

Old Adulthood

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Old Adulthood

- **Young Old:** 60-75 years
- **Old Old:** 75-85 years
- **Oldest Old:** 85+ years

Retirement

- There are both positive and negative effects of retirement
 - Reduction of income
 - Increased opportunity to pursue other interests
 - Ability to choose where to live
- There is no change in:
 - Health
 - Overall life satisfaction

Behavioral Effects of Physical Changes

- General slowing in performance of activities
- Sleep less throughout the night and more during the day
- Feel hungry all the time
 - Satiety, feeling of fullness after eating, gets impaired
- Reduction in stamina and balance
- Fine motor skills decline

Mental Health

- **Dementia:** Neurological disorder involving problems with memory and thinking that can affect emotional, social, and physical functioning
 - **Alzheimer's disease:** Severe form of dementia that begins with subtle memory difficulties, repetitive conversation disorientation in familiar settings
 - Eventually, an individual may fail to recognize family members or perform simple routines as dressing
- Dementia is typically caused by other diseases, such as strokes, substance use, head traumas
- Depression is common in old adulthood – in Nigeria?

Successful Aging

- Good health: Good diet and exercise; Willing to persevere with treatments after sickness or injury
- Participation in cognitively stimulating activities
- Socially active
- Engagement in productive pursuits
- Adjust expectations to ensure high life satisfaction

Most Centenarian (100+ years)...

- Have a long history of regular physical activity
- Remain mentally active through work or hobbies
- Have experienced long periods of deprivation and hardship (e.g., slaves, Holocaust)
- Are women (9 women to 1 man)
- Are optimistic and do not worry
- Have a good sense of humor
- Have close family relationships

Conclusion

- Cognitive and physical abilities decrease in old adulthood
 - Could development in the spiritual domains increase?