

GERIATRIC SOCIAL WORK

UNIT-1

PART-2





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COMMUNITY-BASE AND HOME-BASED CARE

Most of ill elder persons are living in the community not hospitals.

Community based care is more preferred because older people prefer to age in place.

Nurses in the home setting provide comprehensive assessment and care management.

They may provide of supervise care of elders with a variety of care needs Including chronic wounds, intravenous therapy, tube feeding, unstable medical conditions, and complex medication regiments.

Examples nursing homes, retirement communities, residential care facilities, day health programmes



THEORIES OF AGING

BIOLOGICAL THEORIES

Genetic mutations occur and accumulate with increasing age, causing cells to deteriorate and malfunction. In particular, damage to mitochondrial DNA might lead to **mitochondrial** dysfunction. Therefore, aging results from damage to the genetic integrity of the body's cells.

- address the anatomic and physiologic changes occurring with age.





Free Radical Theory

Free radicals are byproducts of fundamental metabolic activities within the body. Free radical production can increase as a result of environmental pollutants such as ozone, pesticides, and radiation.

Normally, they are neutralized by enzymatic activity or natural antioxidants. If, however, they are not neutralized, they may attach to other molecules.

These highly reactive free radicals react with molecules in cell membranes, in particular cell membranes of unsaturated lipids such as mitochondria, lysosomes, and nuclear membranes.



Cross-Linkage Theory

The cross-link theory of aging hypothesizes that with age some proteins become increasingly cross-linked or enmeshed and may impede metabolic processes by obstructing the passage of nutrients and wastes between the intracellular and extracellular compartments.

According to this theory, normally separated molecular structures are bound together through chemical reactions.

Primarily this involves collagen, which is a relatively inert long-chain macromolecule produced by fibroblasts..

As new fibers are created, they become enmeshed with old fibers and form an actual chemical cross-link.





THE NEUROENDOCRINE THEORY

The neuroendocrine theory examines the interrelated role of the neurologic and endocrine systems over the life-span of an individual.

The neuroendocrine system regulates and controls many important metabolic activities.

It has been observed that there is a decline, or even a cessation, in many of the components of the neuroendocrine system over the life span.

The reproductive system, and its changes over the life of an individual, provides an interesting model for the functional capability of the neuroendocrine system.

Research has shown that there are complex interactions between the endocrine and the nervous systems.

It appears that the female reproductive system is governed not by the ovaries or the pituitary gland but by the hypothalamus.



DISENGAGEMENT THEORY

When the disengagement theory was introduced by Cumming and Henry in 1961, the theory sparked immediate controversy.

These two theorists viewed aging' as a developmental task in and of itself, with its own norms and appropriate patterns of behavior.

The identified appropriate patterns of behavior were conceptualized as a mutual agreement between older adults and society on a reciprocal withdrawal.



DEVELOPMENTAL TASK THEORY

With one group of theorists proposing the concept that older adults need to disengage from society, other sociologists proposed that people needed to stay active if they are to age successfully.

In 1953, Havighurst and Albrecht first proposed the idea that aging successfully meant staying active.

It was not until 10 years later that the phrase "activity theory" was actually coined by Havighurst and his associates (Havighurst, Neugarten, Tobin, 1963).

Activity is viewed by this theory as necessary to maintain a person's life satisfaction and a positive self-concept.

By remaining active, the older person stays young and alive and does not withdraw from society because of an age parameter.

Essentially, the person actively participates in a continuous struggle to remain "middle-aged."



PERSON-ENVIRONMENT FIT THEORY

One of the newer aging theories relates to the individual's personal competence within the environment in which he or she interacts.

This theory was proposed by Lawton (1982) and examines the concept of interrelationships among the competencies of a group of persons, older adults, and their society or environment.

Everyone, including older persons, has certain personal competencies that help mold and shape them throughout life.

Lawton (1982) identified these personal competencies as including ego strength; level of motor skills, individual biologic health, and cognitive and sensory-perceptual capacities.

All of these help a person deal with the environment in which one lives.





ROLE AND FUNCTIONS OF GERONTOLOGIST

A gerontologist studies the physical, cognitive, social, emotional, psychological, and societal effects of the aging process on the human body.

The field is often mistaken for geriatrics, which focuses on the various medical phenomena associated with the aging process. Gerontology, however, is multidisciplinary.



