

Successful Aging

Rowe and Kahn Successful Aging Model

Successful Biological Aging

Successful Cognitive Aging

Successful Emotional Aging

Rowe and Kahn's Successful Aging model

Robert Havighurst (1961) first introduced idea of “successful aging”

- “statement of conditions of individual and social life under which the individual person gets a maximum of satisfaction and happiness and society maintains an appropriate balance among satisfactions for the various groups which make it up...” (p. 8)
- “affirmation of values and that persons with differing values will define successful aging differently”

Improved upon prior dichotomy: *activity theory* (maintaining active engagement as long as possible) and *disengagement theory* (acceptance and desire to disengage from an active life)

Havighurst, R. J. (1961). Successful aging. *The Gerontologist*, 1, 8–13.

Rowe and Kahn's Successful Aging model

Rowe and Kahn (1997) presented more elaborate model

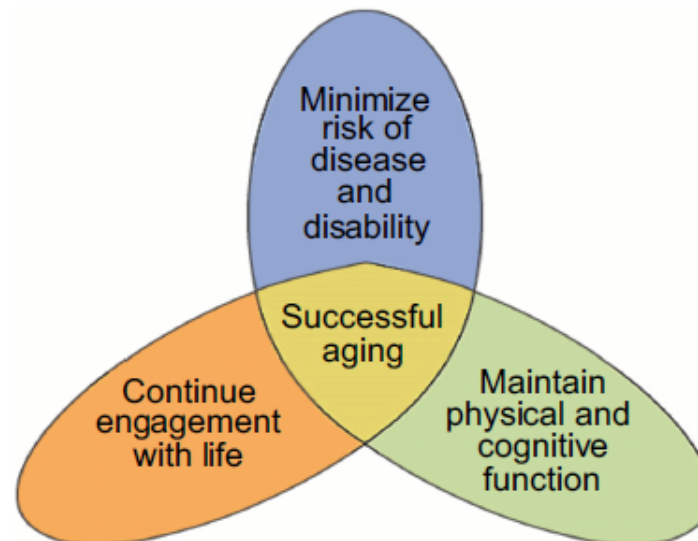


Figure 1, p 6: Estebsari, F., Dastoorpoor, M., Khalifehkandi, Z. R., Nouri, A., Mostafaei, D., Hosseini, M., ... & Aghababaeian, H. (2020). The concept of successful aging: a review article. *Current aging science*, 13(1), 4-10.

Adapted from Rowe, J. W., & Kahn, R. L. (1997). Successful aging. *The gerontologist*, 37(4), 433-440.

