

Positive Aging & Resilience WebQuest

“Aging Well: Strength, Adaptation, and Growth Across Later Life”



Essential Question

How do older adults maintain resilience, well-being, and purpose in the face of aging-related challenges, and what factors promote positive aging?

Guiding Sub-Questions

- What is positive aging?
 - What is resilience in later life?
 - Why do some adults age more successfully than others?
 - How do mindset and coping influence aging outcomes?
 - What role do relationships and meaning play?
 - How do physical, cognitive, and emotional strengths interact?
 - How do older adults adapt to loss and change?
 - How can individuals and communities support positive aging?
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Background

Positive aging focuses on **strengths, adaptation, and well-being** rather than decline. While aging involves inevitable changes—such as health challenges, role transitions, and loss—research shows that many older adults maintain or even increase **emotional well-being, wisdom, and life satisfaction**.

Resilience in aging refers to the ability to **adapt, recover, and grow** despite adversity. Factors such as **emotional regulation, social connection, purpose, flexibility, and meaning-making** play critical roles in how individuals experience aging. Understanding positive aging shifts the narrative from loss to **capacity, contribution, and continued development**.

Mission

Investigate the psychological and social foundations of positive aging, analyze how resilience supports well-being in later life, and evaluate strategies that promote healthy, meaningful aging.

Role

Aging Well Australian Adaptation

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