

MATURE ADULTHOOD NOTES OUTLINE

1. Old age consists of ages _____ or _____ the average life span of human beings, and thus the end of human life cycle.
2. Euphemisms and terms for older people include _____ or _____.
3. Significant factors in life expectancy include:
 - a.
 - b.
 - c.
 - d.
 - e.
 - f.
 - g.
 - h.
4. The longevity of today's population is _____.
5. _____ is the point where a person stops employment completely.
6. A critical step in retirement is adjusting to the _____ it brings.
7. Social security is funded through payroll taxes and called _____.
- The money paid into the system by people _____ in he work force is being used to pay for current retirees ad qualified recipients.
8. _____ is a health insurance program for people 65 years of age and older.
 - a. Part A - _____ Insurance - pays for inpatient hospitalization, skilled nursing care, hospice and some home health care.
 - b. Part B - _____ insurance - pays for doctors' services, outpatient care, physical therapy, and some health care.

- c. Part C - _____ - expanded health care plan that some choose to pay for.
- d. Part D - _____ Coverage - Most people pay for a plan that meets their individual medication needs.
9. _____ is a joint and voluntary program between the federal _____ and the _____, with the mission to provide health insurance coverage to the nation's poor, disabled and impoverished elderly.
- Not all states offer the same _____.
10. As we grow older and become _____ citizens, we tend to _____ down our productivity, and explore life as a retired person.
11. _____ is feeling very bad or down - almost all of the time - for extended periods of time. This is *not* normal.
12. _____% of senior citizens who are successful in the completion of a suicide have seen a health professional within the last month prior to their death.
- Many seniors seek the assistance of others in their suicide attempts. This is called "mercy killing or _____."
- The highest suicide rate in any demographic group is the _____.
- The highest risk factors include being _____ or divorced, being _____, and being a _____.
13. Liver spots also known as _____ are flat brown spots on the skin, most noticeably on the hands and face. They are also known as _____.
14. Wounds occurring during old age require a _____ period of time for healing.
15. A _____ is a common but harmless skin growth involving the epidermis and dermis.
16. _____ gives the skin elasticity

17. _____ give the skin its strength.
18. _____ is the normal hardening and drying of aging skin.
19. _____ fat is the innermost layer of the skin and acts as a shock _____ and heat _____.
20. Elderly people are at higher risk of _____ and _____ due to some loss of the subcutaneous tissue.
21. The ABCDs of diagnosing _____, the worst type of skin cancer are:
- a.
 - b.
 - c.
 - d.
22. Elderly people often become very inactive and may develop _____ sores as a result. Also known as _____, _____ ulcers, or pressure _____.
23. More than _____ % of Americans have some gray hair by their _____th birthday.
24. _____ is a pattern of hair loss caused by hormones, aging & genetics.
25. _____ involves a receding hairline and thinning around the crown with eventual bald spots.
26. Age-related hearing loss is called _____.
27. _____ is the loss of normal control of the bowel or bladder.

28. Your bones reach maximum mass between the ages of _____ and _____. Gradual loss of density weakens your bones and is called _____.
29. _____ is a group of conditions where there is damage caused to the joints of the body. This is the leading cause of disability in people over the age of 55.
30. A small callus with a hard center surrounded by inflamed skin is called a _____.
31. A _____ is an abnormal, bony bump that forms on the joint at the base of the big toe.
32. A _____ is a toe deformity in which the toe becomes curled up like a claw.
33. _____ generally slows down, meaning that the body burns fewer calories.
34. Generally height increases until the late _____ then decreases about _____ inches by 80.
35. _____ are small protruding sacs of the inner lining of the intestine and is very common in individuals over 60.
36. There is a decrease in the secretion of _____ and digestive _____. A weakened _____ also increases risk of choking.
37. _____ are protrusions through a gap in the diaphragm muscle.
38. Sense of smell and tastebud sensitivity decreases, which may reduce _____.

39. Straining to eliminate feces puts a strain on the walls of blood vessels and may cause _____.
40. _____ arise from the increased cholesterol content of the gallbladder bile and are common in people over age 70.
41. The liver also shrinks during aging which decreases the rate of _____ of the blood supply creating a higher risk of drug overdose.
42. _____, _____, and macular degeneration are the most common problems of aging eyes.
- 43.
44. _____ is the progressive deterioration of a critical region of the retina called the macula.
45. _____ are a cloudiness or opacity in the normally transparent lens of the eye.
46. _____ is a group of eye diseases characterized by damage to the optic nerve usually due to excessively high intraocular pressure.
47. Most adults can keep their _____ teeth all of their lives. But with less _____ to wash away bacteria, teeth and gums become more vulnerable to decay and infections
48. Some older adults experience _____, or dry mouth.
49. _____ is when the gums begin to recede from the teeth. This is almost exclusively a disease of the older person.
50. Sexual interests last a _____, but needs, patterns, and performance may change due to _____ or _____ factors.

51. Sexual _____ is difficulty during any stage of the sexual act that prevents the individual or couple from enjoying sexual activity.
52. For women the most common dysfunction is vaginal _____.
For men it is usually erectile _____.
53. _____ is the time spend asleep compared to the time spent in bed.
54. _____ refers to breathing problems during sleep and is estimated to effect 1 out of every 4 people over age 60.
55. PLMD stands for _____ or restless leg syndrome and is twitching in the legs and sometimes arms during the night.
56. _____ is a chronic disease in which thickening, hardening, and loss of elasticity of the arterial walls result in impaired blood circulation. This can lead to _____, or high blood pressure.
57. Blood pressure of _____ over _____ is normal for adults.
58. The death of, or damage to, part of the heart muscle because the supply of blood to the heart muscle is called a _____.
59. Another name for a heart attach is (MIs) _____.
60. A _____ is the sudden death of brain cells in a localized area due to inadequate blood flow.
61. _____ affects 1 in 8 women during their lives. Men do get breast cancer although very rarely.

62. Treatments may consist of _____, _____, chemotherapy and/or hormone therapy. A _____ is surgery to remove a breast.
63. _____ cancer is the third most common cause of death from cancer in men.
64. _____, once called senility, is a loss of mental ability severe enough to interfere with normal activities of daily living. _____ is the most common cause of dementia.
65. Health care _____ provide light housekeeping and routine personal care services.
66. _____ aids (CNA), registered nurses, and social workers may provide routine blood pressure checks and assistance in taking medications.
67. When residents live in their own room or apartment within a building and have some or all of their meals together, that is considered a _____ facility.
68. A nursing home or skilled nursing facility, also known as a _____, is a type of residence for people who require constant nursing care.
69. _____ insurance is an insurance product sold in the US to help provide for the cost of long-term care.
70. _____, formerly the American Association of Retired Persons is a nonprofit, nonpartisan organization for people 50 and over and acts as an _____ for its members as one of the most powerful lobbying groups in the US.