Rowe and Kahn's Successful Aging model

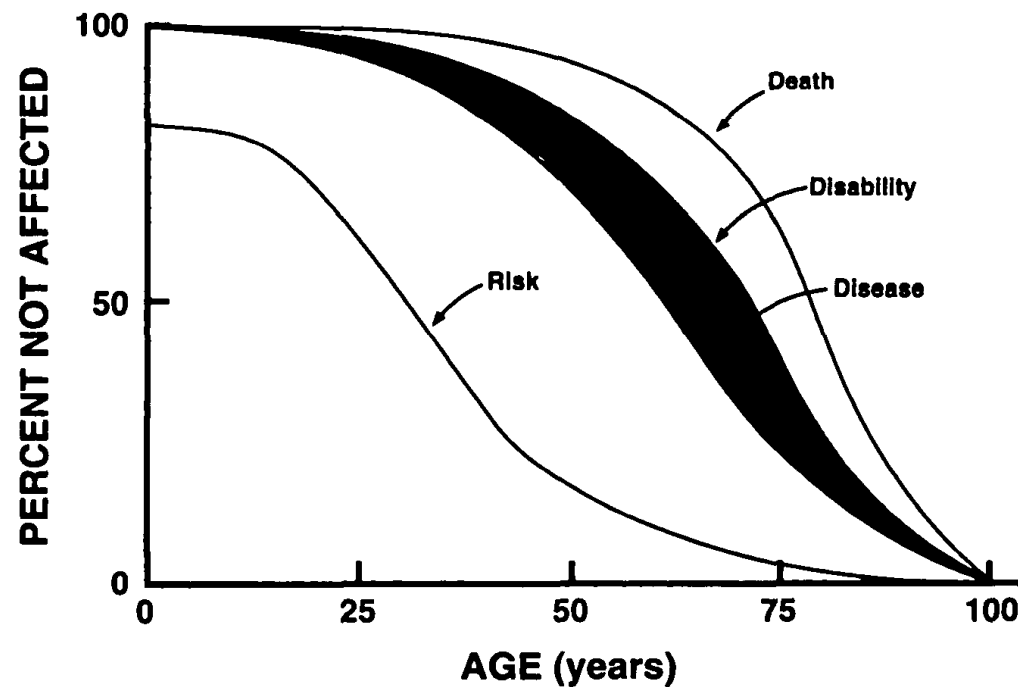


Figure 2. Relation of risk of disease to presence of disease, disability, and death in an aging population.

Rowe, J. W., & Kahn, R. L. (1997). Successful aging. *The gerontologist*, 37(4), 433-440.

Rowe and Kahn's Successful Aging model

Critiques

- Many definitions used (Depp & Jeste, 2006)
- No single objective “success”
- Subjective, individual interpretation of what is successful (Strawbridge et al., 2002) should also be included in addition to “objective” definitions
- Overlooks external factors and constraints and relies heavily on choice, agency and lifestyle (Katz, 2013)
- Social inequities overlooked (Dennefer, 2003; Calasanti & King, 2011)

Katz, S., & Calasanti, T. (2015). Critical perspectives on successful aging: Does it “appeal more than it illuminates”? *The gerontologist*, 55(1), 26-33.

Rowe and Kahn's Successful Aging model

Alternative ideas

- Selective Optimization and Compensation Model (Baltes & Baltes, 1990)
- Effective Aging Model (Curb et al., 1990)
- Spectrum Model of Aging (Martin & Gillen, 2013)

Katz, S., & Calasanti, T. (2015). Critical perspectives on successful aging: Does it "appeal more than it illuminates"? *The gerontologist*, 55(1), 26-33.

