

What is “Normal” Aging?

First & foremost...there is no normal!

One important thing you need to know is that there is no specific normal. There are general bodily changes that occur across time. They may happen sooner or later for some people, and may not occur at all for others. This is all due to genetics, our environment, diet, exercise, mental health, etc.

Physical Changes

- Skin thins & becomes rigid
- Hair “grays”
- Joints less flexible
- Trouble Sleeping
- Loss in Touch Differentiation
- Presbyopia – trouble focusing on near objects
- Presbycusis – trouble hearing high frequencies
- Gradual loss of smell
- Changes in taste buds
 - Sweet, Salty, Sour, Bitter

Psychological Changes

- Longer to react
- Attention may become difficult
- Slight decline in executive functioning
 - Skills necessary for decision-making
- Slight memory issues
 - Trouble remembering events long ago and tip-of-the-tongue
 - Remember distinct events, past events, and procedures
- Personality is stable

Social Changes

- Changes in family relationships
- May disengage from society or stay involved
 - Depends on personality
- More selective with friendships
 - Based on “time horizon”
- May work or volunteer

What can you do now?

- Physical:
 - Training
 - Strength training or resistance training
 - Yoga
 - Diet
- Psychological:
 - Keep your mind engaged
 - Learn
 - Read
 - Crossword puzzles, word searches, etc.
- Social
 - Stay engaged with your social network

When in doubt, talk to your doctor!

If you are ever in doubt about any health concern that you may have, be sure that you reach out to your doctor!

References:

Whitbourne, S. K., & Whitbourne, S. B. (2017). Adult development and aging: Biopsychosocial perspectives (6th edition). Wiley.

