

Later adulthood

65+ years

Physical changes in later adulthood

- Loss of skin elasticity
- Joints stiffen
- Muscle wastage

Intellectual changes in later adulthood

- Wisdom achieved from life experience
- Time to learn new things as retirement has taken place
- Stimulation to learn as physical activities are often not so time consuming
- Time for reflection on achievements

Emotional changes in later adulthood

- Loss of partner due to death
- loss of friends due to death
- Emotionally attached to family
- Proud of family achievements especially grandchildren
- Reflective on life
- Loss of independence for many

Social development in later adulthood

- More time to socialise with friends
- New friends made
- Trying of new activities and meeting new people as time is available
- More time spent at home as the ageing process takes place



How does this activity affect a person's physical, intellectual, emotional and social development?

Possible benefits and losses in later adulthood

Later adulthood	Benefits	Losses