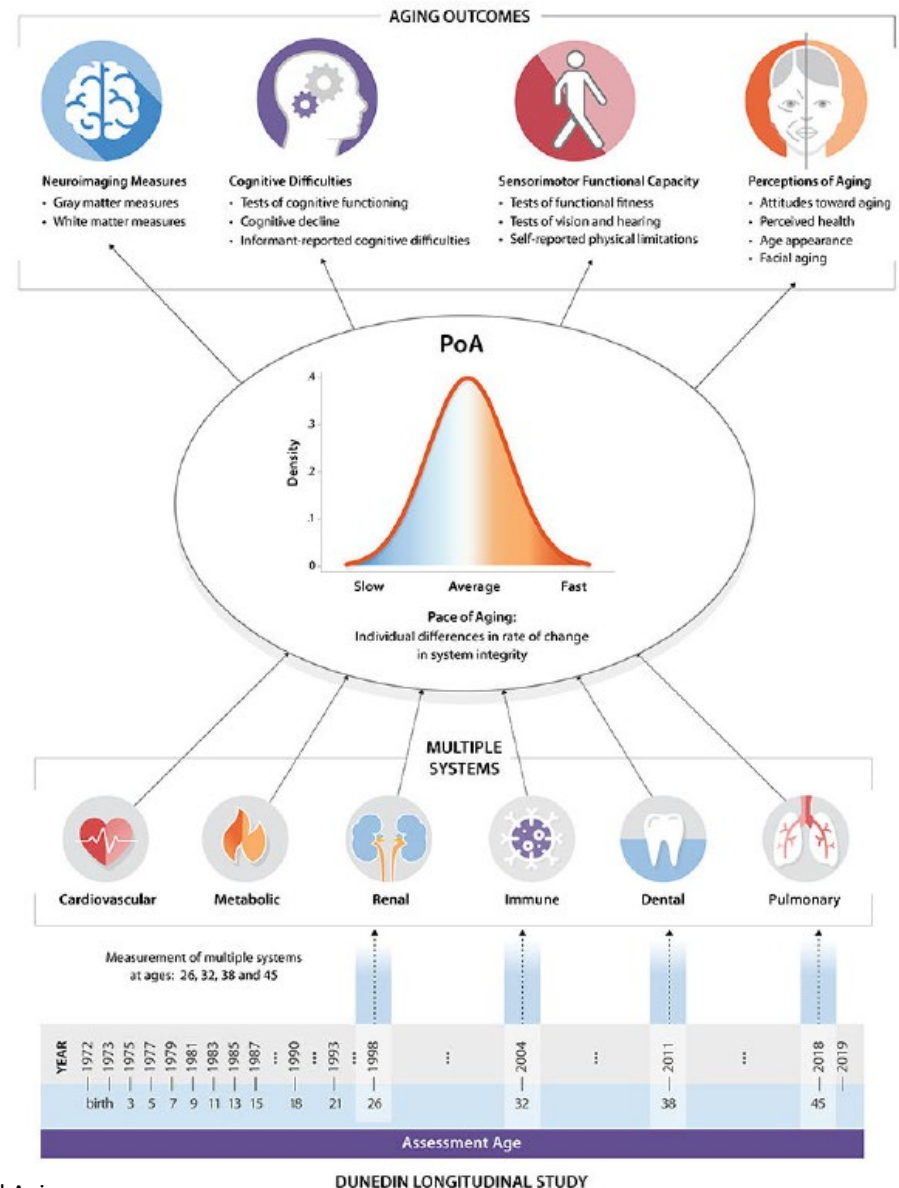
Rowe and Kahn's Successful Aging model

Older adults' contributions to society should be considered

“Previously unimagined numbers of older people are fully capable of participating productively in society, either through paid work or in some other form of civic engagement. Older people have much to offer, including their accrued knowledge, stability, their heightened capacity for synthetic problem solving, their increased ability to manage conflicts, and their ability to take the perspectives of other age groups into account. “ (Rowe & Kahn, 2015, p. 595)

