

Adapting to Older Age

1. Some of the proposed options for successful aging among the frail elders are maintenance of good physical health, to set goals and have efforts to obtain those goals, and to know you model. There is an emerging proactive options for successful aging on the second page in the article that describes some of the background to older aging and options to being successful with one's age.
2. Some of the proactive buffers to aging unsuccessfully include viewing elders as active agents who engage in both preventive and corrective pursuits to maximize their quality of life. They also consider dispositional characteristics, such as hopefulness, altruism, and self-esteem, as significant internal resources, which could assist proactive adaptations and serve as buffers. Health care, financial resources, and knowledge of new technology are all external resources and they also are considered to serve as proactive buffers.
3. Study results suggest that older adults who engage in activities such as participating in church functions, getting involved in activities with the community, and to take part in self-improvement events as well as understanding change tend to live a healthier and more successful aging life. Also they have found out based on a nine year follow up of 1,000 old adults, that engaging in regular exercise was predictive of fewer instrumental activities of daily living limitations, greater longevity, positive affect, and meaning in life eight years later.