**Unit 4 Answer plan**

**P5 Assessment Criteria**

Heading: The physical and psychological changes which may be associated with ageing

***Physical changes to be covered in your answer***:

1. Hormones; menopause;
2. Cardiovascular system, eg atherosclerosis, coronary heart
3. disease;
4. Respiratory system, eg emphysema, chronic obstructive pulmonary disease;
5. Nervous system, eg motor neurone disease, degeneration of the sense organs, degeneration of the nervous tissue, cognitive changes;
6. Muscular-skeletal, eg rheumatoid arthritis, osteoarthritis, effects of degenerative disease, muscle wasting due to poor absorption of nutrients;
7. Skin, eg loss of elasticity, effects of exposure to ultra violet rays, effects of smoking;
8. The effects of illnesses that are more common in ageing

***Psychological changes to be covered in your answer* :**

1. Effects on confidence;
2. Effects on self-esteem;
3. Effects of ageism;
4. Effects of, eg role changes, loss of a partner, retirement, increased leisure time, financial concerns, culture, religion, beliefs

**Explain** each of the physical & psychological changes (in the list above) that may occur and the effects of these changes (any person, not your celebrity).

For example, changes to the skin and the development of wrinkles. **How and why** does the skin change as people grow older? What causes the changes?

Cardiovascular system, eg atherosclerosis, coronary heart disease. How and why does these changes occur? What causes the changes?

M3 **Discuss** the effect may these physical changes have on the individual’s **confidence and self-esteem**? How? Why?

Choose a range (at least 5) of **Physical changes** and focus on the impact of those changes on confidence and self-esteem.

For example:

Muscular-skeletal changes -What about loss of mobility due to conditions such as arthritis? How might they be affected in terms of confidence and self-esteem? What must it feel like when you can’t do the things you once could?

You then need to give some detail on Erikson’s ‘ego integrity’. You should have mentioned Erikson in assignment 1.

For example:

**Erikson’s ‘ego integrity’.**

**Stage: Maturity (65 to death)**

* **Basic Conflict:** [Ego Integrity vs. Despair](https://www.verywellmind.com/integrity-versus-despair-2795738)
* **Important Events:** Reflection on life
* Major Question: "Did I live a meaningful life?"

**Integrity versus despair** is the eighth and final stage of Erik **Erikson's** stage theory of psychosocial development. This stage begins at approximately age 65 and ends at death. Psychologists, counsellors, and nurses today use the concepts of Erikson's stages when providing care for ageing patients.

At the **integrity versus despair** stage, the key conflict centres on questioning whether or not the individual has led a meaningful, satisfying life. During the integrity versus despair stage, people reflect back on the life they have lived and come away with either a sense of fulfillment from a life well lived or a sense of regret and despair over a life misspent. Successfully resolving the crisis at this stage leads to the development of what Erikson referred to as [ego](https://www.verywellmind.com/what-is-the-ego-2795167) integrity. People are able to look back at their life with a sense of contentment and face the end of life with a sense of wisdom and no regrets. Erikson defined this wisdom as an "informed and detached concern with life itself even in the face of death itself."

Those who feel proud of their accomplishments will feel a sense of integrity. Successfully completing this phase means looking back with few regrets and a general feeling of satisfaction. These individuals will attain wisdom, even when confronting death.

Those who are unsuccessful during this phase will feel that their life has been wasted and will experience many regrets. The individual will be left with feelings of bitterness and despair.

Erikson's theory differed from many others because it addressed development throughout the entire lifespan, including old age. Older adults need to look back on life and feel a sense of fulfilment. Success at this stage leads to feelings of wisdom, while failure results in regret, bitterness, and despair. At this stage, people reflect back on the events of their lives and take stock. Those who look back on a life they feel was well-lived will feel satisfied and ready to face the end of their lives with a sense of peace. Those who look back and only feel regret will instead feel fearful that their lives will end without accomplishing the things they feel they should have.​