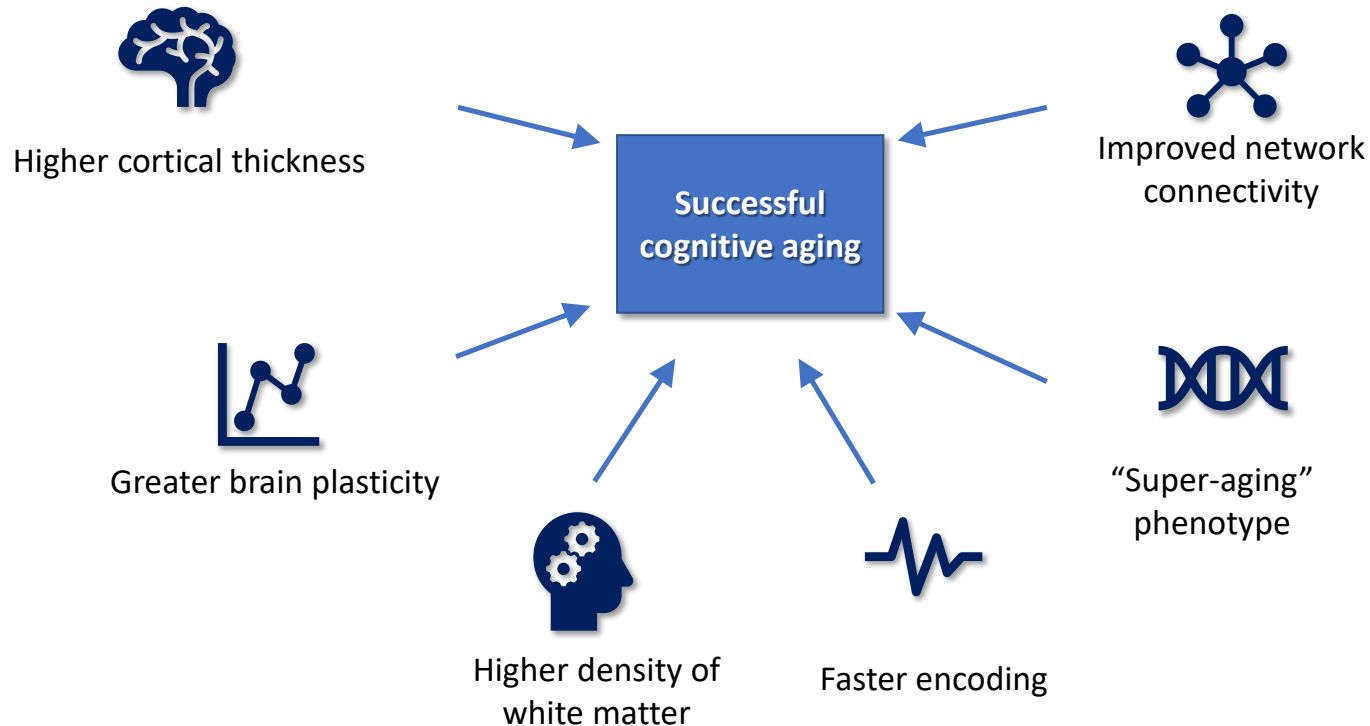
Rowe, J. W., & Kahn, R. L. (2015). Successful aging 2.0: Conceptual expansions for the 21st century. *Journals of Gerontology Series B: Psychological Sciences and Social Sciences*, 70(4), 593-596.

Successful Biological Aging



Elliott, M. L., Caspi, A., Houts, R. M., Ambler, A., Broadbent, J. M., Hancox, R. J., ... & Moffitt, T. E. (2021). Disparities in the pace of biological aging among midlife adults of the same chronological age have implications for future frailty risk and policy. *Nature aging*, 1(3), 295-308.

