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MFT 603 Individual & Family Development

4/4/23

Chapter Presentations Journey Across the Life Span Chapter 12

1. Middle adulthood is from the mid 40s to the early 60s. In the past, middle adulthood could have been described as a time that was past childbearing years. But these days with advances in medicine, as well as people working and focusing on their career trajectories, middle adulthood could still be a time of childbearing and rearing.
2. This can also be known as the sandwich generation where they are sandwiched between the people they need to take care of (like their children), as well as their parents that they need to take care of as they are getting older in age. While this may seem like the prime of life for many, this is also a stressful period as it puts middle adults in a double role of caregiving.
3. Generativity is the middle adulthood's generational desire to take care of the larger community. The key distinction is that adults do not need to have children to be generative. They can be generative through various outlets, programs, and communities.