**Intellectual Development across Adulthood and Later Adulthood**

**Early to Middle Adulthood**

In early adulthood, individuals apply the knowledge, skills and experience they have gained during their life. This helps them to think logically and find realistic answers. At this life stage, they are likely to be in job roles which require them to think through problems and make decisions, sometimes relating to complex situations. New brain cells will continue to develop even though, in middle adulthood, there may be a gradual decline in the speed of processing information.

**Memory Loss in Later Adulthood**

The brain produces new brain cells at any age and lifestyle, health activities and daily activities have an impact on the brain. Age-related memory lapses are frustrating but are not always a sign of dementia.

There are different parts of memory, for example procedural (how to do something) and episodic (remembering an event.) These types of memory are most likely to decline with age.

**Physical and Intellectual Development: Check your understanding:**

Draw a life pathway, labelling each life stage along the route.

You must include: Age ranges for each life stage and one example of physical and intellectual development at each life stage.