

# 11

## Human Development and Aging



## 1. Describe the stages of human development and identify common disorders for each group

Define the following terms:

### **premature**

the term for babies who are born before 37 weeks gestation (more than three weeks before the due date).

### **low-birth-weight**

babies who are born at full term but weigh less than five pounds.

### **birth defect**

a physical or structural defect that affects an infant from birth.

### **viral infections**

infections caused by a virus that can cause fever, runny nose, coughing, rash, vomiting, diarrhea, or secondary infections of the sinuses or ears.

## 1. Describe the stages of human development and identify common disorders for each group

Define the following terms:

### **bacterial infections**

infections caused by a type of bacteria that can cause fever, runny nose, coughing, rash, vomiting, diarrhea, or secondary infections of the sinuses or ears.

### **sudden infant death syndrome (SIDS)**

a condition in which babies stop breathing and die for no known reason while asleep.

## 1. Describe the stages of human development and identify common disorders for each group

### Infancy (Birth to 12 months)

- Infants grow and develop quickly
- Development is from head down
- Support head and don't encourage walking until infant is ready

## Key Material: 11-1: Infancy: Common Disorders

- Prematurity: Born before 37 weeks, weight 1-6 lbs.
- Low-birth-weight babies, full term but less than 5 lbs
- Birth defects
- Viral or bacterial infections
- Sudden infant death syndrome (SIDS)

## 1. Describe the stages of human development and identify common disorders for each group

### Childhood: Toddlerhood (Ages 1 to 3)

- Formerly dependent, now gaining independence and body control
- Learn to speak, gain coordination and bladder and bowel control
- Need to childproof the house for safety
- May have tantrums or whine to get their way

## 1. Describe the stages of human development and identify common disorders for each group

### Childhood: Preschool Years (Ages 3 to 5)

- More social relationships
- Play cooperatively and learn language
- Learn right from wrong

# 1. Describe the stages of human development and identify common disorders for each group

## Childhood: School-Age Children (Ages 5 to 10)

- Cognitive development (thinking and learning)
- Get along with others in peer group
- Develop a conscience and self-esteem



## 1. Describe the stages of human development and identify common disorders for each group

Define the following terms:

### **cognitive**

related to thinking and learning.

### **chickenpox**

a highly contagious, viral illness that is common among children.

### **leukemia**

a form of cancer in which the body's white blood cells are unable to fight disease.

### **child abuse**

physical, emotional, or sexual mistreatment of children.

### **child neglect**

the purposeful or unintentional failure to provide for the needs of a child.

## Key Material: 11-2: Childhood: Common Disorders

- Chickenpox
- Viral or bacterial infections
- Leukemia

# 1. Describe the stages of human development and identify common disorders for each group

Remember:

Measles, mumps, rubella, diphtheria, smallpox, whooping cough, and polio are no longer common due to vaccines.

## 1. Describe the stages of human development and identify common disorders for each group

Remember:

Child abuse refers to physical emotional, and sexual mistreatment of children, as well as neglect. HHAs must report any abuse or suspected abuse immediately to a supervisor.

## 1. Describe the stages of human development and identify common disorders for each group

Define the following term:

### **puberty**

the stage of growth when secondary sex characteristics, such as body hair, appear.

### **anorexia**

an eating disorder in which a person does not eat or exercises excessively to lose weight

### **bulimia**

eating disorder in which the person eats huge amounts of food or very fattening foods and then eliminates the food by vomiting, using laxatives, or exercising excessively

### **binge**

to eat huge amounts of food or very fattening food.

## 1. Describe the stages of human development and identify common disorders for each group

Define the following terms:

### **purge**

to eliminate food by vomiting or using laxatives, or by other behavior such as exercising excessively.

### **teenage pregnancy**

pregnancy that occurs during one's teenage years.

### **trauma**

severe injury.

### **menopause**

the end of menstruation; occurs when a woman has not had a menstrual period for 12 months.

