OSC | 10
Ohio Safety Congress & Expo

Xtreme Aging™: An aging awareness training, Part one
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Thursday, April 1, 2010 1 to 2 p.m.

Continuing Nursing Education Disclosures

- **Goal:** To educate conference attendees on specific aspects of accident prevention and Ohio's workers' compensation system
- **Learning objectives:**
  - Identify demographics data and myths of the aging population;
  - Describe skills for enhancing the quality of life for the aging population; and
  - Explain trends in providing care to the aging population.
- **Criteria for Successful Completion:** Attend the entire event and complete a session evaluation.
- **Conflict of Interest:** The planners and faculty have no conflict of interest.
- **Commercial Support:** There is no commercial support for this event.
- **Continuing Education:** Awarded 0.1 IACET general CEUs and 1.0 RN* contact hour.

**The Ohio BWC (OH-188/01-01-2013) is an approved provider of continuing nursing education by the Ohio Nurses Association (OBN-001-91), an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation.*

Welcome
to
Xtreme Aging
A Macklin Institute Training

Xtreme Aging

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Xtreme Aging

I. Introduction

A. Welcome
B. Pre-assessment (Red Portion)
C. What? So What? Now What?
D. Macklin Overview (www.mackliniginstitute.org)
E. Introductions
F. Agenda
G. Training Objectives

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I. Introductions

Stand up if:

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F. Agenda

- Introductions
- *What?*
- *So What?*
- *Now What?*
- Conclusion

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G. Training Objectives

- Discuss myths related to the aging population
- Acknowledge the challenges of the aging population
- Recognize how personal attitudes and behaviors toward the aging population affect your company's service/care
- Demonstrate enhanced service/care skills serving the aging population, in order to improve your company's bottom line

II. What?

Xtreme Aging Quizz

Circle "T" for True or "F" for False

T F 1. Over 30% of the United States' population is now aged 65 or over.

T F 2. The majority of the aging population has income below the poverty level.

T F 3. In general, most members of the aging population are pretty much alike.

T F 4. Boomers are realistic about their age and aging.

T F 5. The media sheds light on the positive aspects of aging.

T F 6. The majority of the aging population is socially isolated and lonely.

T F 7. Typically, all five physical senses don't tend to decline with age.

T F 8. Members of the aging population are more emotional, picky, and demanding than other ages.

T F 9. High priority is given to the aging population by medical practitioners.

T F 10. At least one-fourth of aging population are living in long-term care institutions.

VS.

Define Age

Government Wise:

- Age = 40 for discrimination in the work place
- Age = 50 AARP
- Age = 55 for Older Americans Act – Title V deals with employment for low-income aging population
- Age = 60 for Older Americans Act criteria for services
- Age = 65 for eligibility for Social Security benefits
- Age = 70 for previous mandatory retirement age

Senior Citizen?
Senior Adult?
Mature Adult?
Saged Adult?
Seasoned Adult?

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Perceptions form Reality

- Perceptions are based on limited experience.
- Perceptions often contribute to and/or perpetuate some of the myths and stereotypes of aging.
- Let's examine some of those myths and stereotypes and try to dispel some of the more common ones.

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Myth	Stereotype
• Ill-formed belief • Fictitious belief • Falsehood • Illusion • Untruth	• Over-simplified fixed notion about something or some group • Typecast • Label • Categorize
For Example: - All older people fear death. - All older people are grouchy.	For Example: - Older people are non-productive. - Older people can't learn.

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Age stereotypes are often internalized at a young age – long before they are relevant to people. By age four, Children are familiar with age stereotypes, which are reinforced over their lifetimes.

B. Levy, PhD
Yale University

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Ageism

A prevailing form of injustice and inequality that victimizes human differences; discrimination against an individual or group based on age.

R. Butler/1968

Ageism is quickly becoming as widely recognized as racism and sexism.

When we treat a person or people differently from others based on how old they are, we are practicing ageism.

What are some ideas that have become ingrained and reinforce negative ideas about aging in our society?

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Subtle Indicators of Ageism:

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Disparaging Names used for the Aging:

In the United States, 76.7 years is the life expectancy for a baby born in 1998; the average age for males is 73.8 years – for females it is 79.5 years.

In 1900, life expectancy was 48 years.

In 1990, life expectancy was 76.1 years.

In this century, life expectancy is expected to increase by 18 years – to 94.1 years.

CDC National Vital Statistics Report/2006

What Affects Life Expectancy?

Three Truths about Aging

Truth I. Aging is not a disease – natural process that begins at birth and ends at death.

Truth II. There is "continuity" with aging. Barring major accident or disease, we stay pretty much the same (personality-wise) throughout life.

American Society on Aging (2002)

Truth III. This population is heterogeneous. They are different from one another. The older we are, the more unique we become.

What assumptions have we made so far?

III. So What?

Myths & Facts about Aging

1. Myth?

Over 30% of the United States' population is now aged 65 and over.

Fact:

12.1% of the population of the United States is 65 and over.

Currently, there are 35 million people 65^+ in our country.

In 2030, this number is expected to double, creating a dramatic demographic revolution:

an Aging Tsunami.

Hobbs & Damon /1996

The aging population has been divided into three categories:

Young-Old:	60 – 74 years
Old:	75 – 84 years
Old-Old:	85^+ years

The Old-Old cohort is the most rapidly growing population; they make up 10% of the 65^+ population. By 2050, they will be 25% of the 65^+ population.

J. Faustini (1999)

Which five (5) States have the largest 65^+ population?

