# Growing and Changing

Physical, cognitive, and social changes across adulthood

**P.3.5** "Describe the major physical, cognitive, and social issues that accompany adulthood and aging."

NAME _____ DATE _____

## 1 READ AND MARK

Read it twice

**YOUR JOB** Underline one physical change, circle one cognitive change or strength, and number two social changes in the passage. Use your marks to compare how adulthood affects the three gardeners.

### Three Gardeners, Three Lives

1. At a neighborhood garden, 44-year-old Tasha arrives after work with her father, who sometimes needs a ride to appointments. Tasha can still lift soil bags, but a sore back makes her divide heavy loads into smaller ones. In middle adulthood, muscle strength may decline gradually, and recovery after strain can take longer. Tasha manages a job, parenting a teenager, and helping her father. Keeping track of these roles requires planning and attention, while limited time can strain friendships. Her coworkers share a calendar with her, and a neighbor trades rides for garden vegetables. These connections make her responsibilities easier to manage.

2. Seventy-year-old Luis retired from driving a city bus last year. He now helps plan the garden's planting schedule. He reads seed labels easily with glasses, although his hearing makes it harder to follow a conversation when several people speak at once. Some older adults notice slower recall of names or slower processing of new information, but aging does not erase knowledge. Luis draws on years of experience to solve planting problems. Retirement gave him more free time, yet he missed daily talks with coworkers. A weekly planning group gives him both a new role and regular company.

3. At eighty-four, June chooses raised beds because bending and balancing on uneven ground have become difficult. She keeps a written list of watering days; the list helps her remember tasks without assuming that every older person has the same memory changes. After her partner died, quiet evenings felt lonely, but she now calls a friend and attends garden meetings. Her neighbor, who also finds bending difficult, prefers gardening alone. Physical changes, thinking abilities, and relationships can shift at different rates. Access to tools, health care, and supportive people can shape how adults respond to these changes.

## 2 ANSWER WITH EVIDENCE

Use the passage

1. Describe one physical, one cognitive, and one social issue Tasha faces in middle adulthood.

2. Describe how a physical change and a cognitive strength affect Luis's work in the garden.

3. How do physical, cognitive, and social issues shape June's gardening and daily life?

4. Compare the social changes Luis and June experience. How does each respond?

## 3 YOUR TURN

Your own words

Imagine a 66-year-old neighbor starting a volunteer role after retiring. In four or five sentences, describe one plausible physical change, one cognitive issue or strength, and one social change, plus a specific support or strategy. Make clear that adults do not all age in the same way.

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## PART 1 · READ AND MARK

Underline one physical change, circle one cognitive change or strength, and number two social changes in the passage. Use your marks to compare how adulthood affects the three gardeners. Accept any marking that follows this job and points at the right text.

## PART 2 · ANSWERS

| # | QUESTION | ANSWER |
|---|---|---|
| 1 | Describe one physical, one cognitive, and one social issue Tasha faces in middle adulthood. | **Tasha works around a sore back by splitting heavy loads. She must plan and pay attention to several responsibilities. Those responsibilities leave less time for friendships.** |
| 2 | Describe how a physical change and a cognitive strength affect Luis's work in the garden. | **Luis has trouble hearing when several people speak at once. His years of experience help him solve planting problems.** |
| 3 | How do physical, cognitive, and social issues shape June's gardening and daily life? | **Difficulty bending and balancing leads June to use raised beds. She uses a list to remember watering days. After her partner's death, she feels lonely and seeks company through calls and meetings.** |
| 4 | Compare the social changes Luis and June experience. How does each respond? | **Luis misses coworkers after retiring and joins a weekly planning group. June feels lonely after her partner dies and calls a friend and attends garden meetings.** |

## PART 3 · YOUR TURN (SAMPLE ANSWER)

After retiring, a 66-year-old neighbor misses daily conversations with coworkers and joins a library volunteer group. Carrying heavy book boxes tires them more quickly than it used to, so they use a cart. They take extra time to learn a new checkout system but draw on years of experience helping visitors. A short written guide and regular shifts help them stay organized and connected, although other adults their age may have different experiences.

Accept other passage-supported examples in the short answers. For the open task, accept plausible changes and supports that address all three areas without treating an age-related change as inevitable.