

**Why is psychology important when
working as a health care assistant
working with older adults?
presentation
UWTSD**

Module: Psychology for Health and Social care

Module Code: BMHP 4003

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Definition of psychological in health care

- Psychology is the understanding of the human mind and focusing on the decision making, ideas, thoughts and emotions.
- Psychology is important in health care because the health care assistants are required to interact with the patients and promote good health and care at the same time.



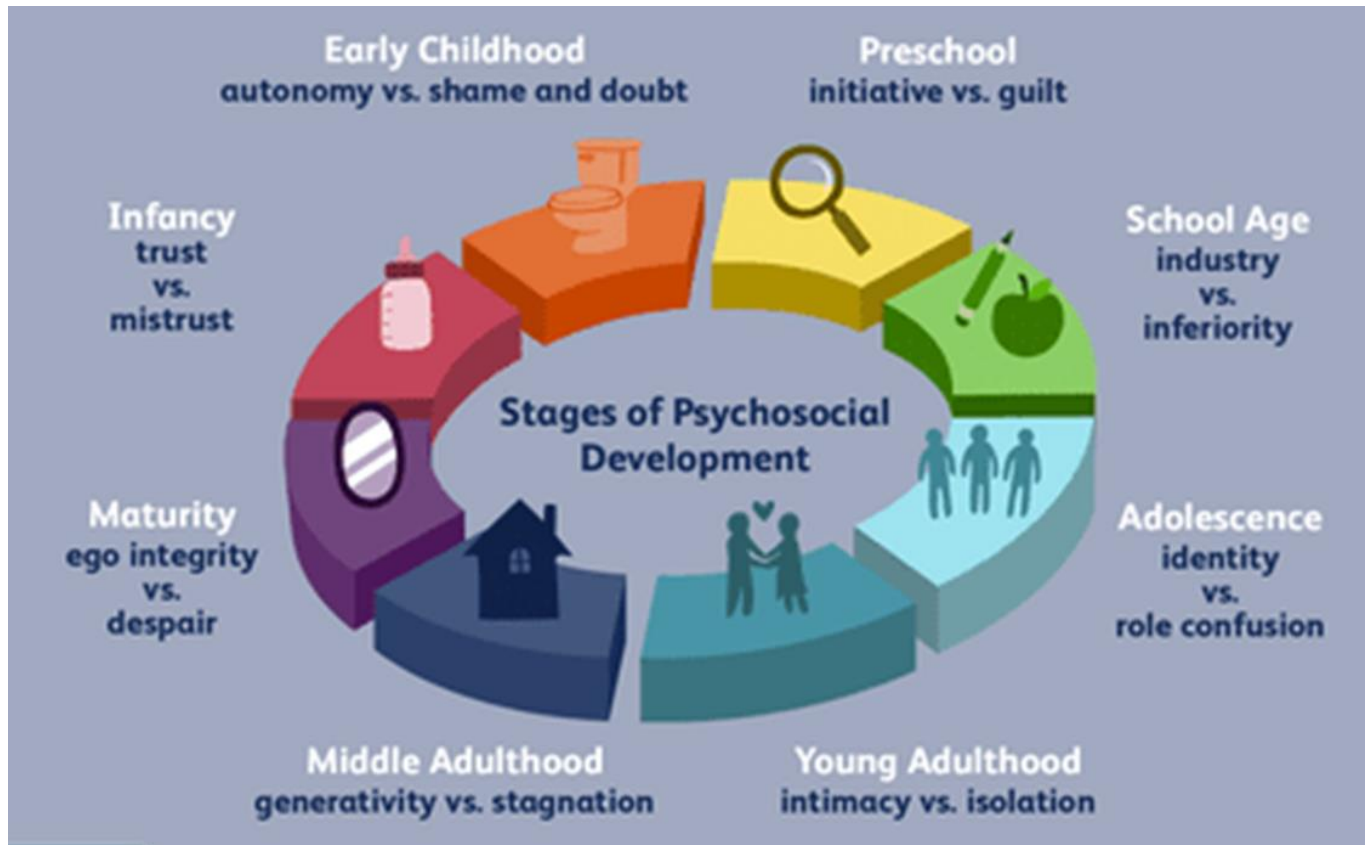


Erick Erikson

(1902-1994)

