

# Angela Kydd Clinical Professor in Nursing

Robert Gordon University and NHS  
Grampian, Aberdeen, UK

[a.kydd@rgu.ac.uk](mailto:a.kydd@rgu.ac.uk)

## AGEING AND CARE



This project has received funding from the European Union's Horizon 2020 research and innovation programme under the Marie Skłodowska-Curie grant agreement No 764632



Marie Skłodowska-Curie  
Actions

# Learning Outcomes

## **Lecture: Angela Kydd**

- ▶ To gain a critical overview of the theories of loss and bereavement, Erikson's life stages, emotional labour and transition in later life

## **Workshop: Abodunrin Aminu and Ghulum Nasir**

- ▶ To critically discuss three life changing scenarios with reference to individuals managing life transitions
- ▶ To critically evaluate the reasons why people do or do not adapt to life affecting changes
- ▶ To promote critical debate on the plasticity of ageing

# The Seminar and Workshop

## The Seminar

- ▶ Old Age and Life Transitions

## The Workshop

- ▶ Transitioning from a partner to a carer,
- ▶ Living at home with informal /formal care support,
- ▶ Transitioning from home to a nursing home



Marie Skłodowska-Curie  
Actions



# Old Age

William Osler (1849-1919)

'He who studies medicine without books sails an uncharted sea, but he who studies medicine without patients does not go to sea at all.'

'Listen to your patient, he is telling you the diagnosis,'

'the effective, moving, vitalizing work of the world is done between the ages of twenty-five and forty' ...downhill from then on



Marie Skłodowska-Curie  
Actions



# Who are the oldest old?

How old will you be when you are old?

Do you want to live to be 100?



Marie Skłodowska-Curie  
Actions



# Do you want to live to be 100?

Karpinnen et al (2016) sent out a postal questionnaire to 1,405 community dwelling people aged 75-96.

Open ended question on reasons why/not people wanted to live to be 100

32.9% wanted to live to be 100

Older, mostly male and self rated health as good



Marie Skłodowska-Curie  
Actions



# Do you want to live to be 100?

- ▶ Desire for long life was provisional ('if I stay healthy')
- ▶ Curious to see what would happen
- ▶ Loved life

# Do you want to live to be 100?

- ▶ 66.1% did not want to live to be 100
- ▶ Become disabled
- ▶ Life would be meaningless
- ▶ Burden to others
- ▶ Loss of independence
- ▶ Loss of autonomy
- ▶ Pain
- ▶ Loneliness



# Conclusions

- ▶ Curious, optimistic, humorous people wanted to live to an old age
- ▶ People who felt they had significant roles to play
- ▶ Optimistic characteristics are predictive of a long life (Pitkala et al, 2004; Rasmusson et al 2009)
- ▶ Despite the fear of negative conditions and life events, valuation of life captures hope, mastery and meaningfulness
- ▶ The will to live is a predictor of survival amongst the oldest old (Karpinnen et al, 2012)

# Feeling Old

- ▶ Nilsson et al (2000) interviewed 15 people age 85-96 and 8 people reported feeling old
- ▶ Four characteristics
  - ▶ Can give the date they began to feel old
  - ▶ Fear of helplessness and being unable to manage one's life situations
  - ▶ Not recognising ones former self
  - ▶ Feeling different from others
- ▶ The people who felt old were in a stage of transition – in line with the dystonic dominance of the 9<sup>th</sup> stage of Erikson's life stages

# Ageing and Care

- ▶ Becoming a carer
- ▶ Being care for
- ▶ Moving into care



Marie Skłodowska-Curie  
Actions



# Theories

1. Life Stages (Erikson E.& Erikson J.)
2. Transitions(Bridges W.)
3. Successful Ageing (Baltes P. & Baltes B.)
4. Grief and Loss (Murray-Parkes C. Worden W. and Stedeford A.)

# 1. Erik Erikson (1982)

- ▶ trust vs. mistrust,
- ▶ autonomy vs. shame/doubt,
- ▶ initiative vs. guilt,
- ▶ industry vs. inferiority,
- ▶ identity vs. role confusion,
- ▶ intimacy vs. isolation,
- ▶ generativity vs. stagnation,
- ▶ integrity vs. despair.

