

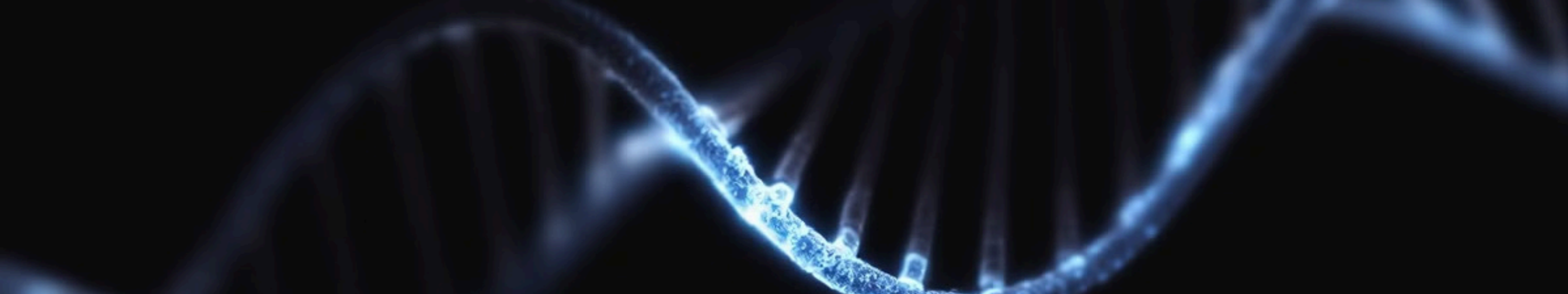


# Life Factors, Ageing, and Transitions: A Developmental Journey

This presentation explores how genetic factors, socioeconomic status, and major life events shape human development. We'll examine physical and psychological changes of ageing, and how significant life transitions impact wellbeing.



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# Genetic Inheritance: The Blueprint



## Physical Traits

Determines appearance and disease risks.



## Developmental Limits

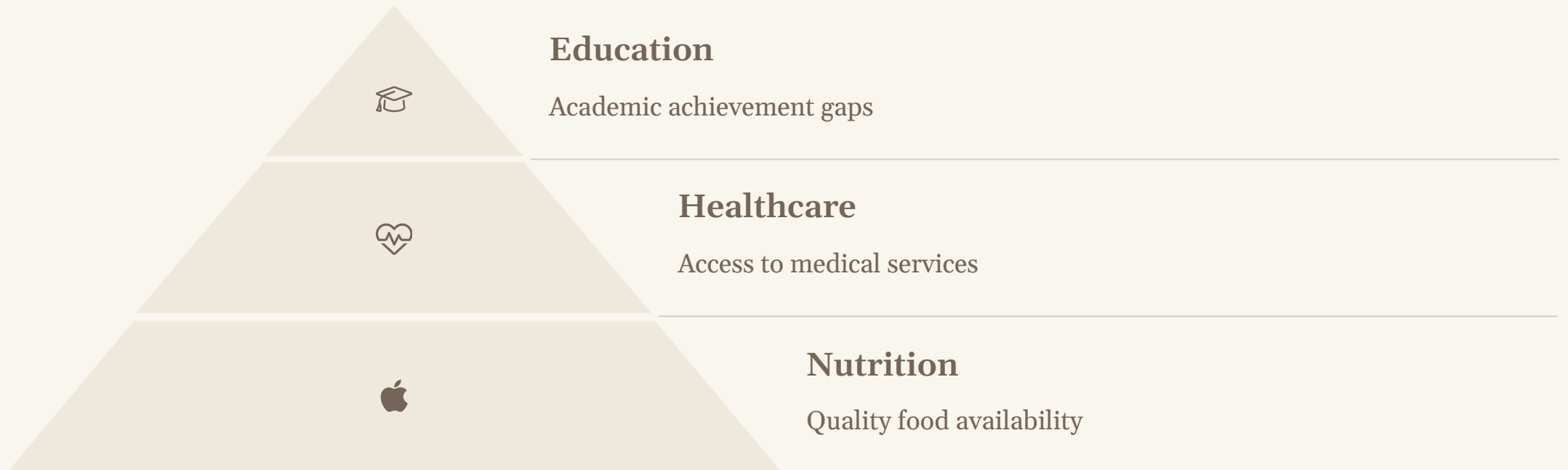
Sets maximum potential for growth.



## Psychological Traits

Influences intellectual and emotional development.

# Socioeconomic Status: Resource Pathways



Lower SES backgrounds often face developmental delays and chronic health issues. Persistent stress from poverty can lead to mental health conditions.

# Major Life Events: Disrupting the Path



## Long-term Illness

Alters bodily processes and development.



## Migration

Disrupts cognitive growth patterns.



