

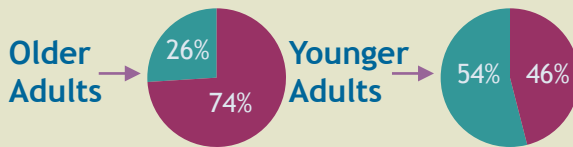
Older Adult Research @ The Lifespan Centre

Did you know?



Are you a morning person? Our research has shown that roughly **74%** of older adults (average age 73) report being a “morning-type”, as compared to only **46%** of younger adults (average age 25).

Morning Person
Evening Person



We all see hundreds of faces a day and our research has shown that *people tend to spend more time looking at younger faces* than older faces. This preference may explain why adults tend to be better at remembering younger faces than older faces.



Theory of Mind (ToM), or the ability to take other people’s perspectives, tends to decline with age.

However, our research has shown that *older adults may use their superior vocabularies to better cope in social situations where ToM is required.*



As we age, we are less able to control where we focus our attention. This leads us to *process the world in a more unique way.*

This doesn't mean our memories for events will be "worse", but we may focus on and remember things *differently* from everyone else.

How Can I Get Involved?

1) Join Growing With Brock

Growing with Brock is a free membership program for individuals and families to join the research community. Member benefits include:



- Invitations to participate in new studies
- Newsletters on new results from developmental research
- Attend our speaker series and events

2) Apply for our Seniors Research Advisory Council



The Lifespan Centre is looking to launch a seniors research advisory council to advise the Centre on our older adult research and outreach strategies. If you are interested in applying please email us!

Contact Growing With Brock to join today!



✉ growing@brocku.ca
☎ 905-688-5550 ext. 5533
🐦 @GrowWithBrock

Want more information on the Lifespan Centre?

✉ jmorrish@brocku.ca
🐦 @Brock_LDRC