Successful Cognitive Aging



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Super Agers

Science Friday Segment

<https://www.sciencefriday.com/segments/super-agers/>

Successful Cognitive Aging

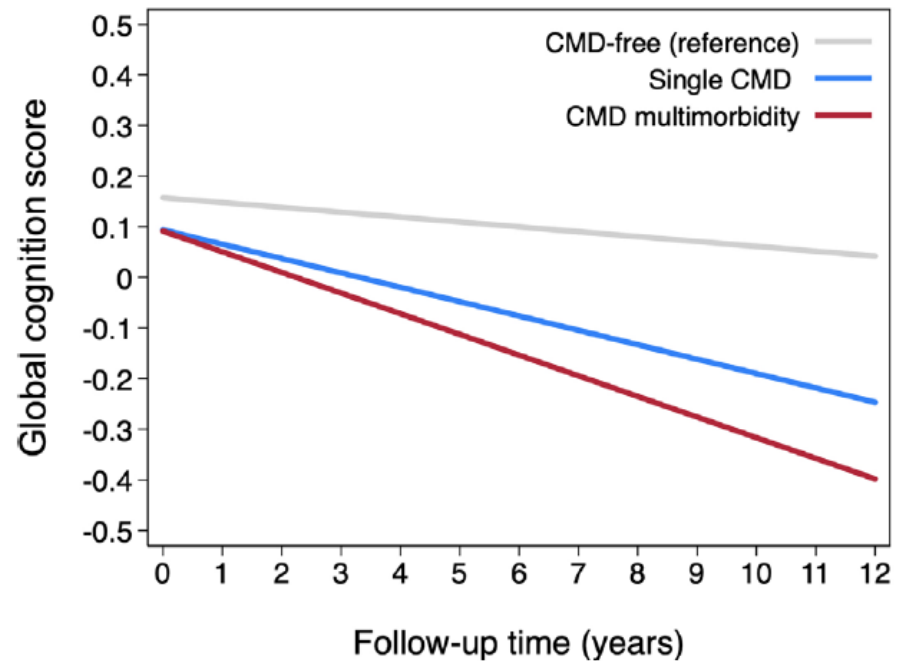
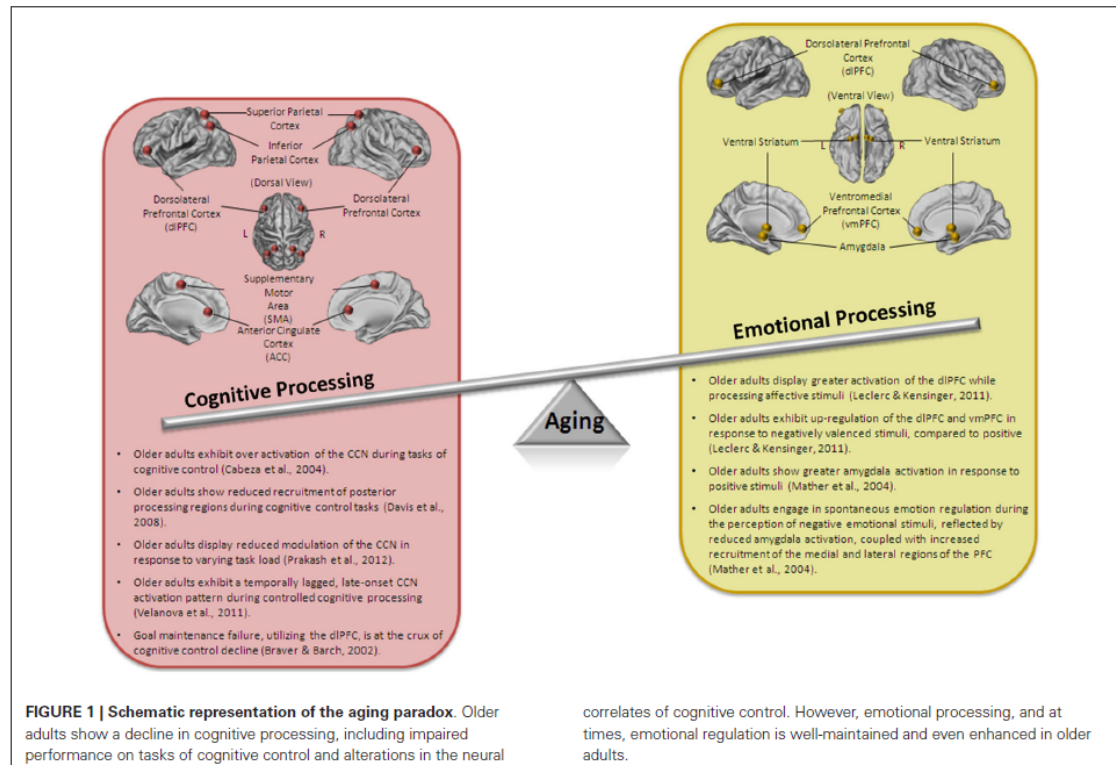


FIGURE 1 Trajectories of global cognition score by cardiometabolic disease (CMD) status over 12 years. Linear mixed-effects models multi-adjusted for baseline age, sex, education, body mass index (BMI), physical activity, hypertension, alcohol consumption, and apolipoprotein E (APOE) $\epsilon 4$ carrier status.

Dove, A., & Xu, W. (2023). Cardiometabolic multimorbidity and cognitive decline. *The Lancet Healthy Longevity*, 4(6), e241-e242.

Successful Emotional Aging



Prakash, R. S., De Leon, A. A., Patterson, B., Schirda, B. L., & Janssen, A. L. (2014). Mindfulness and the aging brain: a proposed paradigm shift. *Frontiers in aging neuroscience*, 6, 120.

