

Special Issue

Quality of Life among Older Adults: Lifestyle Differentiation and Associated Factors

Message from the Guest Editors

“Quality of Life” is a subjective state of being, yet there are numerous age-related factors that tend to influence an individual’s well-being in later life. For example, aspects such as meaningful engagement with others, financial stability, low incidence of debilitating diseases, having a sense of purpose and belonging, and autonomy contribute to how an ageing adult may gauge their own quality of life. Although there is no “one size fits all” equation, researchers continue to examine diverse lifestyles to identify key components that contribute to quality of life in old age. In some cases, these factors begin to develop in young individuals and are continuously shaped throughout the life course, such as physical health. Others are subject to ongoing changes in one’s environment or life circumstances, such as a sense of belonging and financial stability. This special issue in *The Journal of Ageing and Longevity* explores research that examines a wide range of lifestyles in old age and how salient factors contribute to quality of life.

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