# The ninth life stage

- ▶ Joan Erikson (1997) added the 9<sup>th</sup> stage for those in their eighties,
- ▶ All the eight stages "are relevant and recurring in the ninth stage". In the ninth stage, the psychosocial crises of the eight stages are faced again, but with the quotient order reversed. For example, in the first stage (infancy), the psychosocial crisis was "Trust vs. Mistrust" with Trust being the "syntonic quotient" and Mistrust being the "dystonic". Joan Erikson applies the earlier psychosocial crises to the ninth stage as follows:
- ▶ **Basic Mistrust vs. Trust: Hope**  
In the ninth stage, "elders are forced to mistrust their own capabilities" because one's "body inevitably weakens". Yet, Joan Erikson asserts that "while there is light, there is hope"

## 2. Life Transitions

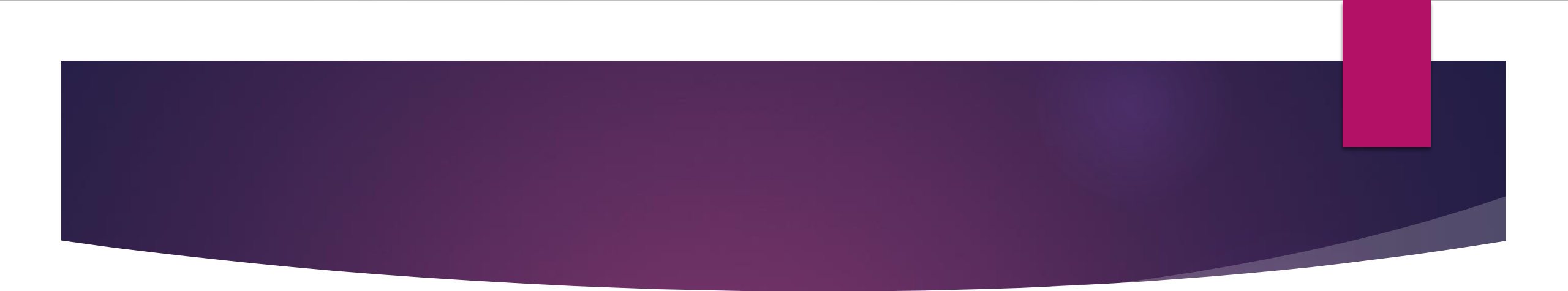
Bridges' (1980) seminal work on transition states that the 'neutral zone', or unresolved transitions, lead to high anxiety. Bridges states that transitions have three stages and these always start with an ending. The stages he identifies are:

- ▶ An ending
- ▶ Neutral zone: A period of confusion and distress
- ▶ A new beginning, in the cases that have come that far
- ▶ (Bridges, 1980: 9)



Marie Skłodowska-Curie  
Actions



- 
- ▶ Change is situational, transition is psychological (Bridges, 2004)
  - ▶ It involves letting go of an old situation, suffering the confusing 'no-where' of being in between and then entering into a new situation.
  - ▶ Every life has a unique rhythm and transitions are a natural process of disorganization and reorganisation



- 
- ▶ Change will happen and individuals have to accept that they need to develop ways of dealing with it.
  - ▶ Some people hang on to endings – others cannot wait to embrace the new circumstances



Marie Skłodowska-Curie  
Actions



# 3. Theory of Successful Ageing

(Baltes and Baltes, 1990)

- ▶ Selection, Optimisation and Compensation Model
- ▶ The key concept of SOC describes a general *process of adaptation* that individuals are likely to engage in throughout life and is essential for the achievement of higher levels of functioning
- ▶ The model takes the global view that at all stages of human development individuals manage their lives successfully through the developmental regulation processes of selection, optimization, and compensation.
- ▶ Successful development involves the orchestration of these three processes (selection, optimization, and compensation) which in turn, regulate the maximization of gains and minimization of losses over time. Selection, optimization, and compensation can be conceived of as one single “integrative” process of adaptive mastery

# 4. Loss and Grief (Tasks)

William Worden tasks 'grief is the price you pay for love'

