Your name

Class Name & Number

Semester

Date

**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. For most young people, this is a period of living in luxury and smoking away. After conducting this interview, I attained good insight into how older adults think and value most. The following is the detailed occurrence of the same.

**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. I will also focus on how the same has affected the world around him. I will focus on the cognitive matters, his relationships, and living arrangements. After looking through chapters 10 through to 11, the above were the only factors that applied to him. My neighbor has been living with high blood pressure, vertigo, and type two diabetes. 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. One look at him, you can tell that he is in relatively good shape.

**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. His greatest fear was contracting the dreaded Alzheimer’s disease, which would lead him to be stupid. His reply got to me since chapters ten and eleven deal with aging, and developing AD is a probability. He further revealed that some family members of his have died as a result of AD, while others have had moderate signs of the same. Of all his family members, he is the most highly cognitively aware. I was able to pick up on some mild symptoms of AD from him since he would periodically ask what we were doing there again. His mathematical comprehension was pleasantly surprised since he was able to do basic multiplication and subtraction, which he impressively passed. 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. He replied that he is ready to go anytime; he felt that he had outlived his time and that every day was a blessing to him. According to the **American Census Bureau (2011),** the average life expectancy for white males is between seventy years and seventy-five years. Increased life expectancy has become a trending issue amongst the aging population. With this, the highest population for individuals here is that of independence and health. According to **Weitz (2007),**marriage has been linked to an increased life expectancy rate and a decrease in the occurrence of disability among aged people. 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. His response was again surprising to me; unbeknownst to me, my neighbor was a ghostwriter, something he has done for the past forty years. His plan was to continue with this till his last dying breath; he also hoped that he would go before his trusted partner did; his partner was an old faithful pit bull that was glued to his person. His response made sense to me as **Erikson (1980)**was of the opinion that individuals in their late adulthood saw the same as an ideal time to see sense in their lives, to find meaning as to their sole existence and as a period that they were warming up to the idea of death as it was inevitable. From the results of the interview, I strongly disagreed with the late adulthood disengagement theory, which suggests that individuals and the community tend to both withdraw **(Cummings & Henry, 1961).**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. Contrary to this, the participant is an active member of society and also works and exercises. Overall, he is in good health.

**Conclusion**

In summary, old age affects everyone differently. For some, this may lead to unwarranted abandonment from family and friends and death from various illnesses. However, in our interview, the participant is living a good and healthy life. The factors for this include actively participating in the form of exercises, having some kind of relationship, be it a pet or being in a relationship, and finally, having something like a job to keep your mind busy.

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