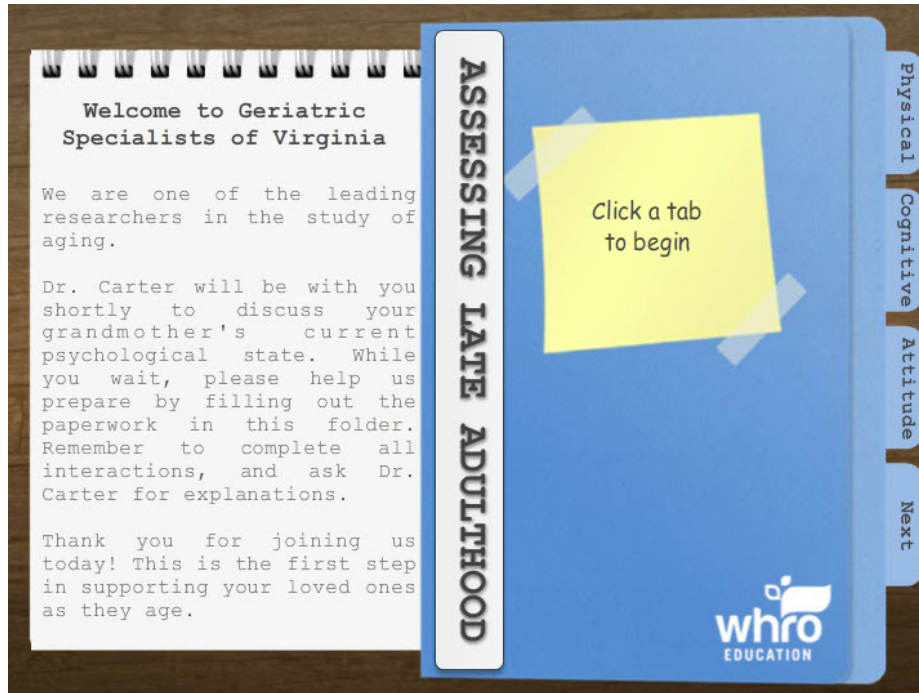


# Module 5: Life Span Development

## Topic 4 Content: Late Adulthood

### Introduction



Welcome to Geriatric Specialists of Virginia. We are one of the leading researchers in the study of aging.

Dr. Carter will be with you shortly to discuss your grandmother's current psychological state. While you wait, please help us prepare by filling out the paperwork in this folder. Remember to complete all interactions, and be sure to ask Dr. Carter for explanations.

Thank you for joining us today! This is the first step in supporting your loved ones as they age.

# Module 5: Life Span Development

## Topic 4 Content: Late Adulthood

### Physical Changes

type your Grandmother's name here

Click → WHAT DOES THIS MEAN, DR. CARTER?

### Physical Changes

Lifestyle choices impact the rate at which a person ages. Think about your grandmother, and check off boxes relevant to her lifestyle.

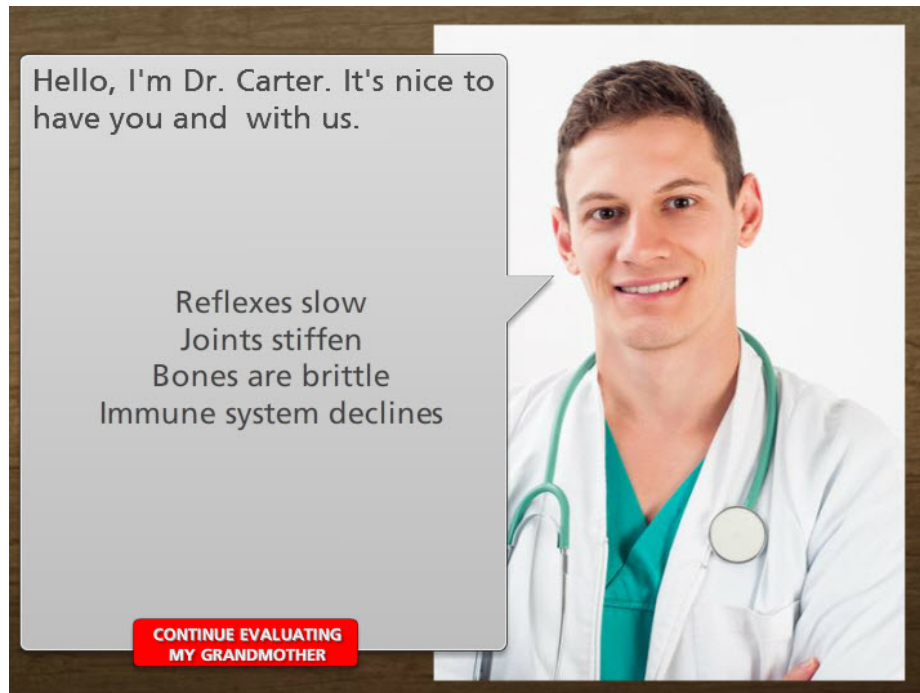
- Eats healthy
- Exercises weekly
- Decline in smell
- Decline in taste
- Decline in vision
- Decline in hearing
- Slow reflexes
- Stiff joints

