**Assessment item 1**

**Length:** 2000 words

#### **Task:**

**Part 1:**(approx 800 words)

Discuss the concepts of health and illness as related to ageing.

This discussion should consider the concepts of health and illness from the perspective of the social model of health or the Biopsychosocial Model of Health.  The discussion should consider the factors that might be important in defining an older adult as well or ill and distinguish between age-related mind and body changes in healthy ageing from those associated with illness.  It is not necessary to provide detailed examples of health or illness, though a couple of brief examples may be used to illustrate your points.

**Part 2:** *(approx 1200 words).*

Choose an example of an age-related related change or illness and research it.  Look for information on how older people and their families may experience this condition and the particular challenges which the condition presents physically, psychologically and socially (this is referred to as the biopsychosocial perspective).

* Examples of age-related changes may be: physical changes to appearance, changes to memory and cognition, changes to physical strength and flexibility, changes to sleep patterns etc.
* Examples of age related illnesses may be: dementia, later life depression, arthritis, macular degeneration etc.

Discuss your chosen topic, exploring it from a biopsychosocial perspective.  Your discussion of the topic should demonstrate your understanding of the causes, symptoms, effects on functioning, challenges to lifestyle, social implications and opportunities for managing/ improving/ reducing negative effects of the topic. (APA Referencing and 10 sources).

#### **Marking Guide / Criteria and Standards**

1. Discusses the concepts of health and illness as they relate to ageing.
Discusses, with examples, the differences between age related mind and body changes in healthy ageing and critically appraises evidence and practice context of this information.
2. The biomedical, psychological and social aspects of the chosen topic are evaluated. There is a critical appraisal of the causes, symptoms, and the effects on individual functioning. The challenges and implications of the change/illness are discussed in detail with reference to specific examples of how older adults and their families may be impacted by the condition.  Evidence and practice knowledge are integrated in the discussion.
3. Arguments are evidenced and supported by a comprehensive range of peer reviewed literature on topic, mostly from individual research.
4. Writing is coherent, concise and fluent and meaning is clear to the reader. Formatting is clear and follows suggested presentation structure. No grammatical or typographical errors. Referencing demonstrates academic integrity and conforms exactly to current version of APA style conventions applied correctly.

**Reading / links:**

Hayflick, L. (2004). Debate: The not-so-close relationship between biological aging and age-associated pathologies in humans. J Gerontol A Biol Sci Med Sci, 59(6), B547-B550. doi:10.1093/gerona/59.6.B547

<https://academic.oup.com/biomedgerontology/article/59/6/B547/662101>

Hooyman, N. R., & Kiyak, H. A. (2014). Social Gerontology: Pearson New International Edition : A Multidisciplinary Perspective. Harlow, Essex: Pearson.

Le Couteur, D. G., Naganathan, V., Cogger, V. C., Simpson, S. J., & de Cabo, R. (2014). Biology of Ageing. In G. Caplan (Ed.), Geriatric Medicine: an introduction (pp. 3-16). Melbourne: IP Communications.

Poole, M. (2013). Ageing, Health, and the Demographic Revolution. In J. Germov (Ed.), Second Opinion: An Introduction to Health Sociology (5th ed.). Melbourne: Oxford University Press.

Germov, J. (2013). Imagining Health Problems as Social Issues. In J. Germov (Ed.), *Second Opinion: an introduction to health sociology* (5 ed., pp. 3-24). South Melbourne: Oxford University Press

Lorde, A. (1984). *Sister Outsider: Essays & Speeches by Audre Lorde.* Berkeley, CA: The Crossing Press.

Kontis, V., Bennett, J. E., Mathers, C. D., Li, G., Foreman, K., & Ezzati, M. (2017). Future life expectancy in 35 industrialised countries: projections with a Bayesian model ensemble. *The Lancet, 389(*10076), 1323-1335. doi:10.1016/S0140-6736(16)32381-9

WHO (Producer). (2014). Age-Friendly World: adding life to years. Retrieved from [https://extranet.who.int/agefriendlyworld/age-friendly-in-practice/](https://extranet.who.int/agefriendlyworld/age-friendly-practices/)

Gattuso, S. (2003). Becoming a wise old woman: Resilience and wellness in later life. <https://www.researchgate.net/publication/281604080_Becoming_a_wise_old_woman_Resilience_and_wellness_in_later_life>

BeyondBlue (Producer). (2016, May 18th, 2017). Have the conversation with older people.  Retrieved from:<https://www.beyondblue.org.au/who-does-it-affect/older-people/have-the-conversation-with-older-people>.

ABS. (2016a). 4430.0 - Profile of people with disabilty in Australia. Retrieved from[http://www.abs.gov.au/AUSSTATS/abs@.nsf/DetailsPage/4430.02015?OpenDocument](http://www.abs.gov.au/AUSSTATS/abs%40.nsf/DetailsPage/4430.02015?OpenDocument)

AIHW. (2012). *Dementia in Australia.* (Cat. no AGE 70). Canberra: Australian Institute of Health and Welfare Retrieved from[www.aihw.gov.au/WorkArea/DownloadAsset.aspx?id=10737422943](http://www.aihw.gov.au/WorkArea/DownloadAsset.aspx?id=10737422943).

AIHW. (2014).*Healthy life expectancy in Australia: patterns and trends 1998 to 2012*. Canberra: Australian Institute of Health and Welfare Retrieved from<http://www.aihw.gov.au/publication-detail/?id=60129549634>.

AIHW. (2015a)*. Australia’s welfare 2015.* Canberra: AIHW Retrieved from<http://www.aihw.gov.au/WorkArea/DownloadAsset.aspx?id=60129555153>.

AIHW (Producer). (2017).*Older Australia at a glance*. Retrieved from<http://www.aihw.gov.au/ageing/older-australia-at-a-glance/>

The Treasury. (2015). [*2015 Intergenerational Report: Australia in 2055*](https://interact2.csu.edu.au/bbcswebdav/pid-2899917-dt-content-rid-6653299_1/xid-6653299_1)

*.* Canberra: Commonwealth of Australia. Creative Commons by attribution 3.0 Australia licence Retrieved from  <http://treasury.gov.au/PublicationsAndMedia/Publications/2015/2015-Intergenerational-Report>.