

## NR 578 Week 1 Case Study Discussion.....

***Carefully read the case study below and respond to all related questions in your initial post. Provide support from a minimum of two scholarly sources:***

Ling Zhang is a 75-year-old Chinese woman who currently resides in the Villages, a local older adult residential community. Ling is a retired high school foreign language (Mandarin) teacher, who moved into the Villages community 7-years ago after her husband, Yao, died. Ling and Yao were married for 52-years. Ling has continued teaching Tai Chi three days a week at the community recreational center, leading the Villages social activities committee, and chairing the annual Silver Bells Christmas party for community residents.

Lately, Ling has been complaining of some generalized body aches and dizziness. Ling does not have any family. Her neighbors notice she has been missing from activities and events she usually attends. One of her neighbors notes the change came after Ling's last doctor's appointment. Ling has informed the Residential Manager, Jeff, that she will no longer teach the Tai Chi classes and is recommending he finds someone else to lead social activities and chair the annual Christmas party. Jeff asked Ling what brought about these changes? Ling responds she believes it is time for her to prepare for the next and final life stages. Ling is recommending her friend Jun, who is 66 years old, start teaching Tai Chi. Jun is an experienced Tai Chi instructor. Several weeks pass. Ling does not come out to socialize with her neighbors or friends anymore. Jun is concerned about Ling because all she does is sit holding her wedding photograph and stare out the window. Jun comes by to make sure Ling eats and has her basic needs met. Ling still does Tai Chi one to two times a week in the privacy of her home when she feels like it.

**According to Erik Erikson, what is the developmental task of older adulthood?**

According to Erikson, the developmental task of an older adult includes ego integrity vs despair (Chen et al., 2021). Older adults have lived experience and often spend their retirement years reflecting on their past experiences. An older person may feel unsuccessful or unfulfilled, which can cause loneliness and depression. On the other hand, a person that believes they have lived a worthy life with no regrets is likely to embody ego integrity. People are facing acceptance and dealing with any regrets as one approaches the end of life. Older adults that cannot accept and find resolution with their past are likely to experience ego despair (Chen et al., 2021).

**Describe the activity theory of aging. How is the activity theory illustrated in the case study?**

According to the article the activity theory of aging, states that older adults age