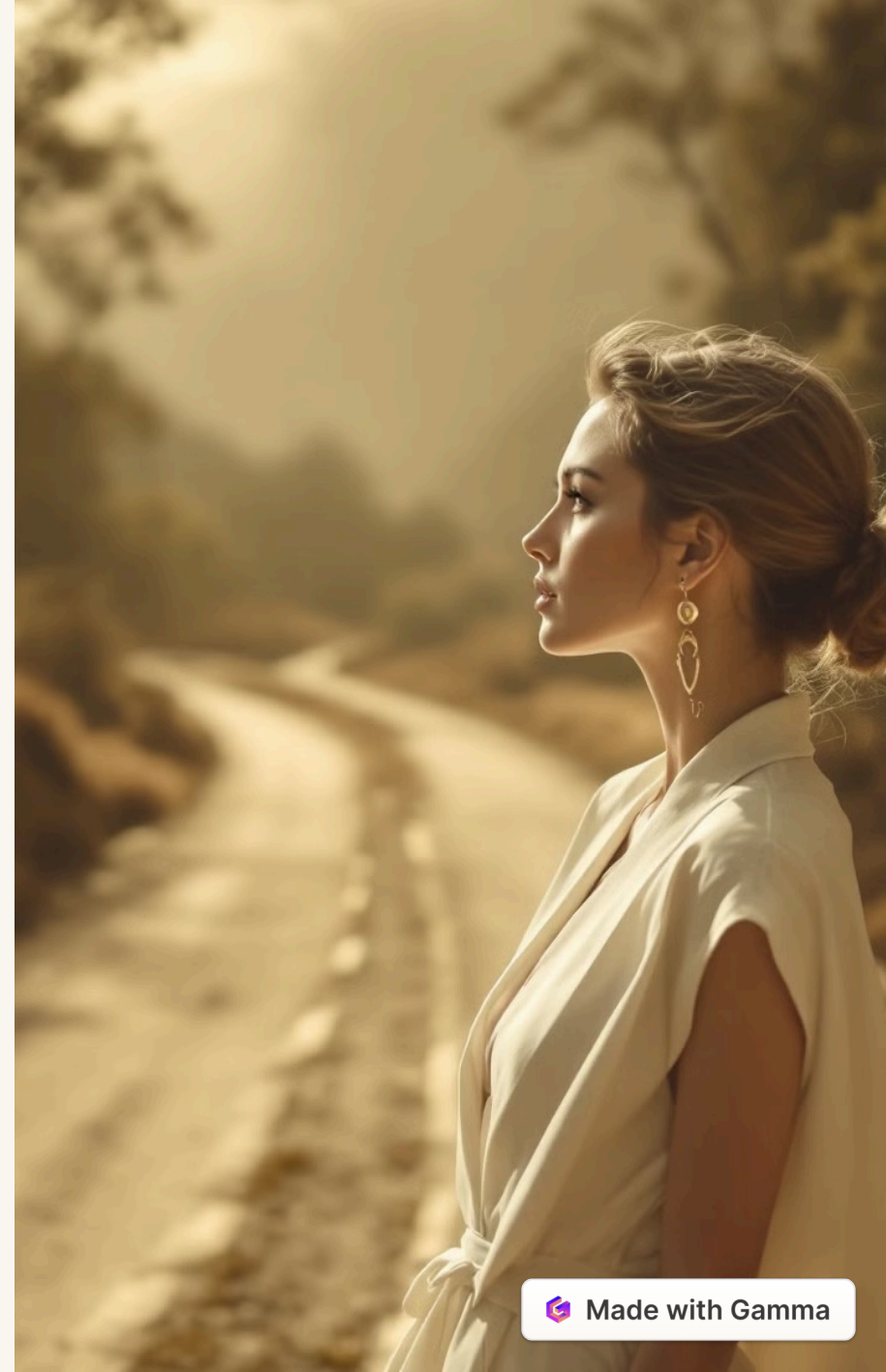
## Family Breakdown

Influences emotional development.



## Social Isolation

Shapes social development trajectories.





# Physical Changes of Ageing: Musculoskeletal System

## Sarcopenia

Muscle mass and strength decline. Leads to poor mobility and higher fracture risk.

## Osteoporosis

Bone density loss, especially in postmenopausal women. Increases fracture susceptibility.

## Osteoarthritis

Joint cartilage degeneration. Causes movement restrictions and pain, affecting daily routines.



# Respiratory System Changes in Ageing

## Decreased Lung Compliance

Reduced elasticity affects breathing efficiency

## Thoracic Cage Changes

Structural alterations worsen function



## Reduced Vital Capacity

Lower maximum air volume exchange

## Oxygen Exchange Decline

Less efficient gas transfer in lungs

# Psychological Changes in Ageing

## Cognitive Function

- Processing speed slows down
- Executive abilities decrease
- Multitasking becomes challenging

## Crystallized Intelligence

- Accumulated knowledge remains stable
- May continue to improve with age
- Helps compensate for other declines

## Self-Esteem

- Affected by social role changes
- Positive social experiences help maintain it
- Family dynamics play crucial role

# Lifestyle Interventions for Healthy Ageing



## Regular Exercise

Improves physical self-awareness and maintains muscle mass. Enhances mobility and reduces fall risk.



## Mental Activities

Reading and puzzles protect cognitive function. Helps maintain neural connections and processing speed.



## Social Interaction

Regular social engagement boosts mood and cognition. Prevents isolation and maintains self-esteem.





# Key Life Transitions

## Education Start

Children entering structured educational settings begin academic and social growth. Shapes future learning patterns and social skills.

## Career Changes

Employment transitions impact personal identity and financial independence. Include new jobs, promotions, and unemployment risks.

## Retirement

Major life change involving transformation of routine activities and personal identity. Requires significant psychological adjustment.

A photograph of two women sitting on a couch in a cozy living room. They are both wearing white robes and are engaged in a conversation. The woman on the left is holding a smartphone. The room is warmly lit with a lamp in the background.

# Person-Centered Support Through Transitions



## Educational Support

School counselors aid transitions with tailored learning plans.



## Career Guidance

Advisors assist with job changes through counseling and skill development.



## Retirement Planning

Geriatric specialists help seniors adapt with personalized plans.

Effective support recognizes individual needs, preferences, and values. This empowers people through transitions and improves outcomes.