Lifestyle choices impact the rate at which a person ages. Think about your grandmother, and check off boxes relevant to her lifestyle.

## Module 5: Life Span Development

### Topic 4 Content: Late Adulthood

#### Physical Changes Feedback



Hello, I'm Dr. Carter. It's nice to have you and your grandmother with us.

In looking at your checklist for physical lifestyle choices, I want to discuss what is normal and abnormal for someone your grandmother's age. Diet, exercise, and exposure to harmful substances are all factors in the health of your grandmother. Many physical changes typically occur at this age. For example, she may experience a decline in smell, taste, hearing, and vision. Reflexes become slower, joints become stiffer, and bones become more brittle. Immune systems also decline, making your grandmother more susceptible to viral and bacterial infections.

# Module 5: Life Span Development

## Topic 4 Content: Late Adulthood

### Cognitive Changes

**Cognitive Changes**

Memory and knowledge change as individuals age. Check boxes next to anything your grandmother has experienced.

- Difficulty remembering names
- Loss of daily functioning
- Speech problems
- Forgetting her life story


Test your memory by clicking the button to the left.

Memory and knowledge change as an individual ages. Check boxes next to anything your grandmother has experienced.

## Module 5: Life Span Development

### Topic 4 Content: Late Adulthood

#### Memory Test Introduction



**How is Your Memory?**

I'd like to give you a sense of how we will test your grandmother's memory. In 1997, Thomas Cook, former chief of the Geriatric Psychopharmacology Program at the National Institutes of Health in Maryland, developed memory screenings like the one I will show you. While many quizzes exist, I will present one called *The Shopping List*. Please get a pen and paper for this activity.

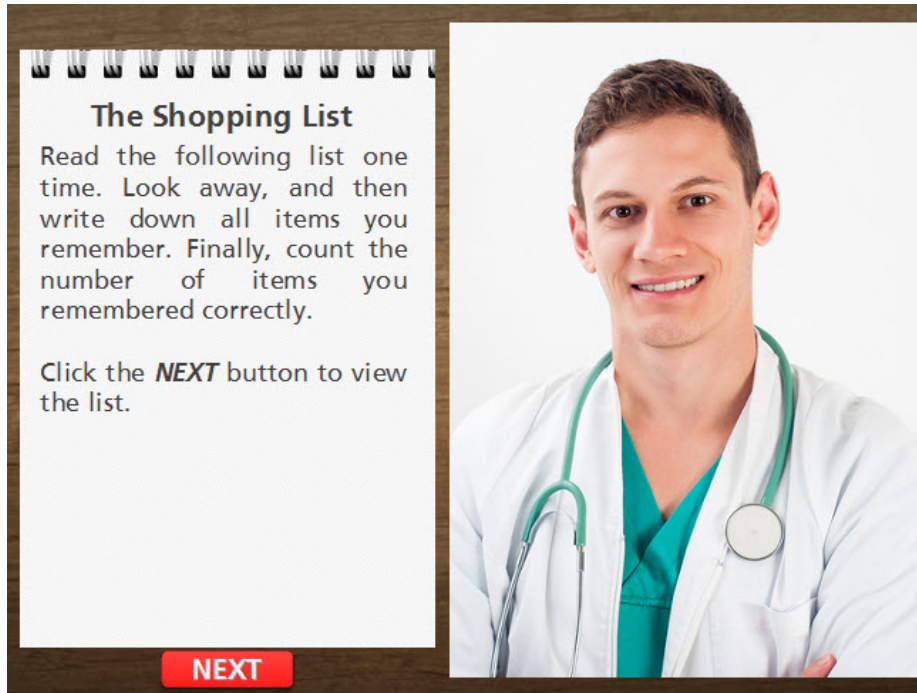
Click the **NEXT** button to begin.

