



GERONTOLOGY BOOT CAMP

PART II

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August 2017

A PROGRAM FOR PROFESSIONAL CAREGIVERS WORKING IN ADULT DAY CARE SETTINGS

A FOUR-PART WEBINAR SERIES

1

Part I:
Stereotypes,
Ageism, and
Biological Aging

2

Part II:
**Psychology of
Aging**

3

Part III:
Social Aging

4

Part IV:
Spiritual Aging

At the end of this learning segment, YOU will have an increased understanding of:

- **Power 9 Pyramid** from Blue Zones
- **Psychological Aging**
- **Wisdom** in the context of Aging
- **Dementia and Depression** in the context of Aging

Learning Objectives

Blue Zones

There are five places in the world where people live the longest and are the healthiest (**longevity “hotspots”**)

Loma Linda, California

Nicoya, Costa Rica

Sardinia, Italy

Ikaria, Greece

Okinawa, Japan



Dan Buettner

-National Geographic Fellow and writer

POWER 9 Pyramid from Blue Zones

1. Move Naturally

Right Outlook

2. Know Your Purpose

3. Downshift

Eat Wisely

4. 80% Rule

5. Plant Slant

6. Wine@5

Belong

7. Family First

8. Belong

9. Right Tribe

POWER 9 Pyramid from Blue Zones



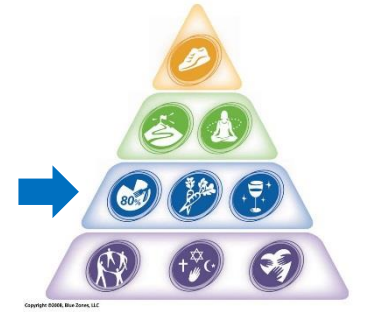
1. Move Naturally



"The world's longest-lived people don't pump iron, run marathons or join gyms. Instead, they live in environments that constantly nudge them into moving without thinking about it. They grow gardens and don't have mechanical conveniences for house and yard work."

Eat Wisely

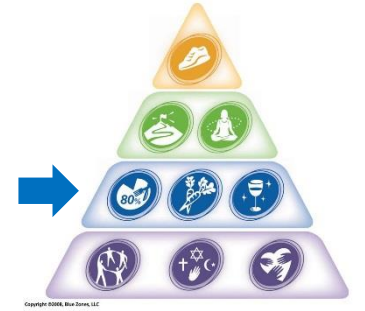
4. 80% Rule



" 'Hara hachi bu' – the Okinawan, 2500-year old Confucian mantra said before meals reminds them to stop eating when their stomachs are 80 percent full. The 20% gap between not being hungry and feeling full could be the difference between losing weight or gaining it. People in the Blue Zones eat their smallest meal in the late afternoon or early evening and then they don't eat any more the rest of the day."

Eat Wisely

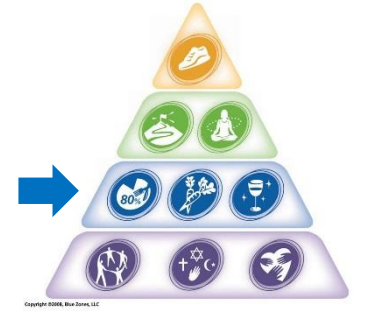
5. Plant Slant



Beans, including fava, black, soy and lentils, are the cornerstone of most centenarian diets. Meat—mostly pork—is eaten on average only five times per month. Serving sizes are 3-4 oz., about the size of deck or cards.”

Eat Wisely

6. Wine@5



"People in all Blue Zones (except Adventists) drink alcohol moderately and regularly. Moderate drinkers outlive non-drinkers. The trick is to drink 1-2 glasses per day (preferably Sardinian Cannonau wine), with friends and/or with food. And no, you can't save up all week and have 14 drinks on Saturday."

