My Observation

 [Institutional Affiliation(s)]

Author Note

# My Observation

## What is my level of comfort in discussing Psychosocial issues with an older adult?

I do not feel comfortable discussing psychosocial issues with older adults because these are some sensitive matters to be discussed. I belong to a family in which the age gap is always maintained. I feel reluctant in discussing the topics, such as death, terminal illness, suicide because they may be worried as well as emotional for their families which they would have to leave behind.

Furthermore, I feel difficult to discuss alcoholism, sexuality, abusive relationship and gender roles. This is because older adults in my family have an old-fashioned and conservative mentality. Comparatively, it is easy to an argument with the person, especially the female of my age than male. To me, gender equality is for everyone either single, divorced, and living together in a same-sex or heterosexual relationship.

## When I was growing Up?

As I grow up, I realized that older adults are always treated with great care, love, respect, and dignity, are greatly valued and are not supposed to send to nursing homes. Moreover, older adults are viewed as wise and people often seek guidance from them. However, I feel bad to tell that adults with mental or emotional disorders are more considered as a burden (Jaggard, 2018). My parents always admire the sacrifices of my grandparents and use the words of esteem for them. They always teach me to love and respect them.

## What Experiences Have I had with older Adults?

I have had experiences with my grand-father, and grand-mother Filipino background with strong spiritual and religious beliefs. I always found it difficult to talk to them on issues regarding gender-roles. I also experienced to communicate with older adults belonged to American families with modern thoughts and I experienced that it's easy to discuss psychosocial issues with them. Moreover, I also experienced interaction with adults who were mentally impaired and emotional. I feel that regardless of their cultural background and physical functioning, they deserve more respect and care.

# References

Jaggard, P. (2018). Are Older Adults a Burden? *Caring for the Ages*, *19*(2), 18. https://doi.org/10.1016/j.carage.2018.01.014