- ▶ To accept the reality of the loss
- ▶ To work through the pain and grief
- ▶ To adjust to a new environment
- ▶ To find an enduring connection with the deceased while moving forward with life

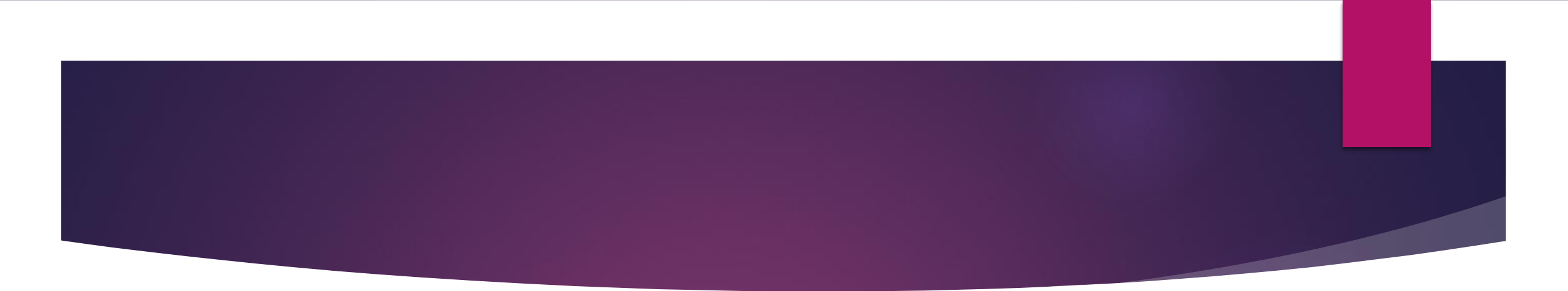
# Colin Murray Parkes (Stages)

- ▶ **Shock and Numbness:** This phase immediately follows a loss to death. The grieving person feels numb, which is a self-defence mechanism that allows him or her to survive emotionally in the immediate aftermath of loss.
- ▶ **Yearning and Searching:** Also referred to as pining, this stage is characterized by the grieving person longing or yearning for the deceased to return to fill the void created by his or her death. Many emotions are experienced and expressed during this time, such as weeping, anger, anxiety, preoccupation, and confusion.
- ▶ **Disorganization and Despair:** The grieving person often desires to withdraw and disengage from others and the activities he or she regularly enjoyed during this phase. Having accepted the reality of the loss, the bereaved's feelings of searching and yearning become less intense while feelings of apathy, anger, despair, hopelessness, and questioning increase.
- ▶ **Reorganization and Recovery:** In the final phase, the grieving person begins to return to a new state of "normal." Weight loss experienced during intense grieving might reverse, energy levels increase, and interest in enjoyable activities returns. Grief never ends, but thoughts of sadness and despair diminish while positive memories of the deceased take over.