- Erikson's psychosocial development theory emphasizes the social nature of our development
- Erikson proposed that personality development takes place all through the life span
- He proposed that we are motivated by needs to achieve competence in certain areas of our life
- Erikson proposed that we experience eight stages of development over our lifespan, from infancy through late adulthood

Erikson's Psycho-Social Development



- Stage 1: Basic Trust vs. Mistrust
- Stage 2: Autonomy vs. Shame and Doubt
- Stage 3: Initiative vs. Guilt
- Stage 4: Industriousness vs. Inferiority
- Stage 5: Identity vs. Role Confusion
- Stage 6: Intimacy vs. Isolation
- Stage 7: Generativity vs. Stagnation
- Stage 8: Ego Integrity vs. Despair

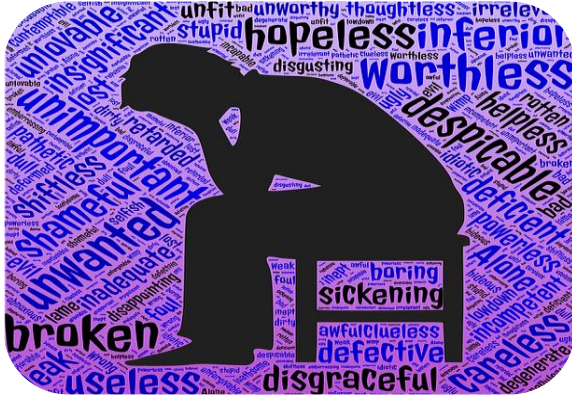


Erikson's Psycho-Social Development

- Ages 55+
- This is the stage when we start to evaluate life
- Period of development of late adulthood
- A sense of satisfaction vs. a sense of failure

Integrity vs. Despair

Accepting the past and the end



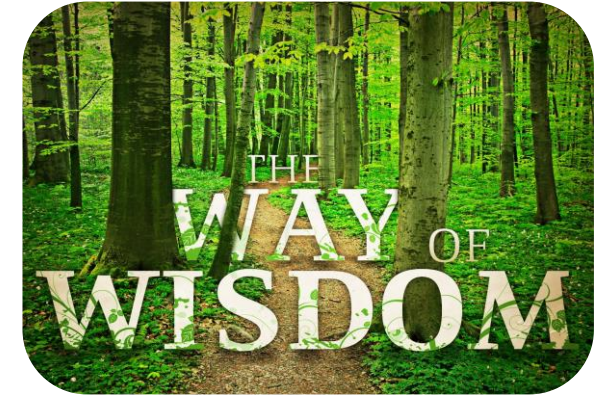
Regret for the past, did not rise challenges, no affiliation/affections for others



Solid in commitments and relationships but do not reflect on the meaning of life



Present a façade of uplifting platitudes but have not actually accepted past



Committed to beliefs, feel whole of, connected to others through caring detachment(wisdom), integrate despair



Psychology – an important and supportive part of older adult health care

- A new way of thinking about health and illness
- Help for assess, diagnose and treat the psychological problems and behavioural dysfunctions resulting
- A major role in the promotion of health behaviour
- Help for reduce the risk of developing major medical problems
- Receive more effective treatment
- Reduce health care cost
- Help health care worker to find the thin line between senses of Integrity-Despair and Satisfaction-Failure
- Build Trust

Conclusion

Psychology as a science of behaviour and mental processes emphasizes learning and knowledge of such aspects (eg lifelong development, learning, motivation, experiences, emotions, knowledge, social behaviour and attitudes, personality, etc.). In addition, she seeks to understand how biological, behavioural and social factors affect health and disease.

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