

PSYC S-1293. Optimal Aging (CRN: 31644)

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This course will provide an overview of the changes and challenges, as well as opportunities and benefits of growing older. Focusing on the third age of life, the years from 60-80, we will study the realities, and some of the myths, that surround the normal aging process as it affects physical health, cognition, social networks, and psychological adjustment. Special topics will include gender, agism, relative influences of nature/nurture, the growing variability with increasing age, psychoneuroimmunology, and the differences among the young-old, middle-old, and old-old years. Attention will be paid to differences between normal and optimally aging individuals. There will be a discussion of empirically supported activities, within the reach of most of us, which are associated with optimal aging.