

PHYSICAL	MOTOR/SENSORY ADAPTATION	COGNITIVE	PSYCHOSOCIAL	INTERVENTIONS
<ul style="list-style-type: none"> <li>◆ Bone mass begins to decrease.</li> <li>◆ Loss of skeletal height: calcium loss especially after menopause.</li> <li>◆ Decreased muscle strength and mass if not used; endurance declines.</li> <li>◆ Loss of skin elasticity, dry skin, increased appearance of wrinkles.</li> <li>◆ Decreased renal functioning, metabolic rate, heat/cold tolerance, prone to infection.</li> <li>◆ Receding hairline in males, more facial hair in females.</li> </ul>	<ul style="list-style-type: none"> <li>◆ Slowing of reflexes.</li> <li>◆ Muscle activity may increase or decrease.</li> <li>◆ Visual changes especially farsightedness.</li> <li>◆ Noticeable loss of hearing and taste.</li> <li>◆ Muscles and joints respond more slowly.</li> <li>◆ Decreased balance and coordination.</li> <li>◆ More prolonged response to stress.</li> </ul>	<ul style="list-style-type: none"> <li>◆ Mood swings.</li> <li>◆ Decreased short-term memory or recall.</li> <li>◆ Re-evaluation of current life style and value system.</li> <li>◆ Synthesis of new information is decreased.</li> <li>◆ Decrease in mental performance speed.</li> </ul>	<ul style="list-style-type: none"> <li>◆ Future oriented or self absorbed.</li> <li>◆ May experience empty nest syndrome expressed positively or negatively.</li> <li>◆ Working way up career ladder.</li> <li>◆ Adjustment to changes in body image.</li> <li>◆ Mid-life crisis.</li> <li>◆ Recognition of limitations.</li> <li>◆ Adjustment to possibility of retirement and life-style modification.</li> <li>◆ Measuring accomplishment against goals.</li> </ul>	<ul style="list-style-type: none"> <li>◆ Allow choices if possible.</li> <li>◆ Explore relation of illness/disease to body image and career.</li> <li>◆ Provide decision-making opportunities related to care.</li> <li>◆ Encourage as much self-care as possible.</li> <li>◆ Provide information on pain control methods, assessment scale, schedule for pain management; need to ask for pain medication as soon as pain begins, providing information of degree of pain relief, types of pain medications, and methods.</li> <li>◆ Provide essential teaching based on how the individual learns best.</li> </ul>

**MIDDLE ADULT: 45 – 59 YEARS**