Elderly People Independence

Name of Student

Affiliations

**Old Age Stewardship**

The focus of this essay will be specifically on older church steward. A steward main responsibility is handling of practical things. Such as taking care of visiting preachers, handling of announcements and offerings. Apart from that, he/she also focuses on promoting unity and hunting talent among preachers to encourage their involvement. For older adult stewardship can be defined by serving their lives, time, guidance, care, advice, interests, faith, and prayer to meet the new generations’ needs (Cho, 2005). A steward can be as free as anyone else. The church doesn't force him to do anything. Older adults with more experience and knowledge of their local community can perform this duty better. The age doesn't have any effect on the performance of duty. An old steward is regarded as the main power of a church. Jesus Christ calls everyone to be a follower or believer of God. He doesn't put boundaries of age or color or gender on them.

 Independence in older adults can be defined in terms of maintaining physical and mental capacities (Hillcoat-Nallétamby, 2014). In a church with social interactions, people tend to find happiness and calmness. An older steward can make their own decisions and do what pleases them. Another way freedom can be defined as access to resources in order to fulfill their needs. Being an old church, steward can't guarantee that. It is one way in which a church can subdue your sense of freedom. Seniors usually rely on their savings and pensions without any new income that is one area in which church cannot provide help to them.

The function and freedom of an old adult steward are correlated to each other. A steward at an old age who is lacking the energy and physical strength can certainly devote his vision, love, and support to the younger generation. He can provide guidance and career path to many young people and can have freedom in the form of self-satisfaction and proud feelings.

**Theory of Independence**

Growth in the number of older adults is increasing day by day. In 2014 the percentage of people aged 65 or more was 14.5%, but this figure is expected to reach 23.5% by 2060 (Ortman, 2015). The theory of independence for older people is physical and mental freedom; a sense of independence can be achieved through socializing and interactions. These interactions can be in the form of connecting with your loved ones in your family or socializing in the community. As people get old, they observe more, pay attention to details more, and feel emotions more. Old people who live on their own in houses have a higher feeling of isolation. For mental health to safeguard, they need to experience the presence of other people around them in the form of friends or family. Their independence and freedom from isolation can be achieved through social and emotional support.

Independence has many implications for old people, but certain things are common across society. Having a helping hand, friends, and family and preserving physical and mental capacities through them. The life of elderly people mostly revolves around autonomy, extra care, independence, and socializing.

This type of independence can be achieved by communicating and socializing in churches and old care centers (“Aging Well,” n.d.). Where there is a similar type of people that can share their experiences. Nursing students or staffs in hospitals also have the duty and responsibilities to provide that support and help whenever they need it. The experience that health staff can provide should be real rather than ideological. A good nursing responsibility is to provide people support so that they can feel more valued. They should make him feel free from social violence and insecurities.

**References**

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