**[120-day assignment] - FLE 716-4.A CCCR-2 Study Review Questions (Expanded**

**Answers)**

**Review your 30-day responses to CCCR. Expand responses with additional learning**

**from your developmental reading and contextualization in your profession, life goals,**

**and service. Include proper APA documentation of sources used in addition to the course material.**

1. **Explain concisely the lifespan development approach and its 5 key principles.**

Erik Erikson’s Psychosocial Stages has a lifespan development approach that deals with developing a sense of trust within the infant which is the first stage, trust versus mistrust, being there for the baby for all their physical and emotional needs. This teaches them that they can depend on you as the parent psychological strength of trust. Occasional turbulence gives your child a touch of wariness. With this, when they’re ready to experience the world, they’ll keep an eye out for obstacles. When parents are consistently unpredictable and unreliable, children whose needs aren’t met will look at the world with anxiety, fear, and mistrust. (<https://www.healthline.com/health/parenting/erikson-stages>). Secondly, once the child has reached 2-4 years old, developing more autonomy as a toddler which is between 2-4 years old. The toddler starts to assert their independence and realize that they can do some things by themselves. Giving them the space to choose means helping them build their self-esteem. Completion of this stage effectively leaves them believing in themselves and feeling secure in their abilities. Children who aren’t given the chance to assert themselves (within the limits you set) will battle with feelings of inadequacy and self-doubt, according to Erikson. (<https://www.healthline.com/health/parenting/erikson-stages>).

Early childhood which is 4-6 years old, the child should successfully begin taking initiative through socialization and play with others. Encouraging your child to plan, achieve goals, take responsibility and let them explore the world within the limits you set up. This allows them to develop self-confidence and learns to enjoy having a sense of purpose. However, if parents are controlling or don’t support their child when they make decisions, the child may not be equipped to take the initiative, may lack ambition, and could be filled with guilt. Overpowering feelings of guilt can prevent a child from interacting with others and deter their creativity. (<https://www.healthline.com/health/parenting/erikson-stages>). Ages 6-10 years old, where the child begins to learn new skills and their circle of influence widens. Comparison at this stage does become a thing that tends to develop a sense of pride and accomplishment once successful. However, if there are repeated negative experiences a feeling of inferiority can be developed. (<https://www.healthline.com/health/parenting/erikson-stages>).

Adolescence, ages 11-18 years old, at this psychosocial development stage, your child faces the challenge of developing a sense of self. They form their identity by examining their beliefs, goals, and values. Encouragement and reinforcement you give your child are vital to shaping their personal identity. In addition, your child’s experiences and social interactions mold their behavior and ideals. When adolescents don’t search for their identity, they may not develop a strong sense of self and won’t have a clear picture of their future. The same confusion may reign supreme if you, as their parent, try to pressure them to conform to your own values and beliefs. Early childhood which is 4-6 years old, the child should successfully begin taking initiative through socialization and play with others. Encouraging your child to plan, achieve goals, take responsibility and let them explore the world within the limits you set up. This allows them to develop self-confidence and learns to enjoy having a sense of purpose. However, if parents are controlling or don’t support their child when they make decisions, the child may not be equipped to take the initiative, may lack ambition, and could be filled with guilt. Overpowering feelings of guilt can prevent a child from interacting with others and deter their creativity. (https://www.healthline.com/health/parenting/erikson-stages). Ages 6-10 years old, where the child begins to learn new skills and their circle of influence widens. Comparison at this stage does become a thing that tends to develop a sense of pride and accomplishment once successful. However, if there are repeated negative experiences a feeling of inferiority can be developed. (https://www.healthline.com/health/parenting/erikson-stages). Young adult (19-35 years old) stage, the adult should successfully be able to develop intimacy/ healthy friendships and relationships with persons. In the mid adulthood stage death is on the mind constantly, this is where the adult should feel like they have left something meaningful for the world when he/ she dies. This stage normally happens between the ages of 35-55 years old. Finally, the last stage 55 and older, reflection of life happens and a feeling of integrity develops.