**NEXT**

I'd like to give you a sense of how we will test your grandmother's memory. In 1997, Thomas Cook, former chief of the Geriatric Psychopharmacology Program at the National Institutes of Health in Maryland, developed memory screenings like the one I will show you. While many quizzes exist, I will present one called *The Shopping List*. Please get a pen and paper for this activity.

**Module 5: Life Span Development**  
**Topic 4 Content: Late Adulthood**

**The Shopping List Instructions**



**The Shopping List**

Read the following list one time. Look away, and then write down all items you remember. Finally, count the number of items you remembered correctly.

Click the **NEXT** button to view the list.

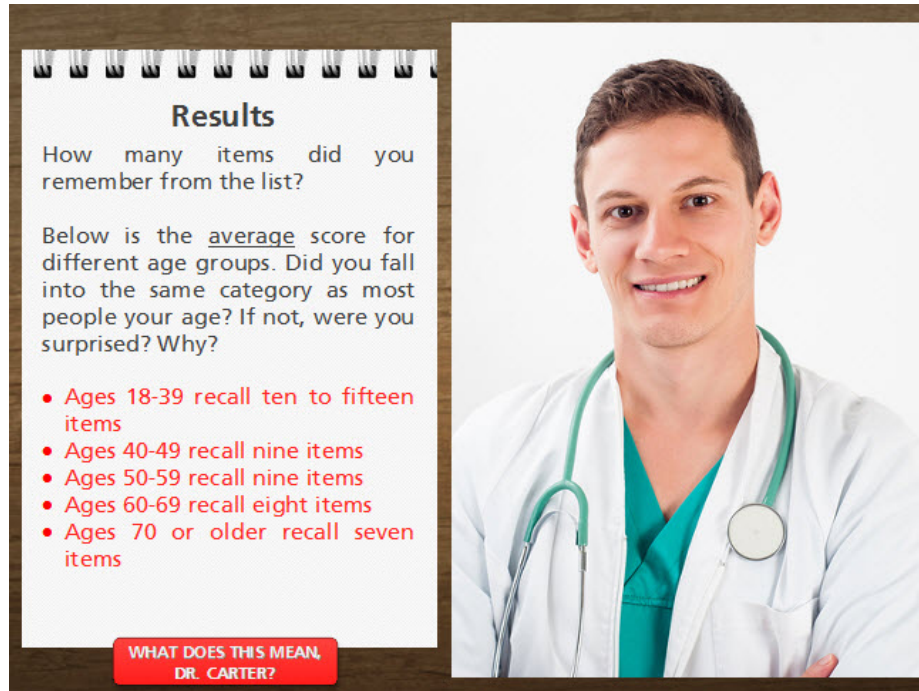
**NEXT**

Read the following list one time. Look away, and then write down all items you remember. Finally, count the number of items you remembered correctly.

## Module 5: Life Span Development

### Topic 4 Content: Late Adulthood

#### Results



The graphic consists of a spiral-bound notebook on the left and a photograph of a male doctor on the right. The notebook page is titled "Results" and contains the following text:

**Results**

How many items did you remember from the list?

Below is the average score for different age groups. Did you fall into the same category as most people your age? If not, were you surprised? Why?

- Ages 18-39 recall ten to fifteen items
- Ages 40-49 recall nine items
- Ages 50-59 recall nine items
- Ages 60-69 recall eight items
- Ages 70 or older recall seven items

At the bottom of the notebook page, there is a red button that says "WHAT DOES THIS MEAN, DR. CARTER?".

The photograph on the right shows a young man with short brown hair, wearing a white lab coat over teal scrubs, with a stethoscope around his neck. He is smiling and has his arms crossed.

