

Long Life in the 21st Century

We are approaching a watershed moment in human history. By 2030, the number of people over 60 will surpass the number children under 15; and by the time our children reach old age, living to 100 will be commonplace. Mostly, discussions about aging at the individual and societal levels are fraught with concern. True enough, there are major challenges associated with this dramatic and relatively sudden increase in life expectancy. Yet we should not lose sight of the fact that long life presents unprecedented opportunities. Demographic changes will influence virtually all aspects of life - education, families, financial markets and politics. If we apply science and technology to the problems of aging and join forces with policy makers and leaders in business and communities, we can use these added years of life to improve quality of life at all ages.



Laura L. Carstensen, PhD

Director, Stanford Center on Longevity
Fairleigh S. Dickinson Jr. Professor in Public Policy
Professor of Psychology, Stanford University

Best known for her socioemotional selectivity theory, a life-span theory of motivation, Dr. Carstensen has published over 125 articles on life-span development. She has chaired two studies for the National Academy of Sciences which resulted in the books--*The Aging Mind* and *When I'm 64*. Most recently, she authored *A Long Bright Future: An Action Plan for a Lifetime of Happiness, Health, and Financial Security* in 2009.

Date: April 27th
(free and open to the public)

Lecture: 4:00pm - 5:00pm

Reception: 5:00-5:30pm

Location: Sahai Auditorium
1110-A MERF
(reception will be in the MERF Atrium)



These events are made possible by a gift from the Retirement Research Foundation in memory of Joseph Parkin and hosted by The University of Iowa Center on Aging and the UI Roy J. and Lucille A. Carver College of Medicine. For more information, please contact Laura Scheetz, Center on Aging, at 319-384-4221, or laura-scheetz@uiowa.edu

Individuals with disabilities are encouraged to attend all University of Iowa sponsored events. If you are a person with a disability who requires an accommodation in order to participate in this program please contact Laura Scheetz in advance at 319-384-4221.