<https://bluezones.com/2016/11/power-9/>



Psychological Aging

frontal lobe

- Problem solving
- Emotional traits
- Reasoning (judgment)
- Speaking
- Voluntary motor activity

parietal lobe

- Knowing right from left
- Sensation
- Reading
- Body orientation

occipital lobe

- Vision
- Color perception

temporal lobe

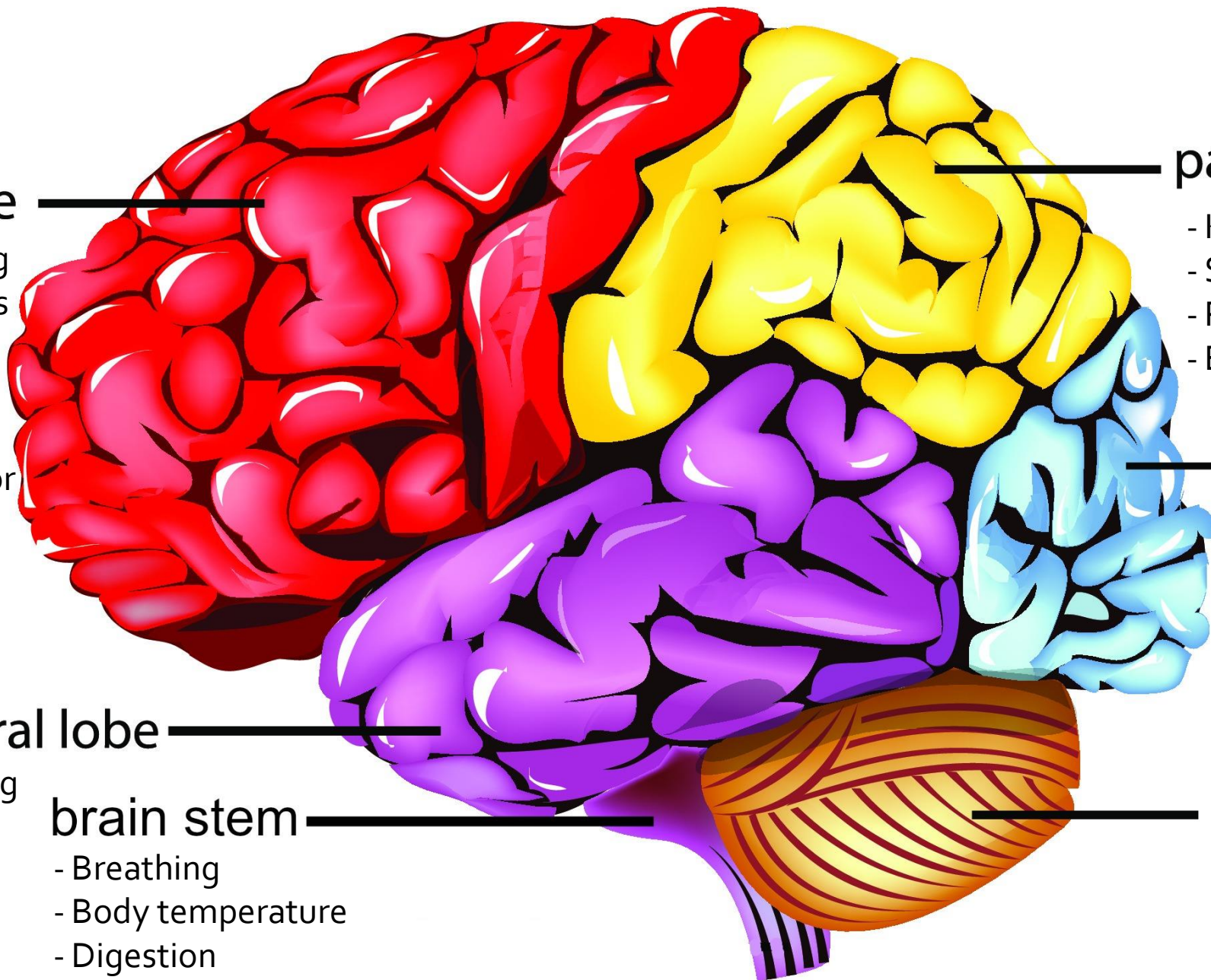
- Understanding language
- Behavior
- Memory
- Hearing

brain stem

- Breathing
- Body temperature
- Digestion
- Alertness/sleep
- Swallowing

cerebellum

- Balance
- Coordination and control of voluntary movement
- Fine muscle control



Learning and Memory

Cognitive functioning becomes more complex—we have many connections, and we have a lot of info to sort through