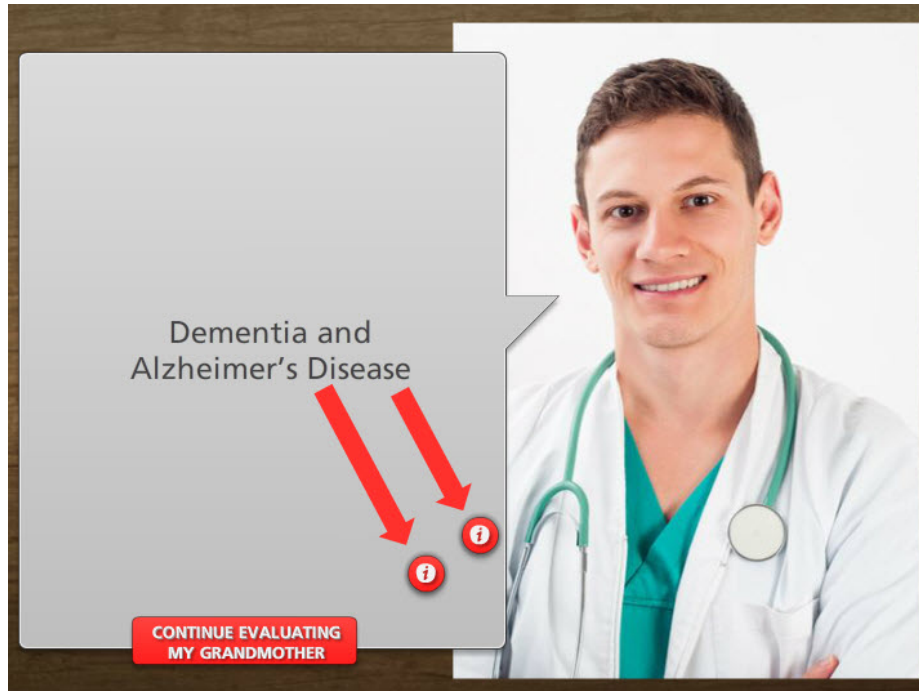
How many items did you remember from the list?

Below is the average score for different age groups. Did you fall into the same category as most people your age? If not, were you surprised?

## Module 5: Life Span Development

### Topic 4 Content: Late Adulthood

#### Cognitive Changes



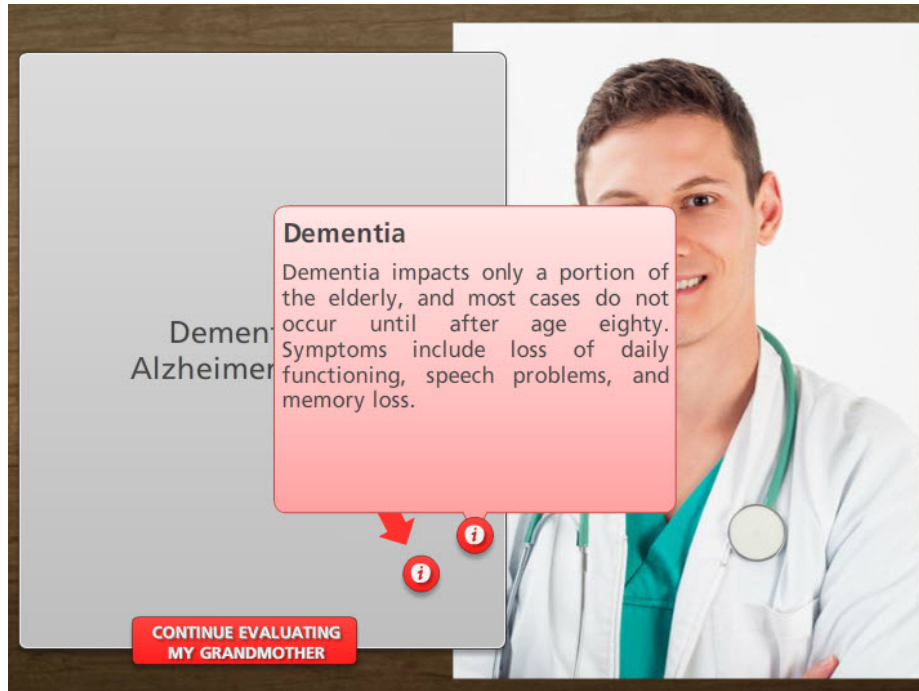
Cognitive changes occur when individuals age as well. Many of those changes are based on lifestyle choices, like remaining mentally active. The ability to recall information declines, but typically this detriment occurs in less significant ways, like the ability to remember names. Learning new skills may help keep the mind sharper for longer. More significant cognitive changes come if someone has dementia or Alzheimer's Disease.



