

As we age, we typically experience a decline and loss of various biological functions, such as physical function, visual and auditory function, and brain aging. We also encounter various social life events, such as retirement from work and social activity, and loss of loved ones. It's worth noting that there are large individual differences in how we experience these changes, and our psychological aspects could play a crucial role in determining how we experience aging or what we consider to be 'aging well'. In this symposium, we focus on the psychological resources that enable us to age well. For speakers present various aspects of psychological resources. Professor Oshio will talk about personality traits and healthy aging. Dr. Sala will talk about cognitive aging and leisure activities as relevant factors for maintaining cognitive function. Professor Karasawa will focus on cultural differences in aging-related psychological change. Ms. Shinozaki will report importantness of aging itself as a development of psychological resources for the adaptation among the severely frail oldest old.