They may compensate for declining functioning by writing notes to jog their memories; giving themselves more time to learn; and using mechanical devices, such as hearing aids or canes, to compensate for loss of sensory or motor ability (Greenberg & Springen, 2001).

2. Optimism. Maintaining an optimistic frame of mind is linked to higher levels of life satisfaction and lower levels of depressive symptoms in later life (Chang & Sanna, 2001). Optimistic people are better able to meet the challenges of aging. They assume they will be able to surmount obstacles or live with them if necessary, including health problems.

3. Self-challenge. Seeking new challenges is a primary feature of successful adjustment at any age. The key for most older people, as for younger people, is not to do less but to do more of the things that matter. Maintaining an engaged lifestyle is also associated with better-preserved verbal intellectual ability (Pushkar et al., 1999).

Concept Chart 10.3 summarizes developmental changes in late adulthood.

Making a Difference
A key factor in psychological well-being at any age is engaging in meaningful activities.

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