

OPEN LECTURE: September 19, 2019, 15.00-16.00, hall: F8

# PATHWAYS TO HEALTHY AGING

## Risks, Resources and Resilience in Midlife



**Margie Lachman**, professor in psychology at Brandeis University (MA, USA) is one of the leading researchers within lifespan development and the field of midlife and adult development and aging. In her research she focuses on the impact of psychosocial and behavioral factors on aging related changes in health and cognition.

**This lecture** will focus on midlife as a pivotal period in the life course and more specifically the risk and protective factors that lead to individual differences in the course of aging. Antecedents of cognitive and physical health in later life will be examined using empirical examples

from the National Study of Midlife in the United States (MIDUS), a longitudinal survey of 7,000 adults ages 24 and 95. Results support a multisystem prescription for a combination of modifiable psychosocial and behavioral factors, including a sense of control, supportive social relationships, and frequent physical exercise, as protective for 10-year declines in health and cognitive functioning. In concert, the results suggest there are ways to “take control” of the aging process, so as to prevent, slow, or compensate for aging-related changes.

DEPARTMENT OF PSYCHOLOGY

