





GROWTH STAGES

ADOLESCENT-MATURE ADULT



Developmental stage	Physical changes	Cognitive changes	Psychosocial changes	Nursing considerations
Adolescent 13–19 years old 	<ul style="list-style-type: none"> • Rapid growth • Development of reproductive organs/ secondary sex characteristics 	<p>Increased rational thinking ability</p>	<ul style="list-style-type: none"> • Self-identity formation • Exploration of sexuality • Social pressures • Emotional lability 	<ul style="list-style-type: none"> • Open-ended questions • Non-judgmental communication • Allow separation from parents.
Early adult 20–39 years old 	<p>Childbearing years: possible gestational changes for those capable of pregnancy</p>	<p>Critical thinking habits increase.</p>	<ul style="list-style-type: none"> • Maturation • Career focus • Adult relationships • Stress related to life goals 	<ul style="list-style-type: none"> • Consider relationship status, occupation and social stressors. • Assess barriers to wellness.
Middle adult 40–64 years old 	<ul style="list-style-type: none"> • Aging • Increased risk of disease/illness • Perimenopause/ menopausal changes 	<p>Cognitive changes rare, related to illness or injury</p>	<ul style="list-style-type: none"> • Changes in self-image • Family and financial responsibility/stress • Career transitions • Changes in sexuality 	<ul style="list-style-type: none"> • Normalize physical changes and menopausal transition. • Encourage disease-specific screening and prevention.
Mature adult 65 years and older 	<p>Physical and functional decline often occurs as age progresses.</p>	<ul style="list-style-type: none"> • Cognitive function and short term memory often decline with progressive aging. • Possible depression related to role transition and isolation 	<ul style="list-style-type: none"> • Retirement • Changes to daily routine, environment, housing • Social isolation • Changes in sexuality 	<ul style="list-style-type: none"> • Assess functional and cognitive baseline, monitor changes. • Continue disease-specific screening and prevention. • Consider stressors related to isolation, loss and grief.

NOTES