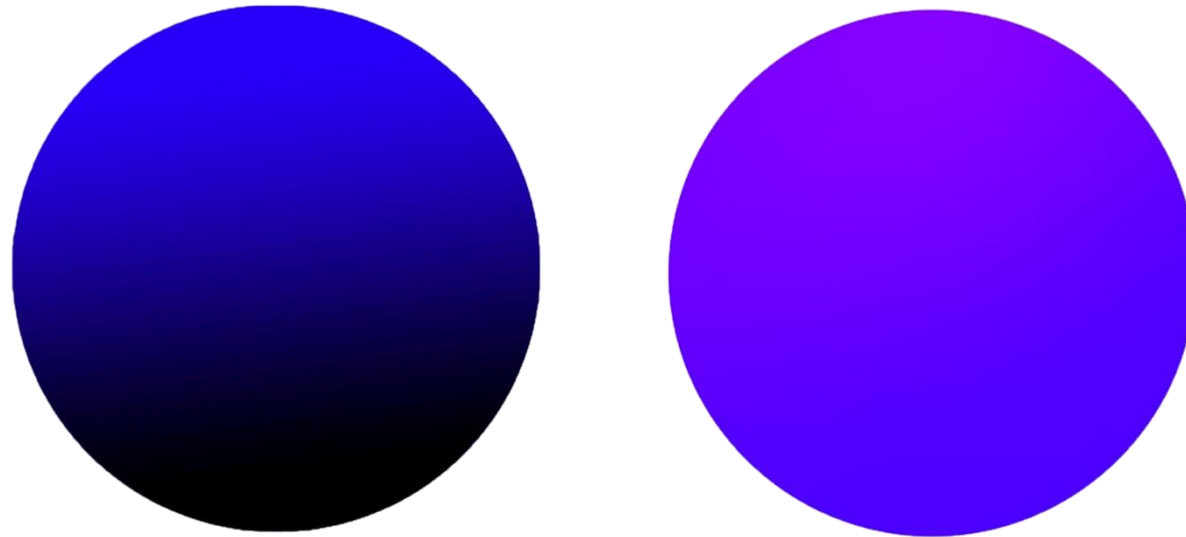
# Elizabeth Kubler-Ross

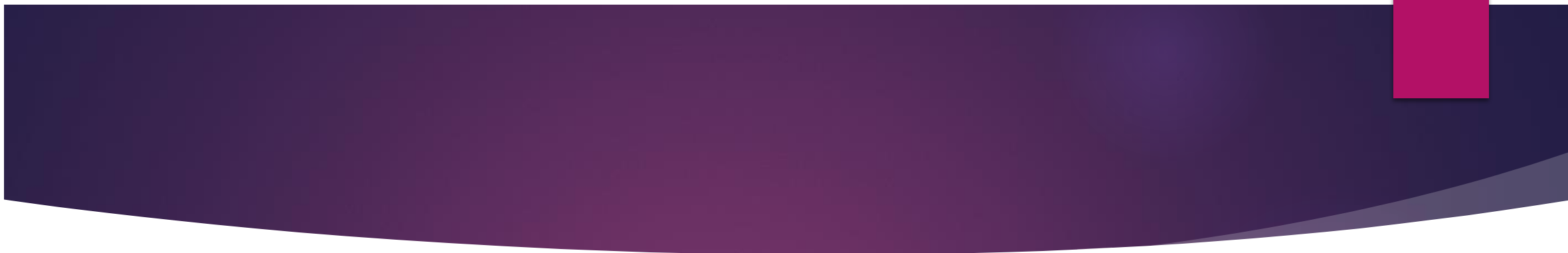
Denial – Anger – Bargaining –  
Depression – Acceptance

