

# Exploratory Aging Research

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## Abstract

**Successful aging is viewed as a dynamic process that results from one's development over the course of one's life, as well as the ability to grow and learn from past experiences in order to cope with current circumstances while maintaining a realistic sense of self.**

## Background

**International interest in how to promote a healthier old age and how to age "successfully" has grown as a result of significant increases in life expectancy at birth achieved over the previous century, combined with medical advances, escalating health and social care costs, and higher expectations for older age.**

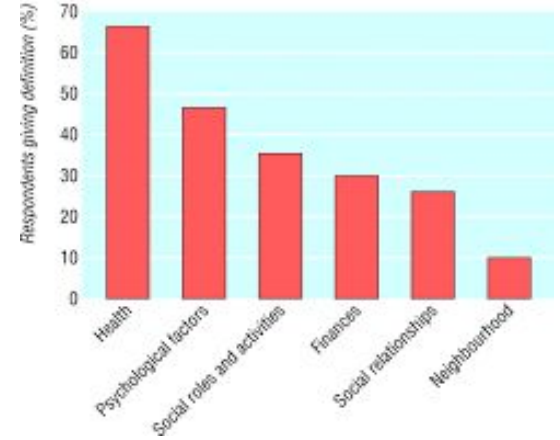
## Methods

**A forward look into this study was an interview research that was conducted by Summer Roberts gives an insight on the factors of successful aging and older people's perception of their older life. We discuss methods of successful aging from the social, psychological, and medical sciences.**

## Findings

**The sisters that were interviewed talked about their roles in life, how they are making an impact with volunteering while dealing with issues like dementia, etc.**

**References: S. Roberts, Successful Aging, June 14, 2018**



**The above graph and the interview that was conducted shows that the social relationships that the sisters took in could have made their aging more successful. Social roles they participated in like teaching, etc has played a vital role as well.**