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A Continuity Theory of Normal Aging

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The Gerontologist, Volume 29, Issue 2, 1 April 1989, Pages 183–190,

<https://doi.org/10.1093/geront/29.2.183>

Published: 01 April 1989

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Abstract

Continuity Theory holds that, in making adaptive choices, middle-aged and older adults attempt to preserve and maintain existing internal and external structures; and they prefer to accomplish this objective by using strategies tied to their past experiences of themselves and their social

world. Change is linked to the person's perceived past, producing continuity in inner psychological characteristics as well as in social behavior and in social circumstances. Continuity is thus a grand adaptive strategy that is promoted by both individual preference and social approval.

Keywords: [Theory](#), [Adaptation to aging](#), [Normal aging](#), [Continuity](#)

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Online ISSN 1758-5341

Print ISSN 0016-9013

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