U.S. Census Bureau News/2008

1.
2.
3.
4.
5.

2. Myth?

The majority of the aging population has an income below the poverty level.

Fact:

6% of the aging population are below poverty level.

In general, the aging population has more expendable income than any population ever before. Aging households control half the discretionary income and three-quarters of the financial assets of all Americans.

3. Myth?

In general, most members of the aging population are pretty much alike.

Fact:

It's easier to compare 40 year olds than 80 year olds when you consider that every year adds experience in life – marriage, career, hobbies, etc.

So... Never begin a sentence with: "The aging do..." or "The aging are..." Remember, some of the aging do and some of the aging don't and some of the aging are and some of the aging are not!

4. Myth?

Boomers are realistic about their age and aging.

Fact:

Known as Boomers*, due to an unusual spike in birthrates between the years 1946 and 1964, they see themselves as 10-15 years younger than they really are –

Down Aging.

(Barbie is a Boomer; she was born in 1959)

*S. Potter/1951

5. Myth?

The media sheds light on the positive aspects of aging.

Fact:

Media fosters fear, even shame, of looking old and implies there is something very wrong with appearing older.

This seems to encourage a quest for the "Fountain of Youth," adding to the numbers entering the "Botox Brigade."

The aging population is spending:

- $4-5 billion on cosmetic surgery.
- $1-1½ billion on moisturizers.
- Billions on vitamins and medications to slow aging.

6. Myth?

The majority of the aging population is socially isolated and lonely.

Social Activity

Fact:

This is the "Great American Myth." the aging population is more mobile, active, health conscious, and vibrant than any aging population ever before.

Research indicates that adolescence is the most lonely time of life.

7. Myth?

Typically, all five physical senses don't tend to decline with age.

Fact:

All five senses diminish with age.

- Hearing .....Mid 40's
- Vision.....Mid 40's
- Touch .....Mid 50's
- Taste.....60's
- Smell .....70's

Healthopedia.com

How Aging Affects the Senses

Hearing – Loss begins in the mid 40's.

- Difficulty with word discrimination
- Problems in noisy conditions
- Loss is gradual, less likely to realize
- Ringing in the ears

Sight – Loss begins in the mid 40's.

- Presbyopia occurs – lens of the eye thickens and yellows; it becomes more difficult to focus near.
- Loss of contrast
- Increased sensitivity to glare

Touch – Loss begins mid 50's.

- Difficult to sense hot and cold

Taste – Loss begins in the early 60's.

- Fewer taste buds
- Salt taste declines. The aging population requires twice as much salt as younger people to get the same taste.
- Sour unaffected. If food is salty & sour – sour is intensified.
- Bitter becomes more sensitive with age
- Sweet is virtually unaffected.

Smell – Loss begins in the mid 70's.

- Diminished taste as loss of smell reduces appetite

Contrast of Color

I. Ekstorm/1993

Contrast	Contrast	Contrast
	Contrast	Contrast
	Contrast	Contrast
	Contrast	Contrast
	Contrast	Contrast

8. Myth?

Members of the aging population are more emotional, picky, and demanding than other ages.

Fact:

It may seem that way, but consider changing conditions (sight, hearing, arthritis, coldness, etc.), and perhaps their requests are justified.

9. Myth?

High priority is given to the aging population by medical practitioners.

Cognitive Activity

Fact:

Other than geriatricians, medical practitioners often attribute illness to age.

In 2005, 1,000 geriatricians were in practice. By 2025, 31,000 will be needed.

L Lipsitz/2003

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10. Myth?

At least one-fourth of the aging population is living in long-term care institutions.

Emotional/ Spiritual Activity

Fact:

Two (2%) percent, aged 65 - 84 years, are in long-term care institutions.

Fourteen (14%) percent, 85 and older, are in long-term care institutions.

AARP (2007)

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Aspirations & Goals

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Aging Simulations

Physical Activity

- Now it is time for you to go through a few of the experiences of aging
- Please don't do anything that feels uncomfortable
- Please don't complete anything that makes you feel uneasy

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Simulations of Aging: Social, Physical, Emotional, Cognitive, & Spiritual

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Debrief of Simulated Activities

- How were you able to function with diminished abilities?
- What was the most challenging physically?
- How did it make you feel emotionally?

Was there a difference in:

Feelings VS. Function

Feelings experienced — Ability to Function

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Physical losses do occur with aging, for example:

- Senses decline
- Reaction time slows
- Strength declines
- Bone mass decreases
- Fatty tissue in feet erodes

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IV. Now What?

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The BIG Truth

- You briefly experienced aging.
- You now return to your own age minus the diminished abilities to function.
- The aging population does not return, this is their reality!

How do we reduce ageism?

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"FBI Aging Agents"

- Find
- Better
- Ideas

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Find

Ways to:

- determine the needs of the aging population.
- make sure the person being served/cared for comes first.
- provide, to the best of your ability, what the aging population needs.
- understand that when members of the aging population's needs are met, your reward comes.

What?
Listen to Understand

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Better

attitudes change into measurable standards, thus creating better impressions.

Ask:

- How do we know when better service/care is being provided?
- How do we measure better aging population service/care?

So What?
Determine how you can help

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Ideas

Improve and enhance ideas and approaches to serve the aging population.

Ideas = Action

Take responsibility for meeting the needs of the aging population.

Now What?
Carry out the service/care

What Can You Do Today?

V. Conclusion

A. **Post-Assessment** (Blue Portion)
B. **Evaluation**
C. **Certificates**

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A Macklin Institute Training

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