Reaction time

- Slows

Learning

- Reduced processing speeds
- You CAN still learn new things!
- Retention of information successfully learned is preserved
- Retrieval of newly learned information may be slower

Memory

- Positive events are remembered more than negative events
- Remember more memories from adolescence and early adulthood

Changes with Age

DELAYED FREE RECALL – spontaneous retrieval of information from memory without a cue

e.g.: Recalling a list of items to purchase at the grocery store without a list

SOURCE MEMORY – knowing the source of the learned information

e.g.: Remembering if you learned a fact because you saw it on TV, read it in a newspaper, or heard it from a friend

PROSPECTIVE MEMORY – remembering to perform intended actions in the future

e.g.: Remembering to take medicine before going to bed

Remains Stable with Age

RECOGNITION MEMORY – ability to retrieve information given a cue

e.g.: Correctly giving details of a story when given yes/no questions

TEMPORAL ORDER MEMORY – memory for the correct time or sequence of past events

e.g.: Remembering last Saturday you went to the grocery store after you ate lunch with your friends

PROCEDURAL MEMORY – memory of how to do things

e.g.: Remembering how to ride a bike

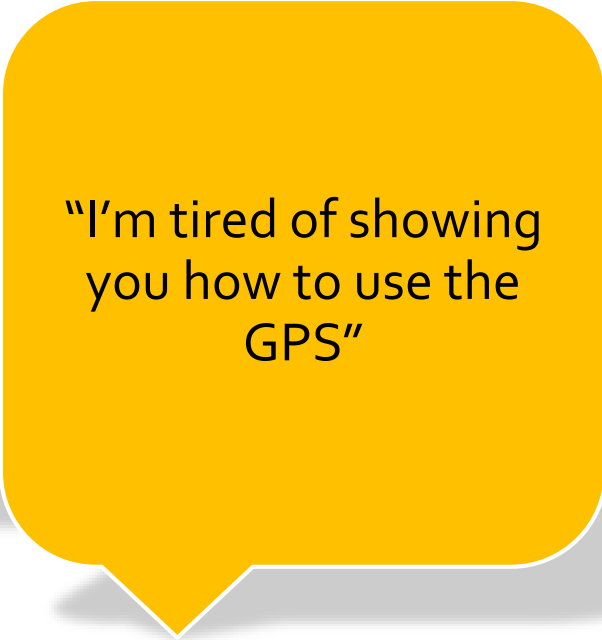
Let's Talk about Ageism for a Moment...




"Senior moment"



"Senile"



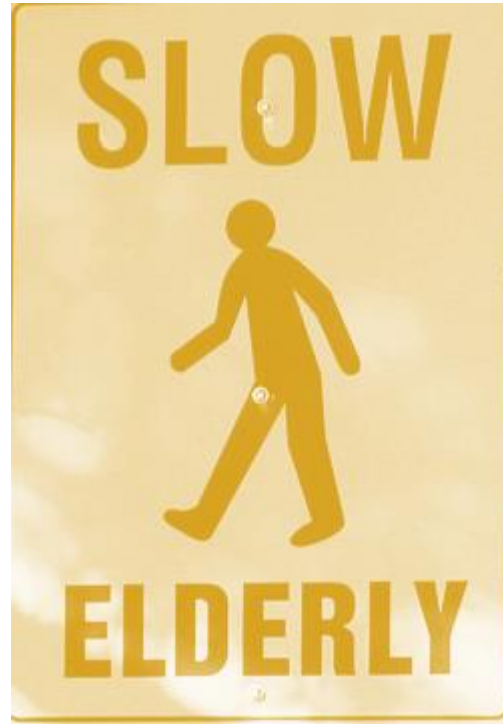
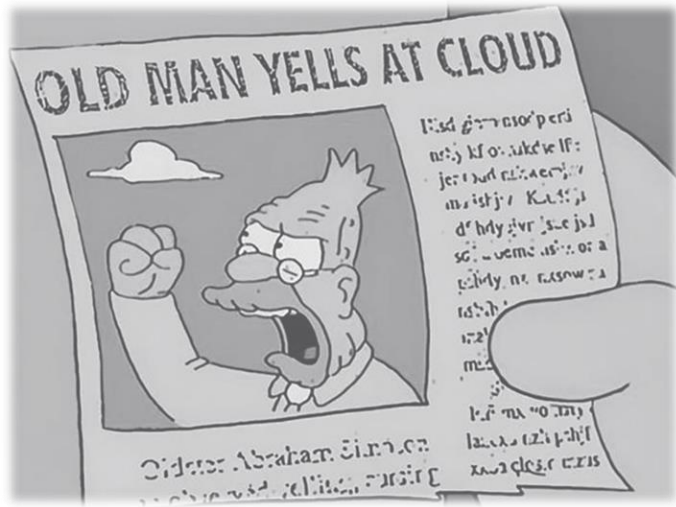
"I'm tired of showing
you how to use the
GPS"