Successful Emotional Aging

Self-Esteem generally increase with age

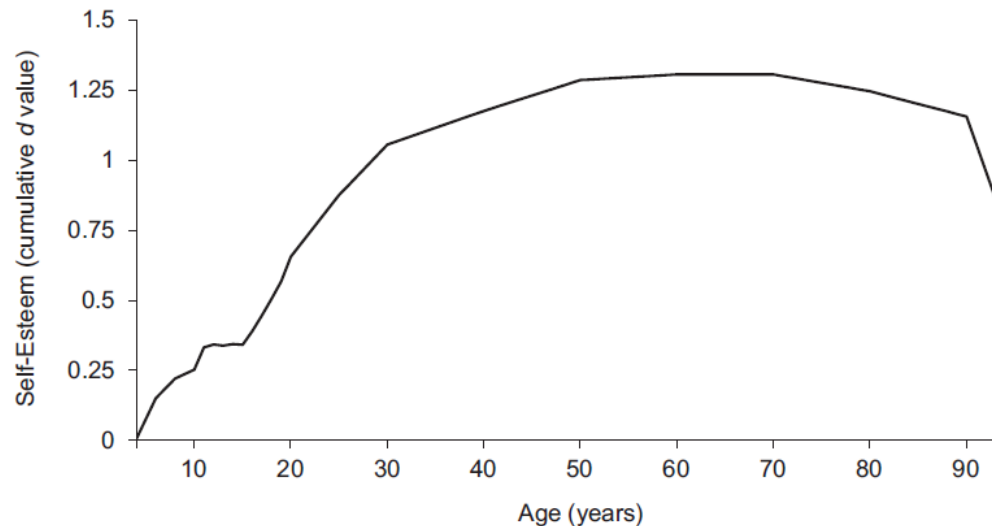
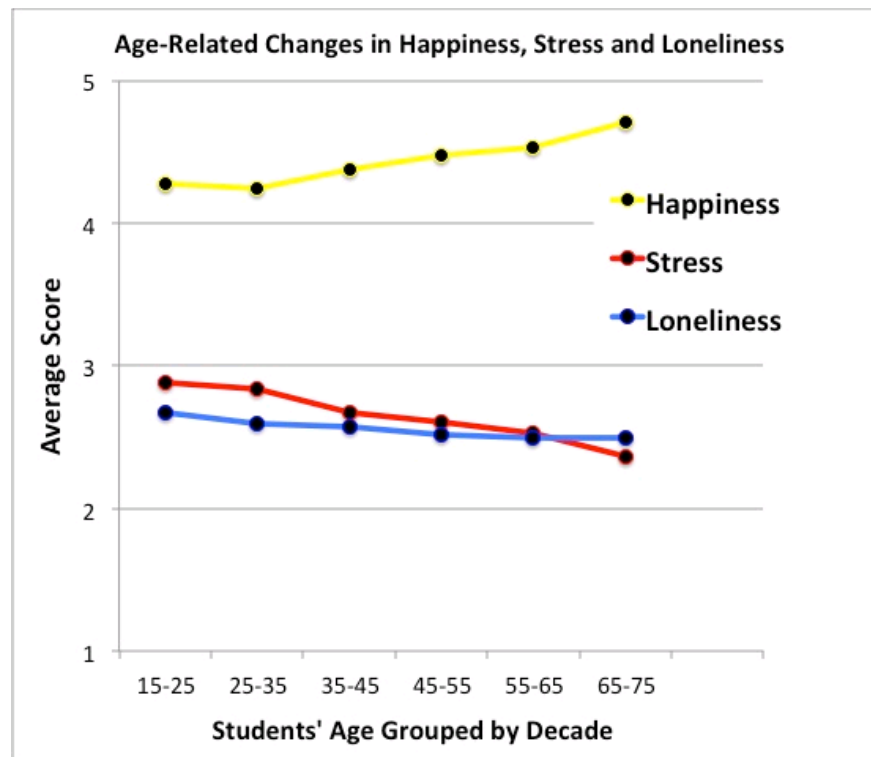


Figure 3. Mean-level change of self-esteem from age 4 to 94 years. The figure shows cumulative d values relative to age 4 years.

