

Learning Objectives

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

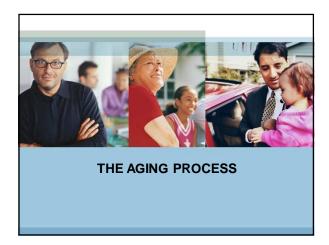
WORKPLACE OPTIONS

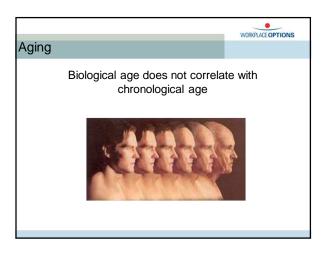
- To distinguish differences between age-related changes and disease-related changes
- · To become aware of stressors and identify strategies for managing them
- · To recognize the benefits of making positive choices for healthy aging

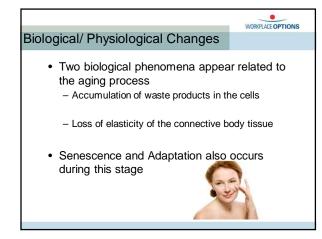
WORKPLACE OPTIONS **Dynamics of Population Aging**

- 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.

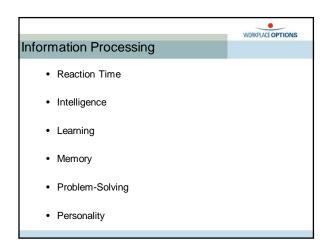


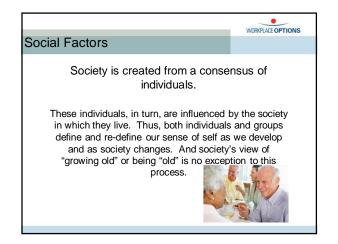


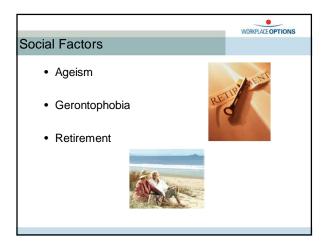














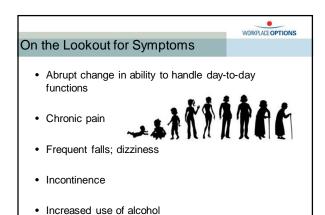
Common Changes as the Body Ages

- 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