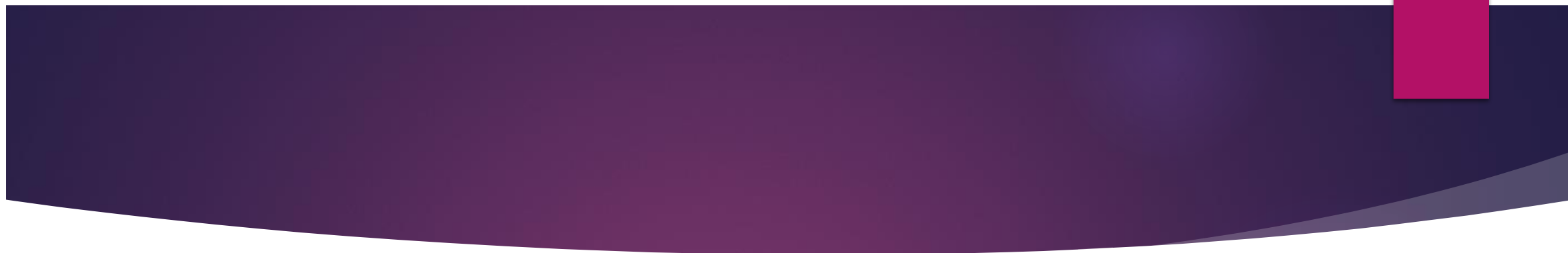
Hope runs through all stages



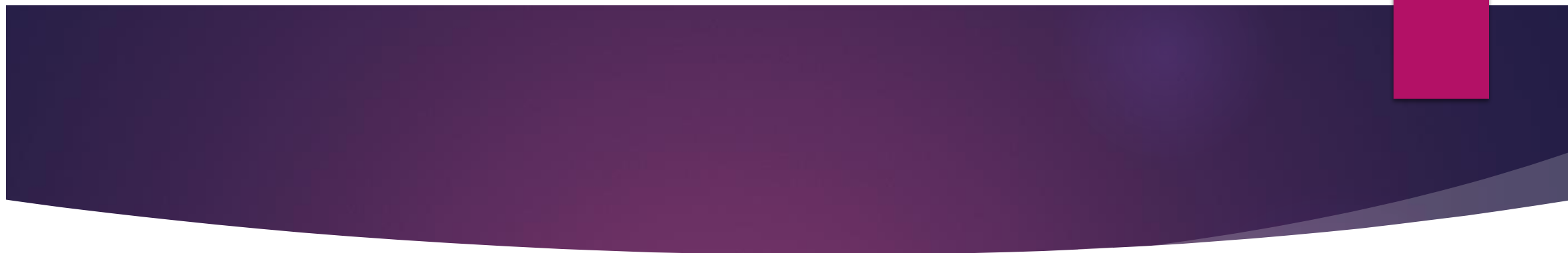
# Averil Stedeford's Diagram of Grief Work

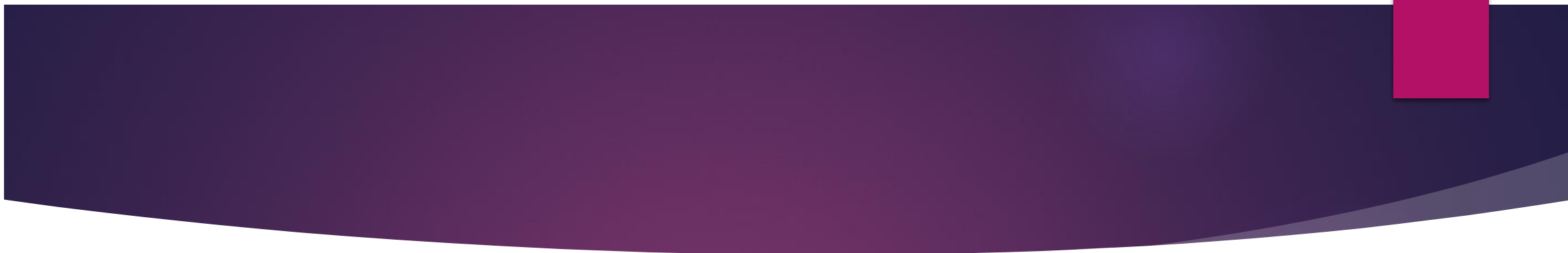


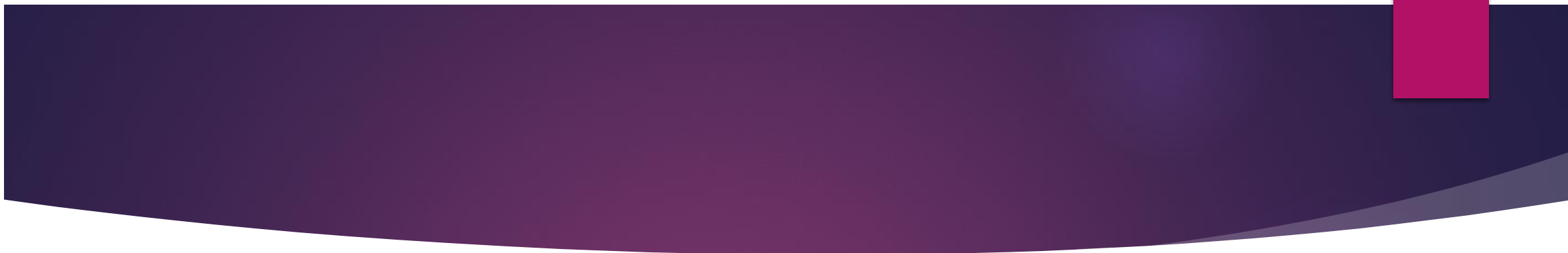












# Relating the theories to the following scenarios

- ▶ Becoming a carer
- ▶ Being cared for
- ▶ Moving into care