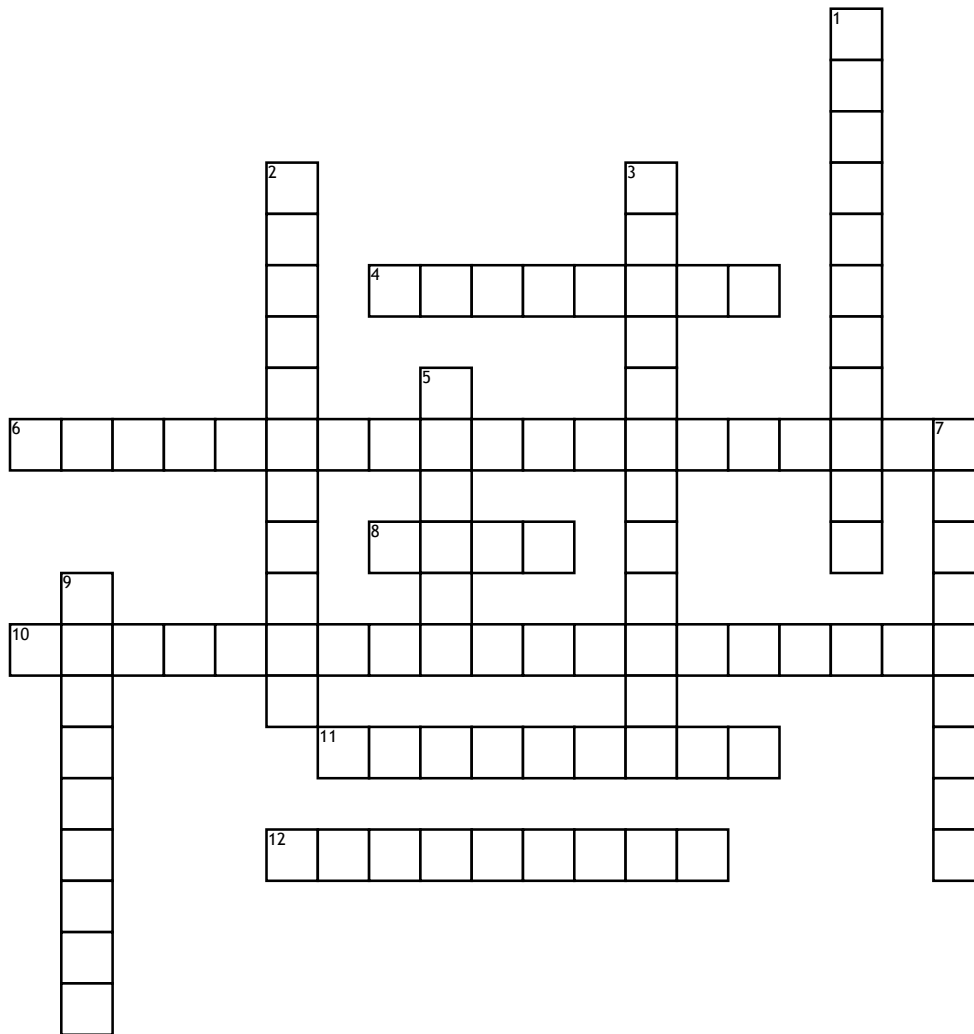


Psychological Aspects of Aging



Across

- 4. A label often used to inaccurately describe specific psychosocial disorders that elders may be dealing with.
- 6. An elder person copes with physical illness through a _____.
- 8. The number of stages in the grieving process.
- 10. Results when the elder believes a situation is permanent, and then depression and a marked lack of self-esteem follow.

- 11. _____ mobility, strength, and flexibility may lead to better overall health, a decrease in fall risk, and may hold off the need for long-term care.
- 12. The _____ of an elder should not be underestimated.

Down

- 1. COTA's can empower elders by creative problem-solving to assist the elder in being as _____ as possible.
- 2. Rigid concepts, exaggerated images, and inaccurate judgements used to make generalizations about groups of people.

- 3. The _____ varies with each individual and each person has different perceptions about it.
- 5. Staying _____ is a key to healthy psychological aging.
- 7. Elders often must deal with major life crises such as retirement, physical illness, loss of spouse and economic changes. These are called _____.
- 9. COTA's must consider the ways various life events affect elders to understand what motivates certain _____.

Word Bank

- | | | | |
|---------------------|--------------|---------------------|-------------|
| Behaviors | stereotypes | psychosocialprocess | active |
| Increased | agingprocess | five | senility |
| learnedhelplessness | potential | stressors | independent |