

### Learning Objectives

• To recognize physical, behavioral, and emotional changes as we grow older

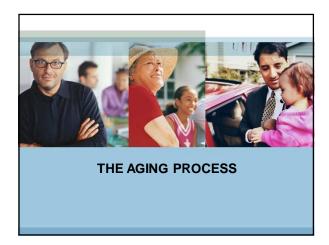
WORKPLACE OPTIONS

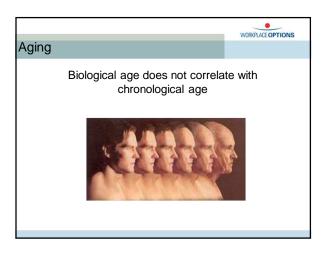
- To distinguish differences between age-related changes and disease-related changes
- · To become aware of stressors and identify strategies for managing them
- · To recognize the benefits of making positive choices for healthy aging

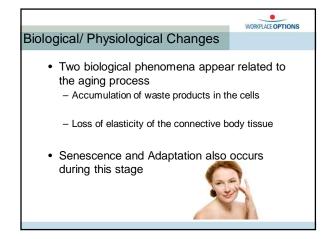
# WORKPLACE OPTIONS **Dynamics of Population Aging**

- In the U.S. the youngest baby boomers are about forty-five.
  The oldest are mostly sixty-five years and on the verge of retiring.
  - By 2030, Americans elderly population is expected to reach 72 million, more than double the number in 2000
  - By 2030, 55 countries are expected to see their 65 and older populations grow to at least 20% of their present total

  - By 2050, Europe will continue to be the world's oldest region with is elder population increasing more than five fold, from 40 million to 219 million.
- These changes in life expectation is very unique, never before occurring throughout human history. Enormous social and economic changes in the world's societies lie ahead.

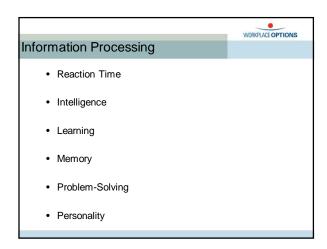


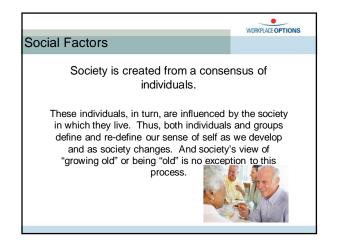


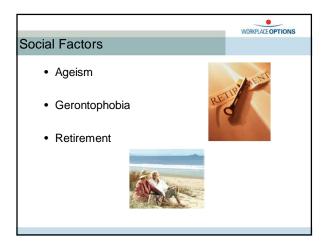














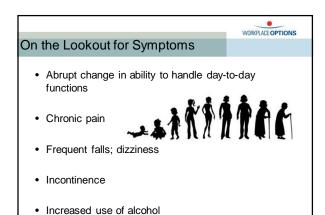
# Common Changes as the Body Ages

- Vision and Hearing difficulties
- Insomnia
- · Arthritic changes in joints; loss of bone tissue
- Slower reflexes
- Lower pulse rate, shortness of breath
- Diminished ability to sweat and salivate
- Increased frequency of urination
- · Decreased sensitivity of senses
- · Increased sensitivity to some medications
- Drier, thinner skin
- Some loss of short-term memory

# Behavioral & Emotional Changes That Can Occur with Aging Emotional Behavioral • Depression • Fear of loss of control • Anger/Resentment • Anxiety and uncertainty • Rigidity • Avoidance • Irrationality • Loneliness

### WORKPLACE OPTIONS Common Age-Related Sicknesses Alcoholism • Dementia Diabetes

- Alzheimer's
- Arthritis Cancer
- Osteoporosis
- Parkinson's disease
- Cardiovascular
  - Heart disease
  - Arteriosclerosis
  - Hypertension
  - Stroke



## WORKPLACE OPTIONS On the Lookout for Symptoms (continued)

- Increasing confusion or forgetfulness
- · Persistent memory loss that interferes with daily activities
- · Sad and withdrawn behavior; lack of enthusiasm, increased sleep and disinterest in food
- Sudden personality change
- · Sudden, unexplained dramatic change in weight

# WORKPLACE OPTIONS

### Typical Stressors for Older Adults

- Loss of control (body, emotions, cognitive, daily living)
- Loss of privacy
- Fear of disease and pain
- · Change in relationships with adult children
- Financial strains affecting lifestyle
- Death of friends and family members
- Loss of independence and freedom
- Limited mobility
- Fear of burdening family members
- Feeling embarrassed about being old

# Useful Strategies to Help Deal with Stressors

- Foster a positive attitude.
- Openly discuss feelings.
- Stay physically active.
- Strive for adaptability to change.
- Hold onto your sense of humor.
- Accept that changes are natural and "age appropriate."
- Join groups; maintain contact with others.
- Try relaxation techniques.
- Seek medical advice about medication options.
- Plan and do what you need to for your future.

# Thoughts for Aging Well • Healthy Body, Healthy Mind • Challenge your brain • Work up a sweat • Regular checkups • Get enough sleep • Manage stressors

How to Care for Aging Parents, Virginia Morris

### Keep Active

- Get at Least 30 Minutes of Activity Most Days of the Week
- Keep Using Your Muscles
- Practice Your Balance



WORKPLACE OPTIONS

• Stretch

# WORKPLACE OPTIONS Eating Well: Memory Boosting Foods

- Slows down age-related memory decline in women Broccoli
  - Cabbage
  - Brussels Sprouts
  - Cauliflower
  - Dark Leafy Vegetables
- Slows down memory loss
  - Guercetin-rich foods like onions, kale, apples and berries

# WORKPLACE OPTIONS Eating Well: Memory Boosting Foods Cont....

- Folic Acid protects blood vessels and help neurons in the brain communicate more effectively Fortified whole-grain breakfast cereal

  - Lentils
  - Black-eyed peas Spinach
  - · Beets
  - Oranges
- 1 to 2 cups of caffeinated coffee a day provides a temporary boost in memory



