**Introduction**

Late adulthood is a stage that most people dread to think about. It marks a period of true blessing because only a fraction of our population gets to attain it. This period sees an individual finalizing and entirely relaxing as they await the closure of their lives. After conducting this interview, I attained good insight into how older adults think and value most.

**Late Adulthood Interview**

I had a hard time explaining the purpose of the interview to my neighbor as, like most older adults, he enjoys and cherishes his privacy. For this assignment, I settled on interviewing my 71-year old neighbor. This paper will discuss how my neighbor has aged. He manages all these by prudently taking the prescribed medication; he also frequently exercises by walking twice around the neighborhood and maintaining a healthy diet to the letter.

**Cognitive Development**

               During our interview, I began by asking him to explain anything significant regarding his memory as he has been progressively aging. He answered that he wasn’t worried about the physical aspect of aging that much. He surprised me as he could subtract the number three from one hundred all the wall up to nineteen.

**Physical Development**

               As the interview was progressing, I asked him how long he thought he had to live. His response to this question really surprised me since I thought he would be reluctant to answer it. From my interview, I was able to ascertain this as my neighbor was surprisingly in good health for a man of his age. His active participation in exercising has really come through for him.

**Psychosocial Development**

               The next series of questions were aimed at finding out what the participant thought of adulthood and what he intended to do with the remainder of his time. The theory further insinuates that the majority of the old individuals tend to separate themselves from everyone and are also less bothered with life’s occurrences in general.