1. **List and describe the crises of middle age according to Scott Peck.**

Scott Peck, a well-known psychiatrist and author, described several crises of middle age in his writings. He spoke about crises of middle age in four (4) different points which includes valuing wisdom vs valuing physical powers, socializing vs. sexuality, emotional flexibility vs. emotional impoverishment and mental flexibility vs. mental rigidity. When it comes to middle age there are different crises that an individual faces. As individuals reassess various aspects of their lives, they may also experience an identity crisis. This involves questioning who they are beyond their roles as parents, partners, or professionals. The search for a more authentic self often becomes a central focus.

Middle-aged individuals often experience a profound questioning of the meaning and purpose of their lives. This crisis is characterized by a reevaluation of life goals, achievements, and personal values. Individuals may feel a sense of emptiness or dissatisfaction, even if they have achieved their earlier life goals. There is a gradual decline in strength and endurance, sexual interests, emotional change within the person and old beliefs and opinions in a person's life changes. The recognition of aging and its physical implications is another significant crisis. Middle-aged individuals begin to notice changes in their physical health and abilities, leading to concerns about mortality and the fear of losing their independence.

At this stage of life there is a need for valuing other qualities instead of relying on physical capabilities. Instead of sexual behaviours they rely more on friendships and companionship. Changes in family roles and relationships often come to the forefront during middle age. Children may be leaving home, leading to an "empty nest" feeling, or there may be increased responsibilities for aging parents. Marital relationships can also be strained as partners navigate these transitions. They become more flexible emotionally due to and increase death around them, children leaving home and they become more flexible with new ideas. Scott Peck emphasized that these crises, while challenging, can also lead to significant personal growth and transformation. By confronting and working through these issues, individuals can achieve a deeper understanding of themselves and a renewed sense of purpose in the latter half of their lives. Middle age can prompt a deeper exploration of spiritual or existential questions. Individuals may seek greater spiritual fulfillment or struggle with religious beliefs that no longer resonate with their experiences.

1. **List and briefly explain the major concerns regarding ageing in the Caribbean (and specifically in Trinidad and Tobago) according to recent studies.**

Based on Dr. Joan Rawlins, a senior lecturer at the University of the West Indies (2010), chronic medical problems were reported in the year 2008, 73.8% were male and 85.3 were female. There are some leading causes of mortality mentioned such as ischemic heart disease, cerebrovascular disease, diabetes, hypertensive diseases, influenza and pneumonia and malignant neoplasms which claimed the lives of over 6000 people over the age of 65 within the Caribbean. Economically the greatest concern is having to finance yourself at an old age and is understood that provisions made are at times inadequate due to inflation.

According to this article “ On Their Minds: Older Adults’ Top Health-Related Concerns,” the top three issues about which respondents said they were very concerned for older adults in their communities included the cost of medical care (56%), cost of home care, assisted living, or nursing home care (56%), and cost of prescription medications (54%). (<https://www.healthyagingpoll.org/reports-more/report/their-minds-older-adults-top-health-related-concerns#:~:text=The%20top%20three%20issues%20about,of%20prescription%20medications%20(54%25)>. Thankfully, in Trinidad and Tobago there is free healthcare provided for all citizens. This means that according to the article stated above within Trinidad and Tobago, this should not be an issue for anyone aging. The following issues were access to quality home care, assisted living, or nursing home care, health care quality, inaccurate or misleading health information, and access to affordable healthy foods, poverty, access to quality mental health care (30%), social isolation and loneliness, being able to age in their own home, neighborhood safety, obesity, ageism or age discrimination, and stress and anxiety. (<https://www.healthyagingpoll.org/reports-more/report/their-minds-older-adults-top-health-related-concerns#:~:text=The%20top%20three%20issues%20about,of%20prescription%20medications%20(54%25)>.

Financing one’s self in old age is often one of the greatest concerns of the older person. The available data for Trinidad, Barbados and Jamaica show the elderly to be financed by five (5) main types of persons: national insurance schemes, private retirement schemes, government retirement schemes, old age pensions and public welfare. Coos 2008, also mentions other sources such as church and family. Rawlins et al (2008) also made reference to relatives and savings as important sources of income for older people. The available data in this regard, suggest that more so if ill health befalls them and they need to be treated within private health care facilities; where in 2009 rates were as high as TT $1800 (US 300) per night. (<https://sta.uwi.edu/conferences/09/salises/documents/J%20Rawlins.pdf>).

