

# Age Specific Assessment

Please review the Age Specific Assessment material below.

- Physical Development - rapid
- Mental Development – sensory learning
- Infants and toddlers (birth to age 3)
- Social Development – trust & dependency
- Key Issues: safety, communication, immunizations, nutrition, sleep

## Young Children (4-6 years)

- Physical Development – slower with improved motor skills, toilet trained
- Mental Development – vivid imagination & improved memory
- Social Development – identified with parents & is sensitive to feelings
- Key Issues: praise, immunizations, nutrition, safety promotion

## Older Children (7-12 years)

- Physical Development – slower until puberty induced growth spurt
- Mental Development – reveals cause and effect understanding, literate
- Social Development – reveals sense of self & peer interactions is a priority
- Key Issues: promote competence, advice regarding social issues such as smoking or drinking

## Adolescent (13-20 years)

- Physical Development – maturing and reproduction is possible
- Mental Development – reveals abstract thought process & values
- Social Development – reveals a personal identity & challenges authority
- Key Issues: advice regarding substance use or abuse, safe driving, violence.

## Young Adult (21-39 years)

- Physical Development – mature
- Mental Development – focuses on acquiring new skills & issue resolution
- Social Development – focuses on career, lifestyle, relationships, & family
- Key Issues: communication, healthy lifestyle with risk identification, safety

## Middle Adult (40-64 years)

- Physical Development – mature with signs of aging
- Mental Development – focuses on using life lessons for issue resolution
- Social Development – focuses on family, society, & productivity
- Key Issues: hopeful communication, regular exams, age changes

### **Older Adult (65-79 years)**

- Physical Development – status declines with decreased senses
- Mental Development – active thoughts with declined memory
- Social Development – related to new roles and review of life
- Key Issues: respectful communication, health monitoring, prevention of falls

### **Adult > 80 years**

- Physical Development – declines with major health risks
- Mental Development – declines & confusion is usually related to a health issue
- Social Development – regarding personal loss & attempts for independence
- Key Issues: stay positive, reduce stress, ensure nutrition, prevent injury