## 1. Describe the stages of human development and identify common disorders for each group

### Preadolescence (Ages 10 to 12)

- Girls may reach puberty in later years of this stage
- Growing sense of identity
- Strongly identify with peers
- Relatively calm period
- Imaginary fears give way to fears based in real world

## 1. Describe the stages of human development and identify common disorders for each group

### Adolescence (Ages 12 to 18)

- Concern for body and peer acceptance
- Changing moods
- Need to express themselves socially and sexually



## Key Material: 11-3: Adolescence: Common Disorders

- Eating disorders (anorexia and bulimia)
- Sexually-transmitted infections (STIs)
- Teenage pregnancy
- Anxiety, depression, and suicide
- Trauma or accidental injury

# 1. Describe the stages of human development and identify common disorders for each group

## Young Adulthood (Ages 18 to 40)

- Select an education
- Select an occupation or career
- Select and live with a mate
- Raise children
- Develop a satisfying sex life

## 1. Describe the stages of human development and identify common disorders for each group

### Middle Adulthood (Ages 40 to 65)

- More comfortable and stable
- May have “mid-life crisis”
- Physical changes, such as wrinkles, gray hair, and menopause
- Need for exercise and proper diet

1. Describe the stages of human development and identify common disorders for each group

Define the following term:

**menopause**

the end of menstruation; occurs when a woman has not had a menstrual period for 12 months.

## 1. Describe the stages of human development and identify common disorders for each group

### Late Adulthood (65 years and older)

- Many physical and psychosocial changes
- Loss of physical health
- Loss of friends and jobs
- Many receive home care

## 2. Distinguish between fact (what is true) and fallacy (what is not true) about the aging process

Define the following terms:

### **geriatrics**

the branch of medicine that deals with the diagnosis, treatment, and prevention of disease in older and elderly adults, as well as problems related to aging.

### **gerontology**

the study of the aging process in people from midlife through old age.

### **ageism**

prejudice toward, stereotyping of, and/or discrimination against older persons or the elderly.

## Key Material: 11-4: Fact or Fallacy?

1. People over 80 years old cannot live by themselves
2. Most older adults are lonely and depressed
3. Older adults are not able to adjust to changes
4. Most older adults are ill or disabled in some way
5. Older adults can stay active by pursuing favorite hobbies
6. Good health can help older adults live independently
7. Normal changes of aging do not include diseases, disabilities, or dependence on others

## 2. Distinguish between fact (what is true) and fallacy (what is not true) about the aging process

Know these facts about aging:

- Older adults have many different capabilities
- Stereotypes are false.
- Older persons are usually active
- Aging is a normal process, not a disease
- Aging persons need to adjust to change
- They do not need to be dependent



### 3. Discuss normal changes of aging and list care guidelines

Define the following terms:

**osteoporosis**

a condition in which bones become porous and brittle, causing them to break easily.

**urinary incontinence**

the inability to control the bladder, which leads to an involuntary loss of urine.

**peristalsis**

muscular contractions that push food through the gastrointestinal tract.

### 3. Discuss normal changes of aging and list care guidelines

HHAs should understand the changes of aging and related care for each body system.

Changes in the integumentary system:

- Thin, dry, fragile skin
- Fatty layer lost
- Thin, gray hair
- Wrinkles appear
- Nails harder and more brittle

### 3. Discuss normal changes of aging and list care guidelines

Care of the integumentary system:

- Fewer baths
- Moisturizing lotions
- Less frequent shampooing
- Layering clothing
- Keeping bed linens wrinkle-free
- Encouraging fluids

### 3. Discuss normal changes of aging and list care guidelines

Changes in the musculoskeletal system:

- Weaker, less-toned muscles
- Brittle bones
- Stiff joints
- Loss of height

### 3. Discuss normal changes of aging and list care guidelines

Care of the musculoskeletal system:

- Preventing falls
- Encouraging self-care
- Assisting with range of motion exercises
- Promoting independence
- Exercising

### 3. Discuss normal changes of aging and list care guidelines

Changes in the nervous system:

- Loss of ability to think quickly and logically
- Loss of concentration and memory (improved by reminiscing)
- Slower responses and reflexes
- Changes in vision, hearing, taste, and smell

### 3. Discuss normal changes of aging and list care guidelines

Care of the nervous system:

- Keeping notes and lists
- Placing calendar nearby
- Reminiscing
- Allowing time for decision-making
- Allowing time for movement
- Encouraging mental activities

### 3. Discuss normal changes of aging and list care guidelines

#### Care of the nervous system (cont'd):

- Providing digital books or audiobooks
- Cleaning eyeglasses, hearing aids
- Speaking carefully but not loudly
- Facing client
- Encouraging mouth care
- Providing fresh foods
- Assisting with bathing
- Using safety measures to lower risks of burns and falls



### 3. Discuss normal changes of aging and list care guidelines

Changes in the circulatory system:

