



## PHYSICAL CHANGES ASSOCIATED WITH NORMAL AGING

### A. Declining of senses – physical changes occur with age in all five senses:

- Vision: Slower adaptation to changes in light; reduced night vision; increased sensitive to glare; greater frequency of glaucoma, cataracts
- Hearing: Loss of high frequencies
- Taste: Fewer taste buds; decrease in pleasure of food
- Smell: Decreased sense of smell
- Touch: Reduced sensation; increased difficulty in use of fingers

### B. Decrease in organ reserve:

- Organs take longer to recuperate from illness
- Body takes longer to respond and return to normal state

### C. Number of chronic, medical illnesses occurs more frequently as people age, including:

- Hypertension
- Coronary insufficiency (insufficient blood flow to heart muscle)
- Diseases of heart and congestive heart failure (weakening of heart muscle)
- Alzheimer's disease and related dementias
- Influenza and pneumonia
- Urinary tract problems
- Mental and nervous conditions
- Arthritis
- Diabetes
- Depression
- Cancer
- Strokes
- Parkinson's Disease

### D. Specific bodily changes that occur with aging include:

- Decrease in skin elasticity and increase in skin dryness and wrinkles
- Loss of hair
- Loss of teeth
- Brittle bones and stiffening of joints
- Loss of muscle strength
- Digestive difficulties
- Decrease in ability to maintain a constant and comfortable body temperature
- Reduction in vital lung capacity
- Nervous system changes including: loss of recent memory, weakening of attention span, and slower reflexes and movement

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