

At what age are you 'aging'?

Match the age in left column with the related event in the right column.

10 years old	Age at which most of the population must use corrective lenses for near-vision acuity
20 years old	Median age of the U.S. civilian working population
Mid-20s to early 30's	Ability to process information rapidly peaks
40 years old	Physical strength and athletic performance peaks
40.7 years old	Vision is at its best
45 years old	First entitled to collect Social Security
62 years old	Full retirement age under Social Security
65 years old	Eligibility for coverage by the Age Discrimination in Employment Act
67 years old	Mandatory retirement age for airline pilots

Adapted from: Older Worker Training: What We Know and Don't Know, Charness, N. and Czaja, S.J. (2006). AARP, Washington, D.C.

Answers to “At what age are you ‘aging’?”

Age	What Happens	Reference
10	Eye is fully formed and vision is at its peak.	
20 years old	Ability to process information rapidly peaks	Clarkson, John, Roger Coleman, Simeon Keates, Cherie Lebbon. 2003. <i>Inclusive Design: Design for the Whole Population</i> . New York: Springer Publishing. Good news is that our ability remains fairly constant until our 50's or 60's.
Mid-20s to early 30's	Physical strength and athletic performance peaks	http://bioethics.gov/background/strong_muscles.html
40 years old	Eligibility for coverage by the Age Discrimination in Employment Act	http://www.eeoc.gov/policy/adea.html
40.7 years old	Median age of the U.S. civilian working population	http://www.bls.gov/opub/working/page2b.htm
45 years old	Age at which most of the population must use corrective lenses for near-vision acuity	http://www.webmd.com/content/Article/13/173850173.htm
62 years old	First entitled to collect Social Security	http://www.socialsecurity.gov/glossary.htm#minimimumage
65 years old	Mandatory retirement age for airline pilots	http://www.cbo.gov/ftpdocs/89xx/doc8908/hr4343paygo.pdf
67 years old	Full retirement age under Social Security	http://www.socialsecurity.gov/retire2/retirechart.htm

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