

## Blog Post 1 – Introductions and the Meaning of Aging

### 1) Introductions

For us to share our opinions and ideas aging practice, it is important for us to know a bit about each other. Part one of this blog post is your introduction. **If you included a photo of yourself when you registered for the blog, that photo will automatically show up when you create a post. Please make sure you do that. If you didn't just go to the Users tab in wordpress and you should be able to add one there.**

- What is one thing you would like to share about yourself?
- What is your experience with older adults, personally and professionally?
- What do you hope to gain from taking this class?

### 2) The Meaning of Aging

To be an effective gerontological social worker, you must be aware of your own preconceptions about aging. This assignment aims to help you think about aging and identify associated emotions about this topic. Before we begin discussing social worker values and roles, it is good to know what you currently understand and how you feel about aging.

- Think about the concept of “older adulthood” or “later life.” When you are ready, address the following questions in writing:
  - What do these terms mean to you now in your life?
  - What do you imagine when you hear these terms?
- Think about yourself in later life or older adulthood.
  - What will your chronological age be when you consider yourself as an older adult?
  - Overall, how do you envision yourself? Consider such things as:
    1. How will you look and feel?
    2. How will your health be?
    3. How will you spend your time?
    4. What things will bring you pleasure?
- During later life, some problematic conditions can occur.
  - Is there a particular “problem of aging” that you fear?
  - What is it – and why is this situation or condition concerning you?
- Place a photo in the **Featured Image section of the blog post** that you think best represents the “meaning of aging” to you. (if you don't know how to do this, look at the video in iCollege and on the blog page about using our blog.)