



# 3 phases

- Young Adulthood (20s and 30s)
- Middle Age (40-65ish)
- Late Adulthood (after 65)



# Physical Changes

- 20s – peak of health, but by late 20s, signs of aging become visible...wrinkles start 😞
- 40s – vision and hearing start to decline
- 60s/70s – significant hearing loss commonly occurs at this stage

# Middle Adulthood Changes

- Menopause

- Women in 40s/50s
- Estrogen declines
- Hot flashes
- Menopause = cessation of ovulation



- Andropause

- Men in 40s
- Testosterone declines
- Possible fatigue/irritability/  
decreased sexual functioning



# Other Middle Adulthood Physical Changes

- Lifestyle from younger years can show up negatively in middle adulthood
- Common problems:
  - High blood pressure, sleep problems (apnea, snoring), heart disease, cancer, stroke



# Cognitive Changes in Middle Adulthood

- Many more life experiences to aid in problem solving
- Reaction time slows
- More difficulty with memory of things like names
- Staying physically and mentally active helps!
  - Puzzles, being social,
  - taking classes, etc.



# Middle Adulthood Psychosocial

- Erikson

- Intimacy vs. Isolation

- Young adults who never formed strong identities may have trouble finding intimacy with a partner

- Generativity vs. Stagnation

- After finding intimacy, can now focus outward on the next generation



# Late Adulthood

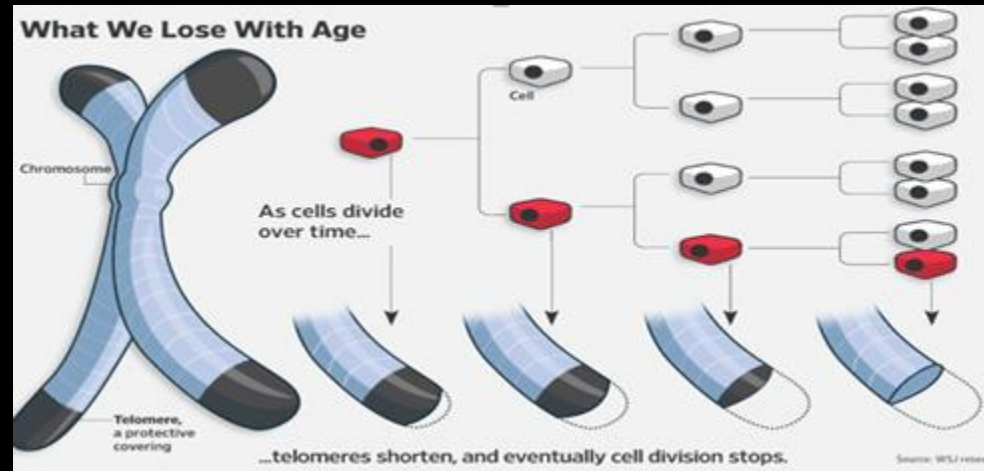
- **Theories of physical aging**

- Cellular-Clock theory

- Cells are limited in how many times they can reproduce...telomeres shorten
    - Can't make up for damage

- Wear-and-Tear theory

- Organs and cell tissue wear out over time (like collagen in skin...stretches out and doesn't bounce back)






# Negative Aging Prevention

- Activity theory
  - Elderly people adjust more positively to aging when they remain active in some way.
    - Volunteering
    - Taking up new hobbies
    - Taking classes
    - Maintaining friendships





# Effects of Choice on the Aged Study Summary Discussion

- With partner(s), Discuss the following:
    - What was the research question?
    - What was done?
    - What were the results?
    - What did we learn?
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# Cultural Differences in Views of Death/Dying

- Reading:
- Please read pages 350-351 and take notes
- (there is a question on the test about this)

