

Leisure and Aging: Ulyssean Living in Later Life, 5th ed.
McGuire, Boyd, Janke, Aybar-Damali

Chapter Matrices

SAGAMORE
P U B L I S H I N G

Chapter Matrices

Directions for using the chapter matrices

A matrix containing key chapter terms and concepts is provided for use as either a class activity or an assignment. Each matrix lists critical components from a chapter followed by three cells, each requiring the student to provide information. The content of the cells differs by chapter but typically include:

1. A description/definition of the component
2. A description of why the component matters for leisure engagement
3. Ulyssean living as related to the component
4. Examples illustrating the component

I typically use the matrix as a small group activity at the end of class discussion on a chapter. Students are placed in small groups and fill in the cells in the matrix on their laptops. The matrices can then be shared with the class and a master matrix created.

Students have also used the matrices as a guide for taking class notes and filled in the cells while the class is in session. The matrix also functions as a glossary since major terms from each chapter are incorporated into the matrix. Instructors should adjust the components of the matrices to reflect the content they view as most critical to their students.

Chapter 1: The Aging Journey

Component	Explanation and Examples	Link to Leisure	Link to Ulyssean Living
Successful Aging			

Social Roles			
Ageism			

Myths			
Stereotypes			

Life Expectancy			
Age Composition			

Residential Distribution			
Living Arrangements			

Gender			
Marital Status			

Economic Characteristics			
Employment			

Education			
Health			

Future Generations			
--------------------	--	--	--

Chapter 2

Concept	Description of Key Components	Link to Leisure	Link to Ulyssean Living
Successful Aging			
Disengagement Theory			

Activity Theory			
Continuity Theory			

Socialization			
Age Stratification			

Modernization			
Life Course			

Selective Optimization With Compensation			
Socioemotional Selectivity			

Gerotranscendence			
Innovation			

Chapter 3 Matrix

Area of change	What happens	Why does it matter for leisure engagement	Ulyssean intervention
Physical appearance			
Musculoskeletal system			

Chapter 3 Matrix

Cardiovascular system			
Respiratory system			

Chapter 3 Matrix

Gastrointestinal system			
Urinary system			

Chapter 3 Matrix

Endocrine system			
Reproductive system			

Chapter 3 Matrix

Nervous system			
Vision			

Chapter 3 Matrix

Hearing			
Taste/touch/smell			

Chapter 3 Matrix

	What is it	What happens	Link to Leisure	Link to Ulyssean Living
Intelligence	A. Fluid v Crystallized B. Specific abilities 1 2 3 4 5 6 C. Practical	Cross-sectional v. longitudinal Mediating factors		

C. Working Memory

D. Nonepisodic – episodic

Non-episodic

1. procedural memory

2. semantic memory

Episodic:

1. source memory

2. False Memory

3. Prospective memory

	E. Age associated Memory Impairment			
Creativity				

Psychological component	What is it	What happens with aging	Link to Leisure	Ulyssean intervention
Personality	<p>I. Definition:</p> <p>II. One model is the Big Five:</p> <ol style="list-style-type: none"><li data-bbox="384 446 900 511">1. Extroversion<li data-bbox="384 722 900 787">2. Neuroticism<li data-bbox="384 1015 900 1079">3. Conscientiousness<li data-bbox="384 1307 900 1372">4. Agreeableness			

	5. Openness			
Developmental tasks	<p>I. Definition:</p> <p>II. Developmental tasks:</p> <p>1. Erikson</p> <p>2. Havighurst and Duvall</p> <p>3. Ebersoll and Hess</p>			

	<p>III. Maturity:</p>			
--	-----------------------	--	--	--

	<p>IV. Two tasks of aging (acceptance and growth):</p>			
--	--	--	--	--

	<p>1. Adjusting to loss</p>			
--	-----------------------------	--	--	--

	<p>2. Searching for growth and meaning</p>			
--	--	--	--	--

Types:

a. vascular dementia

b. Lewy body

c. Alzheimer's' Disease:

1. Mild

	2. Moderate			
	3. Severe			

--	--	--	--	--

Chapter 6

Concept	Description	Link to Leisure	Link to Ulyssean Living
Leisure			
Health			

Chapter 6

Meaningful Activity			
Being Needed			

Chapter 6

Financial Security			
Serious leisure			

Chapter 6

Identity formation/affirmation			
Assimilation/accommodation			

Chapter 6

Buffer/coping			
The A's/FFIG			

Chapter 6

Flow			
Social/psychological benefits			

Chapter 6

Social benefits			
Vaillant's components			

Chapter 6

Leisure Competency			
--------------------	--	--	--

Concept	Description	Link to Ulyssean Living	Link to Leisure
Motivation			
Intrinsic Motivation			

Self Determination			
Competence			

Autonomy			
Relatedness			

Seeking/Escaping			
Optimum arousal			

Personal Meaning			
Constraints			

Concept	Description	Link to Ulyssean Living	Three examples of activities
Retirement			
Computer/internet			

Physical Activity			
Sport			

Travel			
Educational Travel			

Concept	Description	Link to Leisure	Link to Ulyssean Living
Ethnicity			
Race			

Ethnicity and Public Recreation Participation Model			
Discrimination			

Resistance			
Access			

Marginality			
Gender			

Intersection of Aging, ethnicity, race, gender, and leisure			
--	--	--	--

Concept	Description	Link to Leisure	Link to Ulyssean Living
Environment			
Autonomy v security			

Person-environment fit			
Wahl's 3 environmental functions			

Environmental press			
People/effect/thing effect			

Microenvironment Cues Stimulation Support			
Prosthetic approach			

Visual, auditory and ambient environment			
Techniques of environmental adaptation and modification			

Concept of "just manageable difficulty"			
Macro-environment			

Transportation			
Disablement process			

Leisure-rich environment s			
-------------------------------	--	--	--

Concept	Description	Link to Leisure	Link to Ulyssean Living
Long-term care			
ADL/IADL			

Models of care: Health Social Hybrid			
Assisted living			

Nursing home facilities			
Resident's Bill of Rights			

Increased Sense of Control			
Validation therapy			

<p>Environmental design</p> <p>Social Organizational culture Physical</p>			
<p>TESS-NH factors</p> <p>Unit autonomy</p> <p>Safety/security</p> <p>Cleanliness</p> <p>Stimulation</p> <p>Orienting/cueing</p>			

Treatment Protocols			
Eden Alternative			

Family model			
Space			
Organizational culture			
Caring relationships			
Family-like bonds			
Meaningful activities			

Concept	Description	Link to Leisure	Link to Ulyssean Living
Multiple housing options			
Elder-friendly communities			

Community services			
Transportation			
Outreach/Information/Referral			
Case Management			
Escort Services			
In-home Services			
Home Health Services			
Homemaker Services			
Chore Services			
Friendly Visitors			
Senior Centers			
Legal Assistance			

Respite Care			
Protective Services			
Employment Programs			
Protective Services			
Nutrition Services			
Special needs			
Widows			
Caregivers			

Community needs assessment			
Age-segregated communities			