"Dr. Dan Johnson,
a senior citizen,
continues to
maintain a
vigorous practice
despite his age."

Ageist stereotypes

“older adults are slow, grumpy, and set in their ways”.



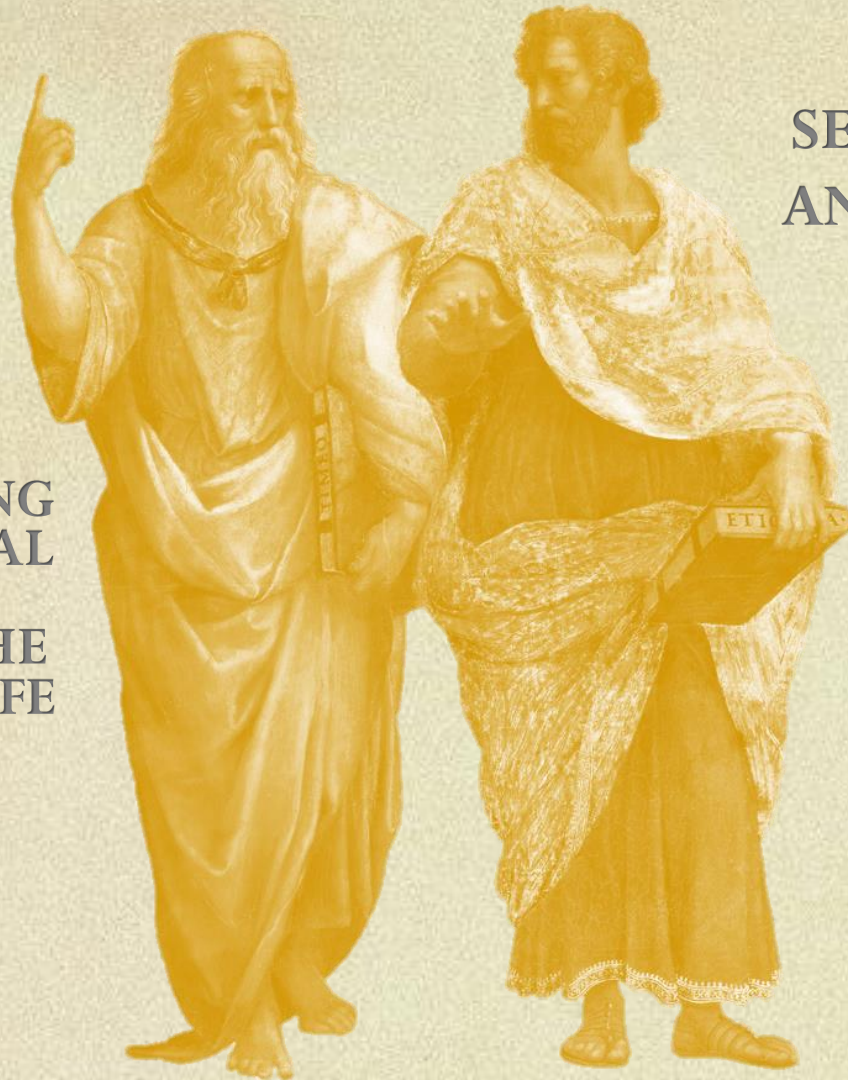


What about
Wisdom?

