Discussion 3

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Author Note

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## Discuss the modalities of reminiscence and life review and the significance of the life story of an elder.

The life story of an elder is like a road map for learning how to live a great life. Morrie is a man that is full of life even as a 78-year-old. He loved to dance, spend time with his students and enjoyed living life. He says that reminiscing about the time when one was young is not bad, as long as people do not stop and start believing that aging is just decay. As Morrie puts it, there is a time to be 22 and then there is a time to be 78. The elders around us are a living breathing story and a manuscript on how to live life. Benefiting from it will only be in our best interests (Scheidt, 2015).

## What inference can you make to improve effective communication strategies for older adults with speech, language, hearing, vision, and cognitive impairment?

Older adults have lived a robust life. They remember what it was like to be in complete control of one’s own mind and body and make decisions based on one’s whims, likes, and dislikes. Thus, when people become old and are not capable of being their complete self, it is essential that the people around them help them adapt to their new reality without making them feel lesser than a person (Guthrie et al., 2018). They should work with the right body language, be extremely patient with seniors and show them the respect that they deserve without fail. They should be sincere in their approach and be an active listener, trying to be of help wherever they can be.

## Identify the impact of culture and family values in providing quality care for older persons.

Older people are usually at an age where they would much prefer surrounding themselves with family members. They would love to spend their days surrounded with people they consider a part of their lives and hold dear. This includes the things that remind them of the life they have once lives and the people that they shared moments with. Thus, by giving them the love, the care and the attention they need, both through family, friends and the things that remind them of a well-lived life they have lived would bring them a sense of peace and comfort that can follow them into the next step of life (Pharr, Dodge Francis, Terry, & Clark, 2014).

**References**

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