Health and Wellness Throughout the Lifespan

Counseling and Mental Health
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Human Development – Infancy to Geriatrics
Erik Erikson’s Stages of Psychosocial Development

- Early infancy
- Later infancy
- Early childhood
- Later childhood
- Puberty and adolescence
- Early adulthood
- Middle adulthood
- Later adulthood
Early Infancy
Later Infancy
Early Childhood
Later Childhood
Puberty and Adolescence
Late Adulthood
Geriatrics

Medical conditions the aged may encounter are:

▪ Arthritis
▪ Cancer
▪ Diabetes
▪ Heart disease
▪ Sinusitis
▪ Uncontrolled hypertension
Health and Wellness for Early Infancy through Early Childhood

It is the parents’ responsibility to ensure a healthy environment for a child. The wellness of the child will reflect the growth and development of the child.
Nutrition and exercise are important for children to continue to grow and develop properly.
Health and Wellness for Puberty and Adolescence

Refer to ChooseMyPlate.gov for recommendations. Adolescent individuals should:

- Avoid oversized portions
- Make half of a plate filled with fruits and vegetables
- Drink plenty of water
- Exercise
Health and Wellness for Early Adulthood

- Avoid drugs and alcohol
- Participate in physical activity on a daily basis
- Eat balanced meals
Health and Wellness for Middle Adulthood

The USDA Food Patterns suggest that people over 50 years old keep an eye on calories while choosing a variety of healthy foods from the five major food groups and limiting solid fats and added sugars.
Health and Wellness for Later Adulthood

Most nutritionists recommend a well-balanced, low-fat diet for older adults and at least 30 minutes of physical activity.
Senior Health

(click on picture)
Psychological Effects of Aging

The physical and mental health of the aged is a growing concern to the medical community.
What is stress?
Stress Management Techniques
Review

- How would you explain Erik Erikson’s concept of personalities on psychosocial development?
- How would you compare and contrast early childhood and later childhood psychosocial development?
- How would you compare and contrast early adulthood and later adulthood psychosocial development?
- What are five health and wellness tips for individuals over the age of 50?
- What approach would you use to reduce the level of stress in older adults?
References and Resources

Images:

- Photos obtained through a license with Shutterstock.com™.

Textbook:


Websites:

- Adolescent Development
  University of Maryland Medical Center. Information on adolescent development.
  http://www.umm.edu/ency/article/002003.htm

- Centers for Disease Control and Prevention
  Easy-to-read schedules for all ages to print, tools to download and ways to prepare for your office visit.
  http://www.cdc.gov/vaccines

- ChooseMyPlate.gov
  ChooseMyPlate.gov provides practical information to individuals, health professionals, nutrition educators and the food industry to help consumers build healthier diets with resources and tools for dietary assessment, nutrition education, and other user-friendly nutrition information.
  http://www.choosemyplate.gov/index.html

- HealthyPeople.gov
  Healthy People provides science-based, 10-year national objectives for improving the health of all Americans.
  http://www.healthypeople.gov/2020/leading-health-indicators/2020-lhi-topics/Mental-Health/data

- Helpguide.org
  Stress symptoms, signs and causes.
References and Resources

- **Infants and Toddlers**
  Source: Centers for Disease Control and Prevention
  Parent information regarding milestones and schedules in children.
  http://www.cdc.gov/parents/infants

- **Middle Adulthood: Physical and Cognitive Development**
  Source: Development Across the Lifespan, 3rd ed.
  Developmental stages in middle adulthood.
  http://blue.utb.edu/ecantu/Psyc%202314/Feldman3Notes/MiddleAdultPhysCogFeldman3Notes.htm

- **National Institute on Aging (NIH)**
  The nation’s research activities dedicated to understanding the nature of aging, supporting the health and well-being of older adults, and extending healthy, active years of life for more people.
  http://www.nia.nih.gov

- **U.S. Department of Commerce**
  Economics and Statistics Administration
  U.S. Census Bureau

**YouTube™:**

- **NIH Senior Health**
  Seniors can find answers to their medical questions from the comfort of their own homes.
  http://nihseniorhealth.gov/vedioelist.html

- **Nutrition for the Middle Aged Adult**
  Learn how to make healthy food choices.
  https://youtu.be/Fx-xrflU9Wk