity - Ego integrity vs. Despair

- late adulthood or old age.
- to achieve satisfaction with one's life, the individual must look back on and agree with the life decisions they have made;



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What is ageing?

Ageing is defined as "a continuous, universal and irreversible process that determines morphological, functional and psychological changes, which lead to a progressive loss of adaptability".



Characteristics of ageing:

- Universality
- Irreversibility
- Heterogeneity and individuality



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Why are we getting old?



The programmed theory

- Ageing by Program
- Gene Theory
- Autoimmune Theory



The damage or error theory

- Wear and tear theory
- Rate of living theory
- Cross-linkage theory



The free radicals theory



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What is like being old?

Generally, it can be said that an elderly person experiences a detriment of his or her body. All the functions and abilities he deployed during youth, which reached a peak degree of development in adulthood, begin to deteriorate. Thus, it is common for an old man to have difficulty scrolling and memory problems, for example.



Increased life expectancy and improved quality of life led to the growth of the number of elderly people worldwide in recent decades. Even if it is the final instance of life, the stage is no longer associated with passivity: on the contrary, it is attempted that elderlies maintain an active life within their means and that they are integrated into the community.



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Summary

What age is considered old?

The World Health Organisation believes that most developed world countries characterize old age starting at 60 years and above.



Life stages

According to Erikson's stages of life theory there are 8 stages that presume a change or evolution in personal identity throughout the life cycle.

What is ageing?

Ageing is defined as "a continuous, universal and irreversible process that determines morphological, functional and psychological changes, which lead to a progressive loss of adaptability".

Gerontology

Gerontology is the study of ageing processes and individuals across the life course.

Why are we getting old?

All scientific studies show that for ageing there is a genetic basis on which various external agents act, ranging from tobacco or alcohol to the most diverse pathologies, which shorten or accelerate ageing.



Thank You!



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