## Module 5: Life Span Development

### Topic 4 Content: Late Adulthood

#### Dementia

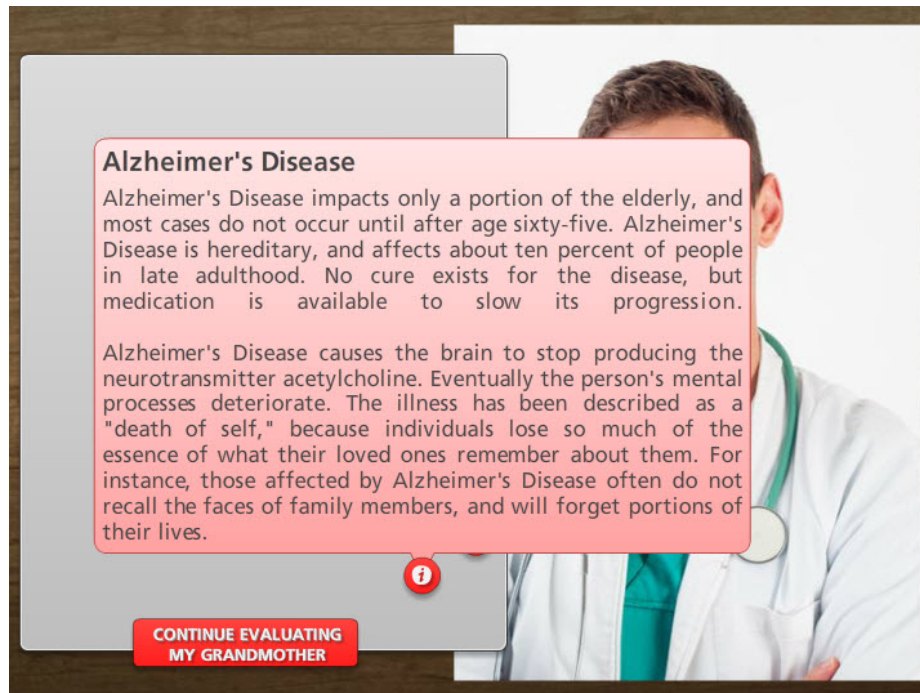


Dementia impacts only a portion of the elderly, and most cases do not occur until after age eighty. Symptoms include loss of daily functioning, speech problems, and memory loss.

## Module 5: Life Span Development

### Topic 4 Content: Late Adulthood

#### Alzheimer's Disease



**Alzheimer's Disease**

Alzheimer's Disease impacts only a portion of the elderly, and most cases do not occur until after age sixty-five. Alzheimer's Disease is hereditary, and affects about ten percent of people in late adulthood. No cure exists for the disease, but medication is available to slow its progression.

Alzheimer's Disease causes the brain to stop producing the neurotransmitter acetylcholine. Eventually the person's mental processes deteriorate. The illness has been described as a "death of self," because individuals lose so much of the essence of what their loved ones remember about them. For instance, those affected by Alzheimer's Disease often do not recall the faces of family members, and will forget portions of their lives.

**CONTINUE EVALUATING MY GRANDMOTHER**

Alzheimer's Disease impacts only a portion of the elderly, and most cases do not occur until after age sixty-five. Alzheimer's Disease is hereditary, and affects about ten percent of people in late adulthood. No cure exists for the disease, but medication is available to slow its progression.

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# Module 5: Life Span Development

## Topic 4 Content: Late Adulthood

### Attitude Changes

**Think about it:**  
In your opinion, how easy is it to have a strong group of friends when you are a teenager versus when you are in late adulthood? Why?

*Click* → WHAT DOES THIS MEAN, DR. CARTER?

**Attitude Changes**

The success of aging is also dependent on an individual's attitude. Check boxes next to any of these your grandmother has experienced.

- Feeling optimistic about life
- Feeling negative about life
- Being financially stable
- Being socially connected

Physical  
Cognitive  
Attitude  
Text

The success of aging is also dependent on an individual's attitude. Check boxes next to any of these your grandmother has experienced.

## Module 5: Life Span Development

### Topic 4 Content: Late Adulthood

#### Attitude Changes Feedback



Research shows that successful aging happens when individuals feel optimistic, engaged in activity, financially stable, and socially connected. This prevents people from focusing on the negative aspects of aging and blaming others for their changes. Moreover, such positive attitudes enable people to remain mentally sharp. One of the most challenging times for aging individuals occurs during retirement, because they must find a new identity, and learn to feel useful and engaged in new and different ways. Further, financial stability allows for less worry, and the ability to enjoy hobbies. Having social support and emotional stability enhances psychological well-being.

## Module 5: Life Span Development

### Topic 4 Content: Late Adulthood

#### Next Steps

How do you want to age?

Next Steps

As you see, many challenges arise when you age. Shift gears for a moment and make a mental timeline of the following:

- ✦ The most important events in your life from the past
- ✦ The most important events in your life from the present
- ✦ The important events you hope for in the future

What can you do now to help achieve your future goals?

As you see, many challenges arise when you age. Shift gears for a moment and make a mental timeline of the following:

- The most important events in your life from the past;
- The most important events in your life from the present; and
- The important events you hope for in the future.

What can you do now to help achieve your future goals?