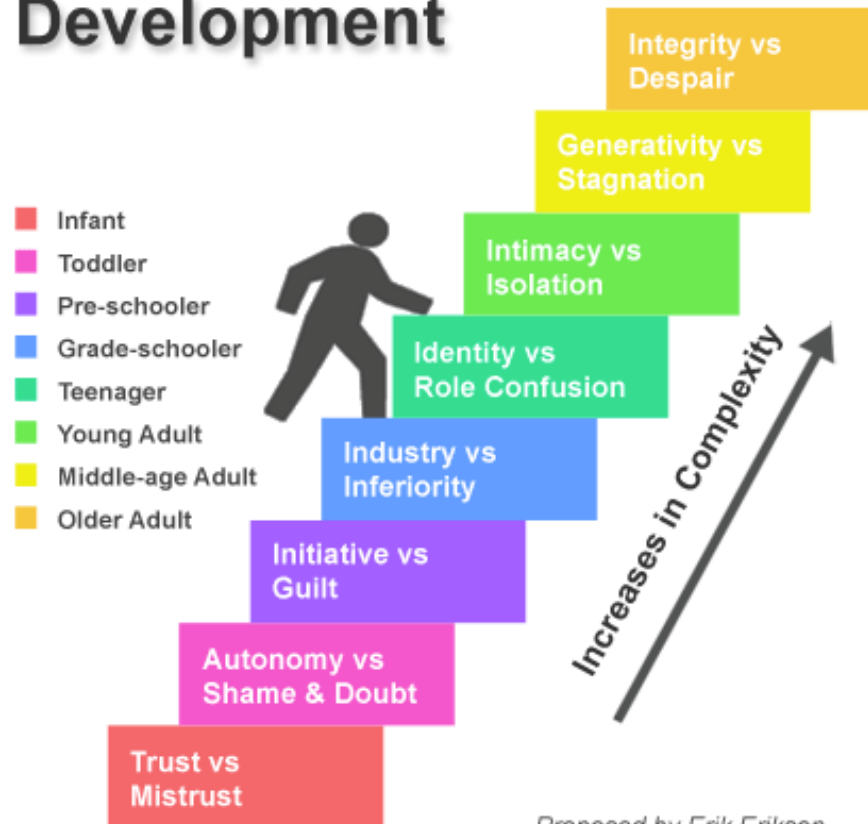


Age Specific Care Competency

Stages of Psychosocial Development



Learning Objectives

Upon completion of this training you will be able to:

1. Provide each individual quality care by demonstrating the necessary skills needed to work with people of different ages and stages of development.
2. Describe expected characteristics of people throughout varied stages of development.

Age Groups

Age specific competencies require understanding of the development and needs of varied people with whom you will be working with.

Stages of development are:

- Infants
- Toddlers
- Pre-School Age
- School Age
- Adolescents
- Young Adults
- Middle Adult
- Older Adult

(McLeod, 2018)

Infant (Birth to 1 year)

- Infants are totally dependent on others to meet their basic needs.
 - Needs met = Trust
 - Needs not met = Mistrust
- Communicate through crying
- Physical growth is rapid
- Physical touch is vital



(McLeod, 2018)

Toddlers (1 to 3 years)

- Toddler's begin exploring, decision making and desiring some independence. They learn autonomy by walking, talking, and self-feeding, toileting, and getting dressed.
- Independence creates a sense of confidence and security
- They can fall into shame and doubt if criticized often and are overly controlled. Lack of self-esteem develops.



(McLeod, 2018)

Pre-School Age (3-5 years)

- Young children are aware of other's feelings and develop a conscience.
- Ask many questions and understand right and wrong.
- Creative and may have imaginary friends
- Playing with others is important
 - Learn to share
- Fears of separation from family
- Being overly criticized leads to guilt while supporting their imagination can lead to their taking initiative.



(McLeod, 2018)

School Age (6-11 years)

- This group focuses on learning new things and often look up to their teachers as role models
- Peer group begins to become important, to feel accepted for who they are (self-esteem matures)
- Encouragement develops feelings of industry (competent and confident)
- Inferiority complex may develop from negativity from authority and peers



(McLeod, 2018)

Adolescent (12-20 years)

- Adolescence begins a transition into adulthood
- Independence is greater to make decisions about their beliefs, ideas, values and future. Their self-identity is forming.
 - Two greatest identities formed: Sexual and Occupational
 - Some begin to choose against family norms causing friction
 - Role confusion can come if they are told who they are and what they are to become with no self-discovery
- Important time to teach about healthy habits



(McLeod, 2018)

Young Adult (21-35 years)

- Young Adults reach physical and sexual maturity
 - May develop intimate relationships, close friendships, raise families, and choose careers
- Success at this stage results in intimacy with commitments and a sense of safety with others
- Fear of commitment and intimacy lends to isolation, loneliness and depression



(McLeod, 2018)

Middle Adult (35-64 years)

- Middle Adults begin to experience a desire to leave a legacy by mentoring others or designing a change that will outlast them
 - Raising children, being productive at work, community involvement, buying a home or investing for future.
 - Being active in society establishes generativity and accomplishment
 - Staying stagnant and unproductive leaves a sense of disconnect
- Body changes begin (menopause or slower healing from injuries)



(McLeod, 2018)

Older Adult (65+)

- During this stage, a reflection of their life begins; choices they made and the results of those choices
 - Satisfaction of life leads to Ego Integrity
 - Dissatisfaction leads to Despair and hopelessness
- Body slows down and retirement settles in
- Wisdom is gained and desired to be shared
- Contentment is gained and death is accepted without fear



(McLeod, 2018)

Conclusion

- Many factors can influence each stage of development
- Choices are made and some are inflicted upon
- Healthy choices and safe environments are critical for self satisfaction of life
- Assess each individual you care for as to their expected and actual stage and treat all with a sense of care, love and appreciation for life

Reference

McLeod, S. (2018). Erik Erikson's Stages of Psychosocial Development. Retrieved:
<https://www.simplypsychology.org/Erik-Erikson.html>