Orth, U., Erol, R. Y., & Luciano, E. C. (2018). Development of self-esteem from age 4 to 94 years: A meta-analysis of longitudinal studies. *Psychological Bulletin*, 144(10), 1045–1080.

Successful Emotional Aging

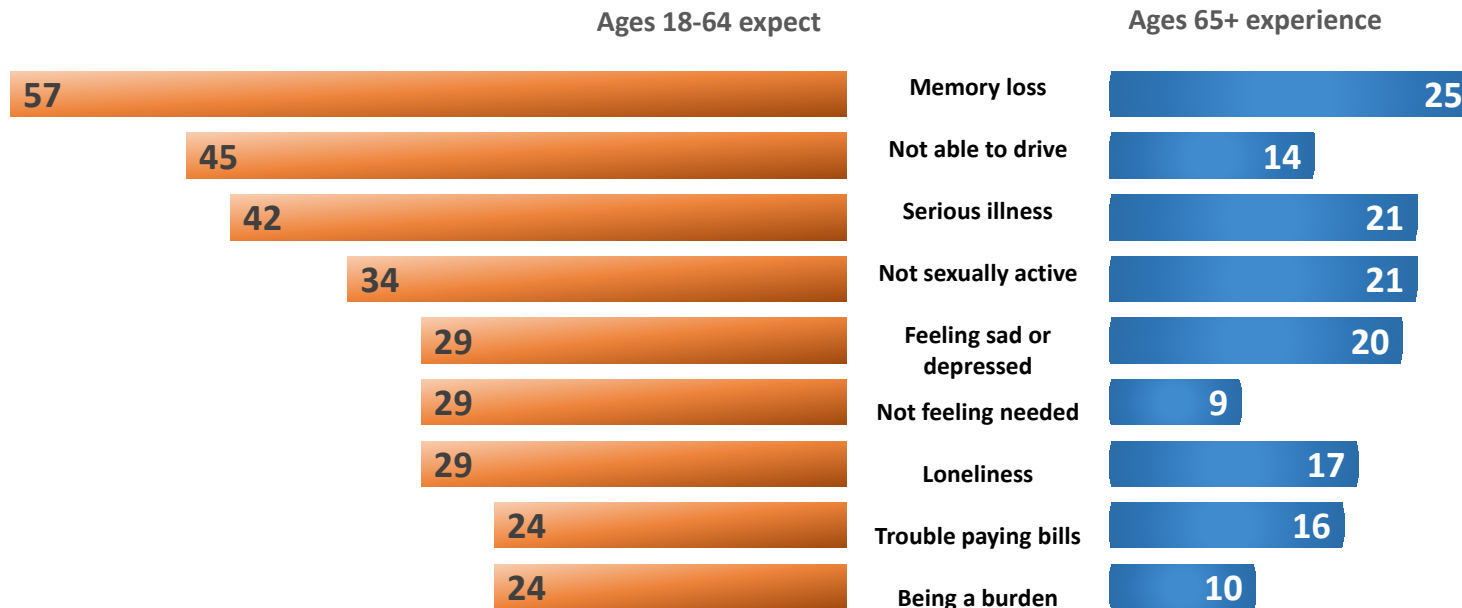
e.g., emotional



Simon Thomas & Green (2015) UC Berkeley Greater Good project
http://greatergood.berkeley.edu/article/item/wheres_your_spot_on_the_happiness_starting_block

