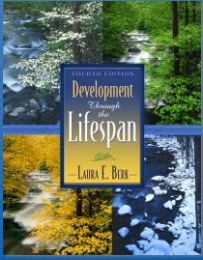


## Development Through the Lifespan



### Chapter 17

#### Physical and Cognitive Development in Late Adulthood

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## Functional Age

- Actual competence and performance
- May not match chronological age



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## Aging and the Nervous System

- Loss of brain weight accelerates after 60
- Neurons lost in frontal lobes, corpus callosum, cerebellum (balance), glial cells
- Autonomic nervous system less efficient
- Brain can compensate
  - New fibers, neurons
  - New connections
  - Use more parts of brain

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## Adapting to Physical Changes of Aging

- Multidimensional
  - Appearance versus functioning
- Effective coping strategies
  - Prevention, compensation
  - Problem-centered coping
- Assistive technology

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## Stereotypes of Aging

- Many assume deterioration is inevitable
  - Elders experience prejudice, discrimination
  - Assumptions affected by culture
- Stereotype threat
  - Fear of confirming stereotype reduces functioning
- May be changing
  - Positive media portrayals



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## Primary and Secondary Aging

### Primary

- Genetically influenced declines
- Affects all members of species
- Even happens if health is good

### Secondary

- Declines due to heredity *and* environment
- Effects individualized
  - Major contributor to frailty
- Illnesses and disabilities
  - Arthritis
  - Diabetes
  - Mental disabilities

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## Mental Disabilities in Late Adulthood

**Dementia** - thought and behavior impairments that disrupt everyday life

- Parkinson's disease
- Alzheimer's disease
- Cerebrovascular dementia
  - Strokes
- Misdiagnosis, reversible dementia
  - Depression
  - Medication side effects



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## Alzheimer's Disease

<b>Incidence</b>	<ul style="list-style-type: none"> <li>▪ Higher with age - nearly 50% over 80</li> </ul>
<b>Symptoms</b>	Forgetting, disorientation, personality change, depression, motor problems, delusions, speech problems, infections
<b>Brain Changes</b>	Neurofibrillary tangles, amyloid plaques in cerebral cortex
<b>Risk Factors/Protective Factors</b>	<ul style="list-style-type: none"> <li>▪ Genetic predispositions</li> <li>▪ High-fat diet - Mediterranean diet may help</li> <li>▪ Education, active lifestyle may help</li> </ul>

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## Help for Caregivers of Elders with Dementia

- Knowledge
  - About the diseases, available resources
- Coping Strategies
- Caregiving Skills
- Respite
  - At least twice a week
  - Video Respite

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## Selective Optimization with Compensation

- **Select**
  - Choose personally valued activities, avoid others
- **Optimize**
  - Devote diminishing resources to valued activities
- **Compensate**
  - Find creative ways to overcome limitations



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## Deliberate versus Automatic Memory

### Deliberate

- Recall more difficult
  - Context helps retrieval, but slower processing, smaller working memory make context harder to encode

### Automatic

- Recognition easier than recall
  - More environmental support
- Implicit memory better than deliberate
  - Without conscious awareness
  - Depends on familiarity

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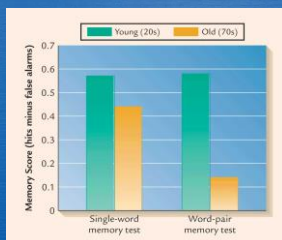
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## Associative Memory Declines in Late Adulthood

- Difficulty in creating or retrieving links between pieces of information
- Using memory cues, enhancing meaningfulness of information, can help



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## Remote and Prospective Memory

### Remote

- Very long-term recall
- Autobiographical memory

### Prospective

- Remembering to engage in planned actions
- Event-based easier than time-based
- Use reminders, repetition to help

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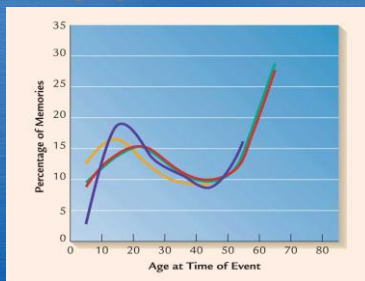
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## Aging and Autobiographical Memories



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## Language Processing in Late Adulthood

