

## Aging Well: Promoting Cognitive and Functional Health

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Balcony A

Widespread evidence exists for average declines in cognitive and physical functioning with aging, yet there are large individual differences in the nature and patterns of change. Using a lifespan developmental approach, Dr. Lachman considers modifiable psychosocial and behavioral factors that could potentially account for such individual differences in cognitive performance and changes in physical health. The presentation will include findings from the Midlife in the United States (MIDUS) Study, a large national longitudinal survey of adults between ages 25 and 85. Results support a prescription for a combination of social and behavioral factors to slow or compensate for changes with aging, and suggest possibilities for promoting healthy aging by targeting lifestyle factors.