Τι είναι σοφία?

PLATO:

AN
UNDERSTANDING
OF THE PHYSICAL
AND SOCIAL
WORLD AND THE
MEANING OF LIFE



ARISTOTLE:
SELF-KNOWLEDGE
AND SELF-INSIGHT
LEADING TO
FULFILLMENT

REFLECTIVE
UNDERSTANDING

KNOWLEDGE

TRANSFORMATION/
TRANSCENDENCE

A Culturally inclusive definition of wisdom

Cognitive

- Desire to know the truth
- Ability to see through illusions
- Acceptance of the light and the dark
- Acknowledgement of mystery

Reflective

- Ability to see things from multiple perspectives
- Inclination towards self-examination
- Development of awareness and insight about self (good and bad)
- Reduction in self-centeredness

Affective

- Compassionate concern for the well-being of others

An individuated trajectory?

Age

Genetic/epigenetic
forces

Social environment

Family
relationships

Educational
opportunities

Career paths

Life experiences

Motivations

Habits

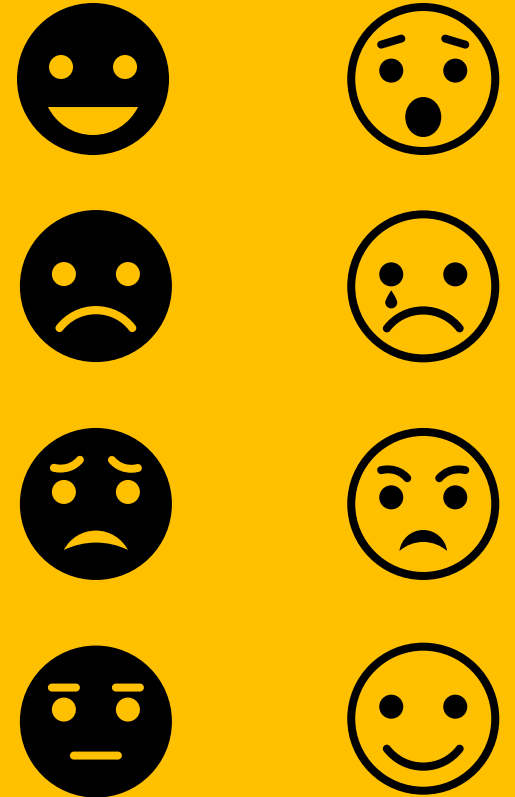
World views



Emotional Regulation and Experience

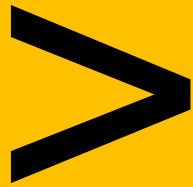
Older adults are better able to regulate emotions!

- Fewer negative emotional experiences (anger)
- Greater emotional control
- Sustained levels of Positive Affect
- More complex emotional experiences
- Positivity effect for personal memory