- Comprehension changes very little
- Problems retrieving specific words
  - Tip-of-the-tongue
  - Use more pronouns, pauses in speech
- Problems planning what to say
  - Hesitations, false starts, repetition, sentence fragments
  - Statements less organized
- Compensation
  - Simpler grammar, more sentences, gist



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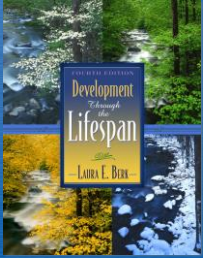
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## Development Through the Lifespan



### Chapter 18

#### Emotional and Social Development in Late Adulthood

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## Erikson's Theory: Ego Integrity versus Despair

<h3>Ego Integrity</h3> <ul style="list-style-type: none"> <li>Feel whole, complete, satisfied with achievements</li> <li>Serenity and contentment</li> <li>Associated with psychosocial maturity</li> </ul>	<h3>Despair</h3> <ul style="list-style-type: none"> <li>Feel many decisions were wrong, but now time is too short</li> <li>Bitter and unaccepting of coming death</li> <li>Expressed as anger and contempt for others</li> </ul>
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## Peck: Three Tasks of Ego Integrity

- Ego differentiation versus work-role preoccupation
- Body transcendence versus body preoccupation
- Ego transcendence versus ego preoccupation

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## Gerotranscendence

- Beyond ego integrity
- Cosmic, transcendent perspective
- Directed beyond self
  - Forward and outward
- Heightened inner calm
- Quiet reflection



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## Emotional Expertise

- Cognitive-affective complexity
  - Declines for many
- Affect optimization improves
  - Maximize positive emotions, dampen negative ones
- More vivid emotional perceptions
  - Make sure of own emotions
  - Use emotion-centered coping

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## Reminiscence and Life Review

### Reminiscence

- Telling stories about people, events, thoughts and feelings from past
  - **Self-focused:** can deepen despair
  - **Other-focused:** solidifies relationships
  - **Knowledge-based:** helps solve problems

### Life Review

- Considering the meaning of past experiences
- A form of reminiscence
- For greater self-understanding
- Can help adjustment

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## Personality in Late Adulthood

- Secure, multifaceted self-concept
  - Allows self-acceptance
  - Continue to pursue possible selves
- Shifts in some characteristics
  - More agreeable
  - Less sociable
  - Greater acceptance of change



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## Factors in Psychological Well-Being

- Control versus dependency
- Health
  - Poor health, depression linked
  - Suicide risk
- Negative life changes
- Social support, interaction
- Social interaction



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## Control and Dependency in Late Adulthood

- **Dependency-support script**
  - Attend immediately to dependent behaviors
- **Independence-ignore script**
  - Ignore independent behaviors
- **Scripts work together**
  - Both reinforce dependency
  - Make social contact less pleasant



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## Elder Suicide

- Suicide increases over lifespan
  - Men more likely than women
  - Whites most likely
- Prompted by losses, terminal illnesses
  - Retirement, widowhood
- Indirect methods
  - Refusing food, medical treatment



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## Social Theories of Aging

<b>Disengagement Theory</b>	Mutual withdrawal of elders and society
<b>Activity Theory</b>	Social barriers cause declining interaction
<b>Continuity Theory</b>	Strive to maintain consistency between past and future
<b>Socioemotional Selectivity Theory</b>	Social networks become more selective with age; extends lifelong process <ul style="list-style-type: none"> <li>• Emphasize emotion-regulating functions of social contact</li> </ul>

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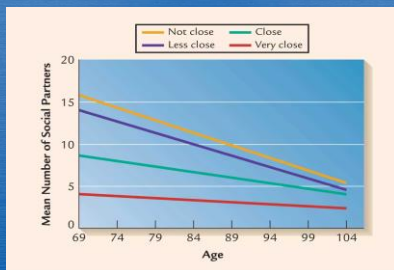
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## Age-Related Changes in Number of Social Partners



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## Friendships in Late Adulthood

- Friends provide:
  - Intimacy
  - Companionship
  - Acceptance
  - Link to community
  - Help with loss
- Feels closest to a few nearby friends
- Chooses friends similar to self
- Sex differences continue



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## Relationships with Adult Children

- Quality of relationship affects elders' physical, mental health
- Assist each other
  - Direction changes toward children helping as parents age
  - Closeness affects willingness to help
  - Emotional support most often
    - Parents try to avoid dependency
- Sex differences
  - Daughters closer



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