

## **Self-Evaluation Written Assignment**

1. Imagine yourself at age 80. What will you be like? What will you like best about being older? What are your fears regarding your own aging?
2. Examine your lifestyle. Are you engaging in behaviors that will support and encourage healthy aging? Are you engaging in risky behaviors that might promote the development of chronic illnesses? If so, what are your plans to change so that you might enjoy healthy aging?
3. Think of an older person (must be over 65 years of age and be specific) you know who has aged successfully. What are some of the characteristics they possess that might have contributed to a healthy older age?
4. How would you change the care of the geriatric patient in this country?

This assignment is worth 10 points. It must be typed and double-spaced. The minimum is one page and maximum two pages (font 11 or 12).