- Less efficient pumping of heart
- Decreased activity
- Need for more rest
- More sensitivity to temperature extremes

### 3. Discuss normal changes of aging and list care guidelines

Care of the circulatory system:

- Encouraging moderate exercise
- Assisting with range of motion exercises
- Encouraging slower movements (example: rise slowly and stand for a minute to prevent dizziness)
- Controlling temperature
- Wearing slippers or shoes and socks
- Using safety measures for loss of senses

### 3. Discuss normal changes of aging and list care guidelines

#### Changes in the respiratory system:

- Lung strength and lung capacity decreases
- Oxygen in the blood decreases
- Voice weakens

#### Care of the respiratory system:

- Encouraging more rest periods
- Doing moderate exercise
- Assisting with deep breathing exercises
- Limiting exposure to pollutants
- Sitting upright, rather than lying down

### 3. Discuss normal changes of aging and list care guidelines

#### Changes in the urinary system:

- Bladder muscle tone weakens
- bladder is unable to hold the same amount of urine (frequent urination)
- Susceptibility to infection

#### Care of the urinary system:

- Encouraging fluids
- Offering trips to bathroom
- Reporting urinary incontinence
- Maintaining cleanliness and giving regular skin care
- Keeping clients clean and dry

### 3. Discuss normal changes of aging and list care guidelines

#### Changes in the gastrointestinal system:

- Loss of appetite
- Changes in digestion
- Elimination difficulties

#### Care of the gastrointestinal system:

- Offering more fluids and nutritious meals
- Serving softer foods
- Making mealtimes enjoyable
- Offering bite-sized pieces
- Providing smaller meals
- Encouraging more fiber intake

### 3. Discuss normal changes of aging and list care guidelines

#### Changes in the endocrine system:

- Lower hormone levels (including poor pancreas function)
- Less able to handle stress

#### Care of the endocrine system:

- Regulate blood sugar with medication and diet
- Eliminating stressors and exercising

### 3. Discuss normal changes of aging and list care guidelines

Changes in the reproductive system:

- Menstruation ends
- Physical changes in sex organs (such as prostate and vagina)
- Sexual needs and desires do not necessarily change

Care of the reproductive system:

- Avoiding hot baths
- Providing privacy for sexual activity
- Reporting inappropriate behavior

### 3. Discuss normal changes of aging and list care guidelines

Changes in the immune and lymphatic systems:

- Weakened immune system
- Slow recovery rate
- Decrease in bone marrow activity and number of lymph nodes
- Decreased response to vaccines

Care of the immune and lymphatic systems:

- Washing hands often
- Keeping everything clean
- Providing proper nutrition
- Monitoring vital signs for signs of infection



### 3. Discuss normal changes of aging and list care guidelines

Define the following terms:

#### **disorientation**

confusion about person, place, or time.

#### **depression**

a mood disorder that causes withdrawal, lack of energy, and loss of interest in activities, as well as other symptoms.

### 3. Discuss normal changes of aging and list care guidelines

HHAs should observe and report these signs of psychological changes that can be related to aging:

- Disorientation
- Problems concentrating
- Depression
- Dementia
- Confusion
- Suicidal thoughts
- Insomnia
- Loss of appetite or overeating

### 3. Discuss normal changes of aging and list care guidelines

Signs of psychological changes (cont'd):

- Lack of attention to basic personal care tasks
- Pain, including headaches, stomach pain, and other body aches
- Moodiness or withdrawal
- Changes in appearance, speech, movement, and behavior
- Sleep disorders and emotional changes

### 3. Discuss normal changes of aging and list care guidelines

Lifestyle changes related to aging:

- Death of friends and relatives
- Loss of strength and stamina
- Fear of death, illness, or injury

Care:

- Listening and caring
- Ensuring safety

#### 4. Identify attitudes and habits that promote health

HHAs can promote health in older adults in these ways:

- Encourage clients to pursue activities they enjoy and can succeed in
- Help clients develop a routine for the day
- Encourage self-care
- Help clients to be well-groomed
- Address clients respectfully
- Respect the needs for privacy and social interaction

## ***Critical Thinking: Case Study***

Your client is an elderly woman who recently lost her husband and is being treated for severe depression.

Is this a normal part of aging?

What can you offer this client as a caregiver?

What observations should you watch for and report? Are there any community resources that would help her at this time?

## ***Critical Thinking: Case Study***

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*Hartman*