English

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Making Aging Positive

Senior citizens count for a great deal of the american population and are an important part of society, and as any member of society, they would like to contribute to the public but seeing no place for them, according to Linda P Fried in her article Making Aging Positive. The article contains myriads on insights that are very useful in understanding the various perspectives that come with the old age. I will be mentioning articles by Carpenter et al (184-192), that shares the same look of making the aging process as successful as possible, and the article by Low et al. (1071), that takes a different view of the whole issue. More thoroughly, I’ll discuss Carpenter’s article as it relates better to Fried’s piece and also one that I personally share the same belief with

 Actually, from the article, I have understood one major reason why old age comes with a lot of challenges. However, I feel I have some qualms concerning the efficiency of this group of people in workplaces. According to Fried , we note that the main point that is being enforced is or make the extra years that come with improved life expectancy into good use (3). I agree on this is right but still how experienced can such individuals be at critical positions in the workplaces. At that old age of more than 60 years. It turns into the deepest angle of uncertainty to say that a group of retired people would be more efficient than the younger ones, however experienced they are.

It worthy still takes note of some insights that the author puts forward. Reading through the work, I realized that the connection between the senses of the usefulness of individuals at old age has a lot of sense in it and should be set on for discussion. Equally, there should be discussions on how to tap this energy and use. More discussion should be on the ways to achieve these. While people are troubled with the medical expenses on the elderly this can help in making strides from the issues when they are well discussed.

After considering the points that are put forward by the author, several questions ran through someone’s mind. Concerning this topic, one would ask him a question, for what reason then should the elderly retire if they can still work in the offices feel appreciated and live longer. Why can’t we allow these noble people to sign their retirement from the deathbed? The questions generated here are ambiguous but addresses a genuine concern on the dynamics of the content that are provided by the author. Then questions, however, must be analyzed keenly.

The issue that is raised by Fried is very authentic and if not addressed well turns into a crisis. The population pyramids of most of the developed nations in the world now have a broader top. Many scientists have raised concerns over various challenges that may come with more people being old, a phenomenon we referred to as world aging. According to their forecast, these trends can lead to economic collapse of a nation. This is due to lack of adequate workforce and the purchase blocks. This work on the other side strengthens the argument by pointing to the solution that can be used to curb these effects. He issues of workforce Challenges would be solved by the idea of aging positively. The connection may not be clear, but the correlation is more realistic. The point the author raises is very genuine and scientific.

The research work connects to most of the life experiences, mine being one of them. My grandmother is one of the oldest people you can mention now. She worked as a public officer though she equally likes sewing baskets. We realized that she was getting all joy from weaving so when she retired we decided that to avoid a lot of disturbances we needed to take him active .we then opened for a weaving site. Due to these preoccupations, she has maintained a good health we have cut down on the medical expenses on her. Reading this article gave me a quick connection on the relationship between the health of the granny and the post-retirement work.

**Research**

The article by Carpenter et al (184-192) shares the same look of making the aging process as successful as possible. The article supports various steps that can be taken to ensure that the elderly get to retire in a less complicated environment. The article is in the same line though only deviate a bit to talk about the stereotypes about aging. Some individuals relate aging to death while others have end marked age estimations that is a porter of the age limit. According to Carpenter et al (188), induced positive feelings are important in ensuring the memory remains stable, the article examined the effects of positive thinking on the health of individuals who are 60 years and above. The article seems to suggest that individuals who are considering retirement should be given better offers as some are allowed to work in continuity to nurture others. The article supports that the good life after retirement fully involves making the individuals in continuous stated of activity.

**Personal Reflection**

On a personal account, I would hail the idea that is presented in the article. It’s a serious topic and the early we talk about it the better. It’s clear that there are several things that we can do to curb the challenges that will arise from the precious high life expectancy. When the patient is engaged in various activities that feel that they are more productive to the society giving them personal happiness. However while giving the jobs to occupy the individuals, it’s important to choose the jobs that are not very critical to human survival since the efficiency and accuracy of such individuals has reduced over time. There are several literature that supports the idea presented in the article as well as those that are not of the same opinion. However, these two states more of the literature tells us it is an urgent issue, and we have to do it if we need some rest from a headache.

**Work Cited**

Carpenter, Stephanie M., et al. "Positive feelings facilitate working memory and complex decision making among older adults." *Cognition & emotion* 27.1 (2013): 184-192.

Fried, Linda. "Making aging positive." *The Atlantic* (2014).