Successful Emotional Aging

Less decline with aging than most expect



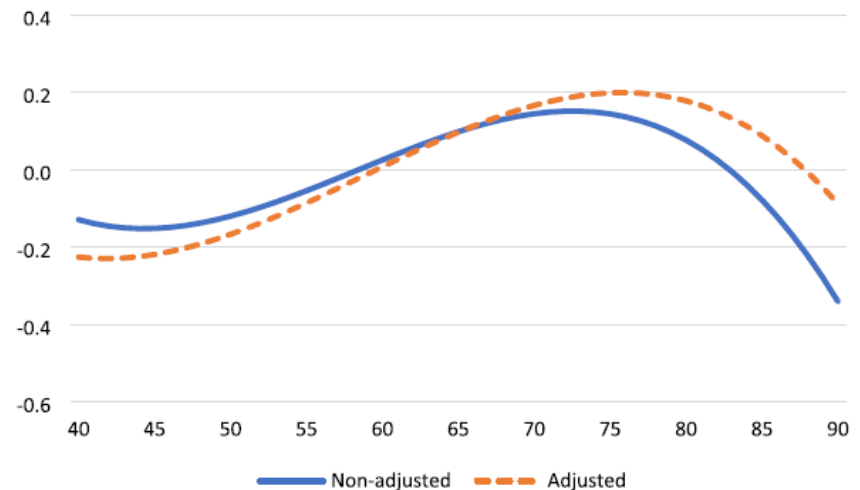
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Successful Emotional Aging

Aging and well-being paradox

Life satisfaction increases but declines in latest years

Fig. 1 Life satisfaction change from age 40 to age 90



Orange curve shows adjustment for late life events: Life satisfaction is strongly affected by the loss of a partner, somewhat affected by reduced health and the loss of a close friend

Hansen, T., & Blekesaune, M. (2022). The age and well-being "paradox": a longitudinal and multidimensional reconsideration. *European Journal of Ageing*, 19(4), 1277-1286.

Successful Emotional Aging

Aging and Well-Being Paradox

Constraints on physical functioning impact emotional well-being may partially explain paradox

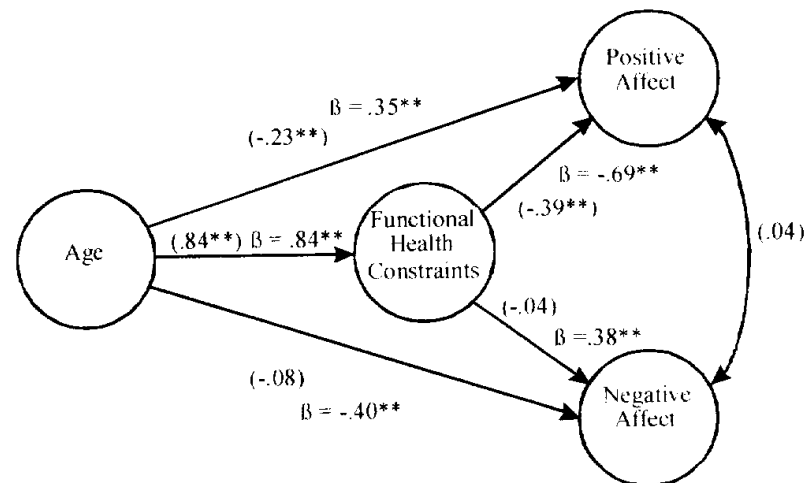


Figure 1. Structural model of the cross-sectional associations of age and poor functional health with positive and negative affect in the original first-wave sample ($N = 516$). Zero-order correlations among the constructs are presented in parentheses. They were estimated in a model in which all the paths among the latent construct were specified as psi paths. $** p < .01$.



Getting older is the best thing that
ever happened to me. I wake up
every morning rejoicing that I'm still
here with an opportunity to begin
again and be better

— Oprah Winfrey —

AZ QUOTES



The great thing about getting older
is that you learn not to care about
being cool. I'm happy with who I am,
I know what I like and I can't see
myself changing... not for a little
while, at least.

— *Martin Freeman* —

AZ QUOTES

