I was tasked with the assignment of interviewing an adult for 60 minutes in the young, middle or late stage of adulthood. I chose to interview my mother who has had an interesting life. She is 53 years old and falls into the middle adulthood category. She is female and her hobbies include photography, chess, hiking and gardening. She has 3 children age 7 years to 24 years and cares for them very much. She has been married 3 times and is very happy at the moment with her current husband. My mother studied accounting in Bloemfontein and currently works here in Port Elizabeth for the past 15 years as an accountant.

Physical Development

The brain has reached its maximum size and weight well before middle adulthood but begins to decline after the age of 35. As a result of the deterioration and the resulting decrease in the number of neurons. This occurs at a rate of approximately 2% per decade, with a total decrease of approximately 5% to 10% in the end of the life span (Neurobiology of Aging Information Center, 2008; Schulz & Ewen, 1993). As a result of the ageing processes especially the neurons and neurotransmitters, signals may be conducted slowly in old age. These changes may affect the brain by functioning less well. These include vocabulary, short-term memory, the ability to learn new material, and the ability to recall words (The Merch Manual of Health & Aging, 2005).

The senses are affected and the most affected would be your vision and hearing. Vision begins to deteriorate with the onset of middle-age. The gradual thickening of the lens, loss of lens elasticity, there is a decline in the process of accommodation and this causes most people to become far sighted. My mother has already become far sighted and usually holds a piece of paper at about a arms length away to read if she does not have her spectacles on. Hearing loss usually isn’t noticeable after the age of 50. It