

Middle adulthood

46–65 years

Physical changes in middle adulthood

- Menopause
- Hormonal changes for both men and women
- Weight increase
- Senses become less precise
 - *hearing, sight, taste etc.*

Intellectual changes in middle adulthood

- Memory still generally good
- Short term memory not so quick
- New learning can still occur
- Decisions in life often based on wisdom

Emotional changes in middle adulthood

- Mid-life crisis for many
- Development of uncertainty
- Security in identity for many
- Love of grandchildren and pleasure from spending time with them
- Independence again for many as their children become mature and leave home
- Loss of own parents and some friends
- Realisation that no longer young
- Growing awareness of own mortality

Social development in middle adulthood

- Social life less intense for many
- Social life often involves less physical activity
- Wider social life if early retirement is achieved
- Try new activities and meet new people

