Discussion

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# Discussion

 People in their late adulthood prefer mostly to live in the same residence in which they had spent most of their lifetime. The continuity theory can best explain this tendency in the older adults. Continuity theory states that aging adults view their future as an extension of their past, and prefer to keep up a consistency between the two (Berk, 2018). Aging adults want to continue engaging in similar activities which they had pursued in their past. This way they strive for integrating changes happening to their old age and ensure their past, present, and future to be coherent with each other. Individuals develop bonds with their relatives, neighbors, and friends over their life spans, and disapproving the option of alternative housing in the old age is due to the intention to continue living with the same people and doing the same things as they used to do in earlier age.

 Psychological wellbeing of an aging adult determines the extent to which he or she will remain positive and active. Anxiety and depression in late adulthood can be caused due to lack of proper social support that may involve excessive amounts of help, ignoring that self-efficacy of the individual is being disturbed by it (O' Shea et al., 2017). A decline in physical health can lead to anxiety and depression. The highest rate of suicidal attempts in adults aged 85 or more suggests that physical health has a strong relationship with the mental health. Negative life changes increase the risk of getting stressed and depressed in the adults.

 Group therapy is effective for the treatment of several psychological concerns of late adulthood. Individuals discuss openly with one another and learn and adapt from others. Reminiscence is a common old-age concern that can create anxiety and depression in individuals for dwelling on the painful past experiences (Berk, 2018). The therapists should encourage the participants of the group to recall their best memories that will have positive effects on their mental state. The therapists need to engage the participating older adults in sharing their happy memories for the collective benefit of them.

References

Berk, L. E. (2018). *Development through the lifespan*. Pearson.

O’ Shea, D. M., Dotson, V. M., & Fieo, R. A. (2017). Aging perceptions and self‐efficacy mediate the association between personality traits and depressive symptoms in older adults. *International Journal of Geriatric Psychiatry*, *32*(12), 1217–1225.