Emotional Well-Being

**Positive
emotions**

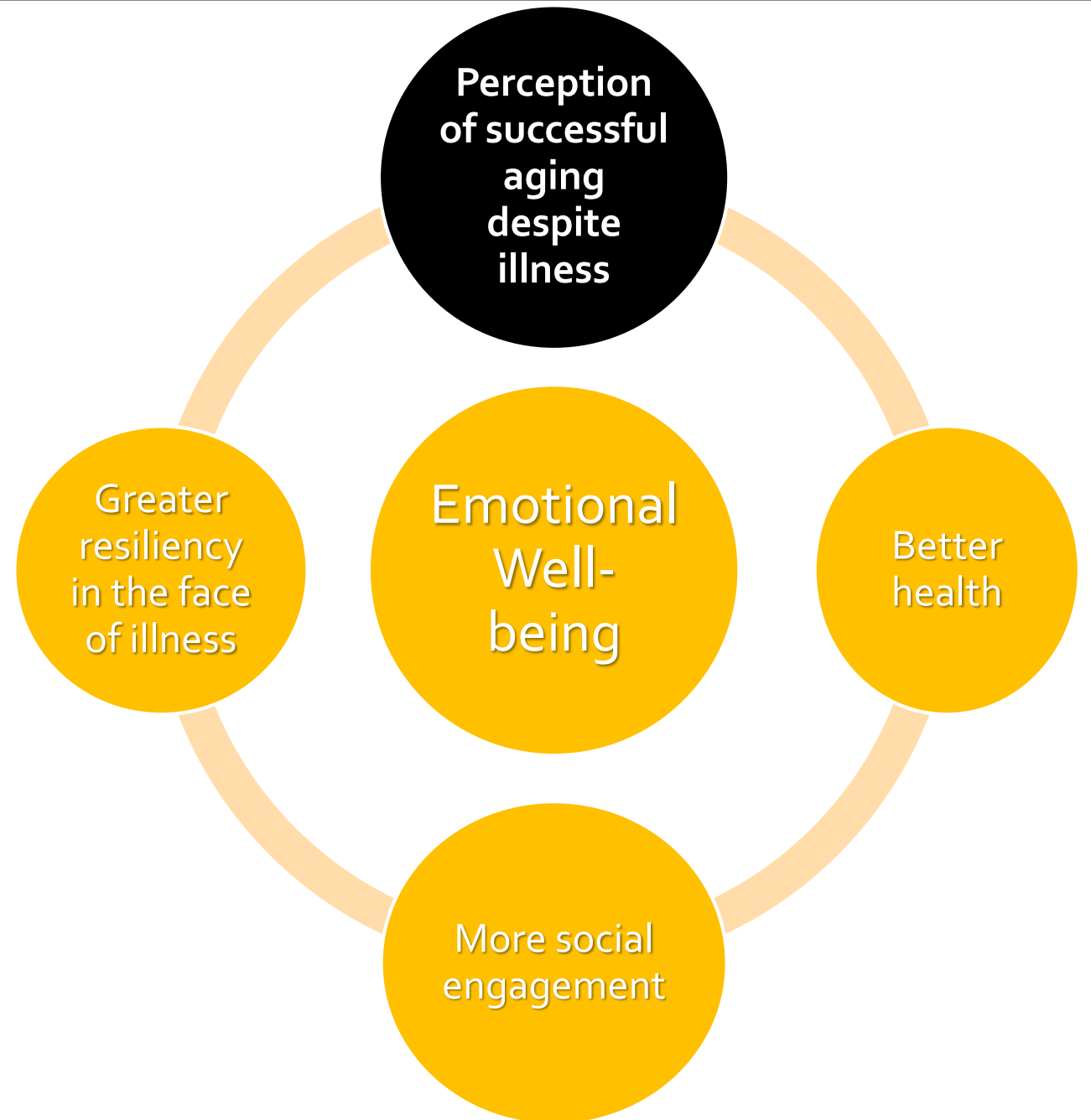


**Negative
emotions**



**Faster recovery from illness
Better physical health
Stronger social relationships**

“Successful Aging”



So let's talk about dementia:

