



Late adulthood : perspectives on human development

Richard A. Kalish

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In late adulthood there can be a difference between a person's chronological age and functional age. A person's chronological age is their age which is calculated by the years lived from birth date. A person's functional age refers to a person's competence and performance. Although brain weight declines through adulthood, brain-imaging research and after-death autopsies reveal that the loss becomes greater starting in the sixties and may amount to as much as five to ten percent by age eighty, due to withering of the myelin coating on neural fibers, loss of synaptic connections, death of neurons, and enlargement of ventricles within the brain. Late adulthood (old age) is generally considered to begin at about age 65. Erik Erikson suggests that at this time it is important to find meaning and satisfaction in life rather than to become bitter and disillusioned, that is, to resolve the conflict of integrity vs. despair. It has been estimated that by the year 2030, Americans over 65 will make up 20% of the population.