



invites you to the
**Valued Elder Recognition Awards (VERA) and
International Day of Older Persons (IDOP) Lecture**

Thursday, October 1st, 2009

2:00 - 4:00 pm

Salvation Army Citadel, 4030 Douglas Street

HEALTHY AND SUCCESSFUL AGING: *What do we know from Longitudinal Studies?*

**Dr. Scott M. Hofer, Mohr Chair in Adult Development and Aging
Department of Psychology and Centre on Aging, University of Victoria**



A major focus of research on human development and aging is on understanding individual differences in behavioral and biological processes. Longitudinal studies, where information is collected repeatedly from the same individuals, are essential for understanding aging. Dr. Hofer will discuss these studies, some with data collection beginning in early and middle life. The contributions of these studies are important to understanding later life changes in physical and cognitive processes.

Dr. Hofer's research focuses on the identification and explanation of individual differences in developmental and aging-related processes. This involves analysis of existing longitudinal studies, new data collection efforts using intensive measurement designs, and developments in research method.



Seating is limited.

RSVP to anita@uvic.ca or 721-6369 by September 28th.