Brain



Disease
or Injury

COULD

Dementia

Brain



Age



Dementia



Alzheimer's Disease

Vascular Dementia

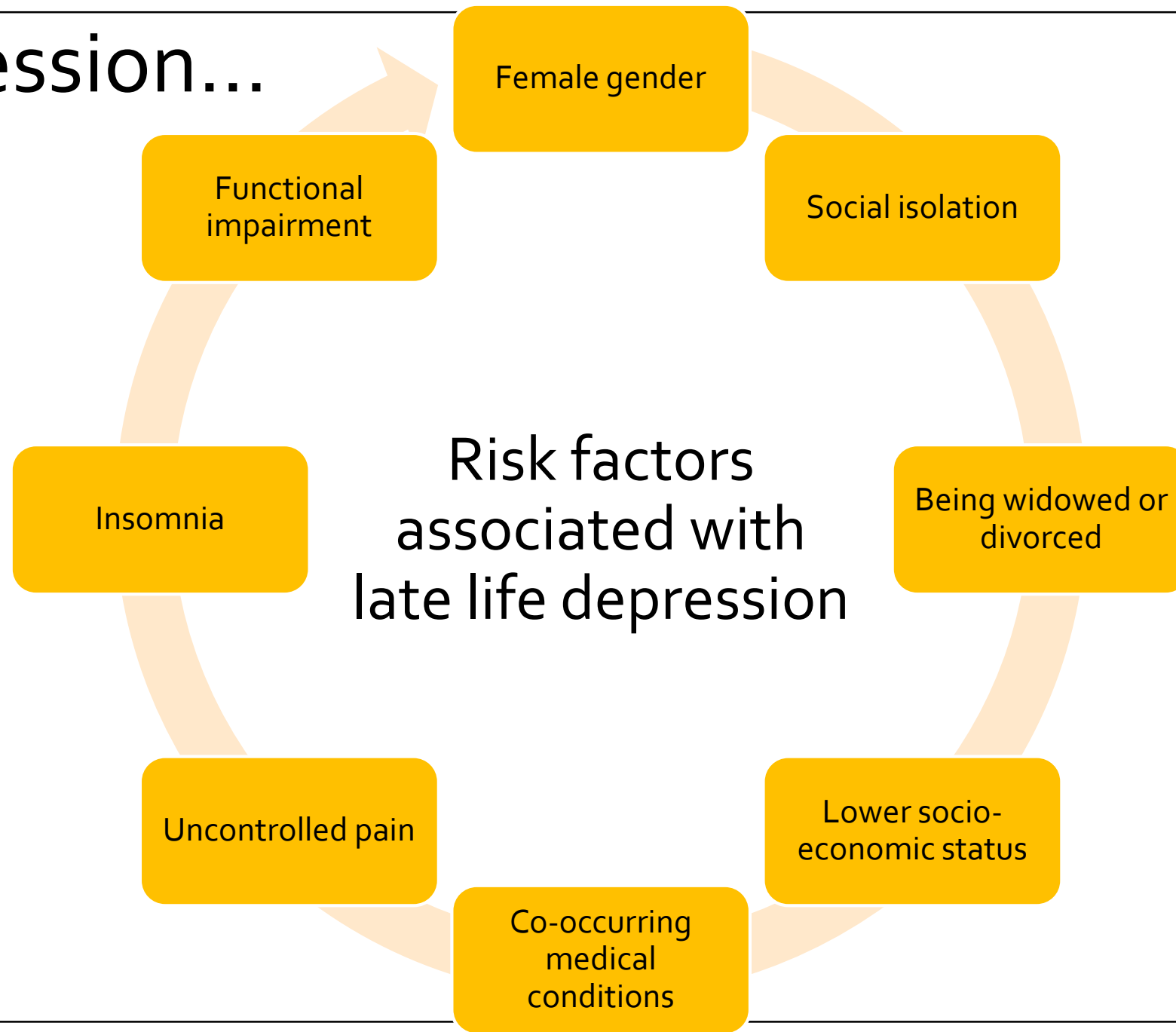
Alcohol Related Dementia

Mixed Dementia

Lewy Body Disease

Frontotemporal Dementia

and depression...



Right Outlook

2. Know Your Purpose



"The Okinawans call it "Ikigai" and the Nicoyans call it "plan de vida;" for both it translates to "why I wake up in the morning." Knowing your sense of purpose is worth up to seven years of extra life expectancy."

Right Outlook



3. Downshift



"Even people in the Blue Zones experience stress. Stress leads to chronic inflammation, associated with every major age-related disease. What the world's longest-lived people have that we don't are routines to shed that stress. Okinawans take a few moments each day to remember their ancestors, Adventists pray, Ikarians take a nap and Sardinians do happy hour."

Resources for further exploration

Blue Zones

- www.bluezones.com
- The Blue Zones of Happiness: A Blueprint for a Better Life by Dan Buettner
- How to live to be 100+ TedTalk by Dan Buettner

Dementia

- Dementia: It's Not Just Alzheimer's webinar series by VCU-DSS
- Teepa Snow – www.teepasnow.com and search for Teepa on YouTube
- alzpossible.org

THANK YOU