

Behavior & Emotions of Aging

Here are some of the possible behavioral changes of older adults, reasons for the behavior and possible solutions or interventions.

1 DOES NOT WANT TO BATHE

Possible Reasons:

- Loss of sense of smell
- Change in body temperature
- Fear of falling in the shower
- Cannot get into the tub.
- May not care

Some Solutions:

- Provide an occasion to clean up.
- Install handgrips or bathtub seat.
- Be tactful but honest about the problem and discuss it.

2 WEARS THE SAME CLOTHES OVER AND OVER

Possible Reasons:

- Loss of sense of smell.
- No new clothes that fit.
- No occasions or need to dress differently.
- Clothes may be comfortable or associated with eventful memories.

Some Solutions:

- Provide occasions to wear different outfits.
- Compliment on appearance and apparel.
- Give new clothes as presents after asking what the person would like.
- Show real interest in the person.

3 KEEPS THE CURTAINS DRAWN AND THE HOUSE DARK

Possible Reasons:

- As vision decreases we notice fewer things.
- The person may have light sensitivity.
- May have a fear of "peeping toms".

Some Solutions:

- Suggest a visit to the eye doctor.
- Sunglasses or a visor may help.
- Understand the problem

4 CANNOT SLEEP AT NIGHT, WANDERS, KEEPS LIGHTS ON

Possible Reasons:

- Unable to reach deep sleep.
- May not feel exhausted at the end of a boring day.
- May fear falling in the dark, being alone, or dying.

Some Solutions:

- Plan more daytime activities.
- Place night-lights around the house
- Encourage the person or join them in relaxing before retiring.
- Increase daytime walking or other exercise.

5 TALKS ABOUT GETTING MARRIED

Possible Reasons:

- Loneliness.
- Need for companionship.
- Need for sexual activity.

Some Solutions:

- Provide real companionship, 24 hours a day if possible, for those who want it.

6 DRINKS CONSTANTLY OR TO EXCESS

Possible Reasons:

- Loneliness.
- Grief.
- Depressed reaction to changes
- Unable to deal with stressful situations.
- Alcoholism.

Some Solutions:

- Talk honestly about concern when the person has not been drinking.
- Suggest &/or provide social activities.
- Listen.
- Suggest counseling, help from Alcoholics Anonymous, and/or a minister.
- Make a change in scenery or situation.

7 REPEATS THE SAME STATEMENTS AND STORIES

Possible Reasons:

- May not hear well enough to participate in a conversation.
- Does not remember or realize the repetition.
- The statement or story makes a point and communicates what the person wants to say.

Some Solutions:

- Investigate hearing loss and make special efforts to include the person in conversations.
- Listen for the point of the story or statement.
- May reflect anxiety, good self-esteem, or the importance of former activities.
- Be reassuring.
- Build self-esteem.
- Encourage important activities in the present.
- Be understanding.
- Do not argue.
- Re-direct or distract to another conversation or activity.

Aging And Behavior

PT Brinkman



Aging And Behavior:

Reviewing **Aging And Behavior**: Unlocking the Spellbinding Force of Linguistics

In a fast-paced world fueled by information and interconnectivity, the spellbinding force of linguistics has acquired newfound prominence. Its capacity to evoke emotions, stimulate contemplation, and stimulate metamorphosis is really astonishing. Within the pages of "**Aging And Behavior**," an enthralling opus penned by a highly acclaimed wordsmith, readers set about an immersive expedition to unravel the intricate significance of language and its indelible imprint on our lives. Throughout this assessment, we shall delve into the book's central motifs, appraise its distinctive narrative style, and gauge its overarching influence on the minds of its readers.

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