1. **What are the five stages of religious development according to Fritz Oser?**

The five stages of religious development from Fritz Oser are:

Stage 1: there is an Ultimate Being who protects you or sends you something hurtful, influences directly and it is a one-sided relationship. In this stage, God is seen as immediately involved in the everyday events of the world, as causing all events and as creating all things. God must be obeyed because disobedience brings immediate punishments, such as accidents or illness. At the same time, individuals are seen as having minimal influence on God . This form of religious judgment parallels the earliest stage of preconventional moral reasoning as described by Colby and Kohlberg (1987), in which laws and rules must be obeyed primarily to avoid punishment. (https://cms.childtrends.org/wp-content/uploads/2002/01/Child\_Trends-2002\_01\_01\_FR\_ReligionSpiritAdol.pdf)

Stage 2: the Ultimate Being can be influenced by prayers or offerings. There is free will and depending on the relationship he becomes a trusting and loving father. In Stage 2, God can be influenced by an individual's good behavior, by prayers, and by adherence to religious rituals and practices. God's love is seen as evident in a healthy and happy life, God's wrath in his failure to intervene in times of strife. At the same time, God is also seen as less likely to intervene concretely and directly in human affairs. (https://cms.childtrends.org/wp-content/uploads/2002/01/Child\_Trends-2002\_01\_01\_FR\_ReligionSpiritAdol.pdf)

Stage 3: at this stage the individual becomes responsible for their life and becomes independent. Religious judgment becomes increasingly common. God is seen as more distant and apart from the world, and individuals are seen as more responsible for their own well-being . Development from Stage 2 to Stage 3 judgment is promoted by personal experiences and observations of people prospering or suffering unjustly, and of prayers not answered . In the face of increasing recognition of injustice and human suffering, this is also a stage of increased questioning of the existence of God and increasing atheism among adolescents. (https://cms.childtrends.org/wp-content/uploads/2002/01/Child\_Trends-2002\_01\_01\_FR\_ReligionSpiritAdol.pdf)

Stage 4: the Ultimate Being becomes the condition for the possibility of human freedom and independence for the divine plan and a mediated relationship develops. Individuals who maintain religious faith may turn again to God as the ultimate creator who is the source of freedom and life, and whose existence makes life meaningful. (https://cms.childtrends.org/wp-content/uploads/2002/01/Child\_Trends-2002\_01\_01\_FR\_ReligionSpiritAdol.pdf)

Stage 5: there is a total integration of all aspects such as the transcendence and immanence interact. Everybody becomes a unique contributor to the universal connectedness.

1. **List community resources that are available to senior citizens in your area. Include the name agency and contact person, address, phone number, email address, and fax number for each resource.**

| **Name of Agency** | **Contact Person** | **Address** | **Email Address** | **Phone #** | **Fax #** |
| --- | --- | --- | --- | --- | --- |
| Cantaro Geriatric Home | Norma Sorzano | Lp#56 Pipiol Road Cantaro Village, Santa Cruz |  | 676.7622 |  |
| The Valley House for Elders |  | La Pastora Road  Santa Cruz | tvhforelders@gmail.com |  |  |
| Claire Vine Geriartric Home |  |  | dawnclear\_@yahoo.com | 346-8489 |  |
| Simeanna Home for the Aged |  | 42 Kandahar Street St James |  | 628-0488 |  |
| Ashram Living Centre |  | 12 Mathura Street |  | 622-9758 |  |
| Wishlist Elderly Care Centre |  | Petit Valley |  | 377-2777 |  |
| Chez Nous De Rubies |  | Petit Valley |  | 742-1672 |  |
| Vintage Care Limited |  | 39 Murray Street |  | 758-2273 |  |
| St Anthony's Senior citizens home |  | Diego Martin |  | 469-0252 |  |
| Doreen's Retirement Villas |  | 8 Greenvale Ave |  | 775-4637 |  |
| CARErs Associates Nursing Home |  | San Juan |  | 354-6162 |  |
| Santana Gardens Retirement Home Ltd. |  | Tunapuna |  | 726-5574 |  |
| Aimer La Vie Care Home |  | No 69 Second Street Mt Lambert |  | 485-9975 |  |
| Caring Hands Home For The Elderly |  | Valsayn |  | 270-9245 |  |
| Good Life Nursing Home Ltd. |  | San Juan |  | 775-7673 |  |

## **Search Results**

**References**

https://sta.uwi.edu/conferences/09/salises/documents/J%20Rawlins.pdf