

Glossary

Active ageing means that older people are active and engaged in e.g. the community and in social networks. Because of this engagement, they experience many positive effects, among them a better quality of life, health, and social integration.

Active ageing policies are policies that support older people in their efforts to be healthy and to engage in paid work, social, economic, cultural, spiritual and civic affairs.

Activity theory states that older people can uphold an activity level similar to the one of middle-agers.

Ageing workforce is a workforce in which the average age increases because the annual inflow of young people is lower than the annual number of older people retiring.

Alzheimer's Disease Degenerative disease of the brain and most common form of dementia, generally associated with memory loss and confusion.

Ambient Assisted Living Unobtrusive technology designed to enable older people to live longer in their homes, e.g. a smart medicine cabinet that identifies potential conflicts and interactions between drugs and warns the user, or an activity identification system that detects deviations in daily routines and informs care-givers.

Cognitive ageing Describes the age-related changes in cognitive abilities.

Cognitive reserve Existence of cognitive plasticity despite compromised neuronal plasticity and damage of the brain.

Common cause theory Theory implying that sensory function, as a general index of the neurobiological architecture, is essential for cognitive functioning.

Compression of morbidity hypothesis states that when people live longer, they experience more life years in good health, while the amount of life years in poor health remains the same.

Continuity theory states that older people will uphold a lifestyle similar to the one they personally had at younger ages.

Critical gerontology questions the knowledge on ageing that we take for granted. It stresses social differences in the ageing process and differences between theory and real-life experiences.

Crowding in Mechanism that leads to more support from one source when support from another source increases.

Crowding out Mechanism that leads to less support from one source when support from another source increases.

Crystallized intelligence Part of the intelligence that involves explicit and tacit knowledge.

Design for all Products and services designed in a way that everybody, regardless of age, education, cultural background etc. can use them intuitively without problems.

Digital divide Social inequalities in access to information and communication technologies, for example the divide between users and non-users of the internet. Is nowadays strongly correlated with age.

Disengagement theory states that people withdraw from society and activities as they age, in order to prepare for death.

Expansion of morbidity hypothesis states that when people live longer, they experience more life-years in poor health.

Fluid intelligence Part of the intelligence that involves processes such as problem solving, reasoning or learning.

Formal care arrangement is a situation where paid professionals provide care either in institutions, such as nursing homes, or in the homes of frail persons.

Globalization is the interconnectedness of countries because of increased trade, the creation of multi- and transnational organizations, travel, migration and cultural exchange.

Health can be understood in two ways. A narrow understanding defines it as the absence of diseases. A wider understanding defines it as a state of physical, mental, and social well-being.

Healthy Ageing Maintenance of mental, social and physical wellbeing and functioning up to an old age.

Humanistic gerontology considers the connection between human values and the ageing process. It discusses norms, morals, and constructions of meaning, connecting them with social and economic frameworks.

Informal care arrangement is a situation in which individuals habitually provide unpaid care to friends of kin.

Life-course perspective states that events at one point of time can influence the lives and decisions of individuals at later points of time. It, moreover, states that the social context can influence how the lives of individuals progress.

Long-term care is social and health care for people whose health is impaired and who, therefore, need care for a longer period of time.

Macro-level looks at phenomena at the societal or country-level.

Mandatory retirement age is the age at which people are required to retire from paid work, and from when on they are entitled to receive old age pensions.

Meso-level looks at phenomena at the level of social networks, such as families and neighbourhoods.

Micro-level looks at phenomena at the individual level.

Mild cognitive impairment Memory disturbances that go beyond the normal cognitive ageing process, but are not serious enough to be diagnosed with dementia disease. Can be a preliminary stage of dementia.

Modernization theory states that societies change with modernization in a way that decreases the social status of older people.

Moral economy of ageing deals with shared moral ideas shaping images and roles of older people in society; these ideas are themselves shaped by social and economic processes.

Multidimensionality Concept emphasizing that multiple dimensions characterize the ageing process.

Multidirectionality Within each developmental dimension, increases, stability, and decreases are possible.

Plasticity Potential of abilities to change through experiences or training of abilities.

Political economy of ageing stresses that the heterogeneity of older people needs to be considered when policies for old age are planned and evaluated.

Primary health care refers to those services that individuals first contact when they want to enter the health care systems, e.g. general practitioners and nurses.

Prosthetic environment is a surrounding designed to compensate for limited capabilities of individuals, e.g. because of old age or health problems.

Silver economy is an economy with all kinds of new products and services, particularly aimed at the growing share of healthy, wealthy senior citizens.

Smart Homes Dwellings with automated and sometimes interacting technologies, e.g. automated blinders or doors, remote controls, alarm systems, monitors, height adjustable cupboards etc.

Social citizenship is the state of being a full member of society in questions of welfare, social participation, and standard of living. Social citizenship comes with rights and obligations.

Social construction is the process by which social interaction builds up ideas or practices through the ways they are enacted in specific social contexts. Social roles or images, therefore, develop and change as the social activities that generate them develop and change.

Social exchange theory states that individuals base their social relations on cost-benefit-analyses.

Successful ageing occurs when older people experience three things at the same time: (1) the absence of disease, (2) good physical and cognitive abilities, and (3) engagement in productive activities.

Wisdom is insight into fundamental questions of life and meaning. It takes forms that vary in different social settings, may be communicated non-verbally, and may accumulate with experience or age.

Answer Key for the Quizzes

Chapter 2: 2.1b, c; 2.2a, b, d; 2.3c; 2.4d.

Chapter 3: 3.1d; 3.2d; 3.3b; 3.4d; 3.5c, e.

Chapter 4: 4.1c; 4.2b; 4.3a, c, d; 4.4d.

Chapter 5: 5.1e; 5.2b, c, d; 5.3d; 4c; 5.5b, c, d, e.

Chapter 6: 6.1a, c, d; 6.2c; 6.3c; 6.4c, d; 6.5c, d.

Chapter 7: 7.1a, c, d; 7.2e; 7.3b; 7.4b, c, d; 7.5b.

Chapter 8: 8.1e; 8.2d; 8.3a, c, d.