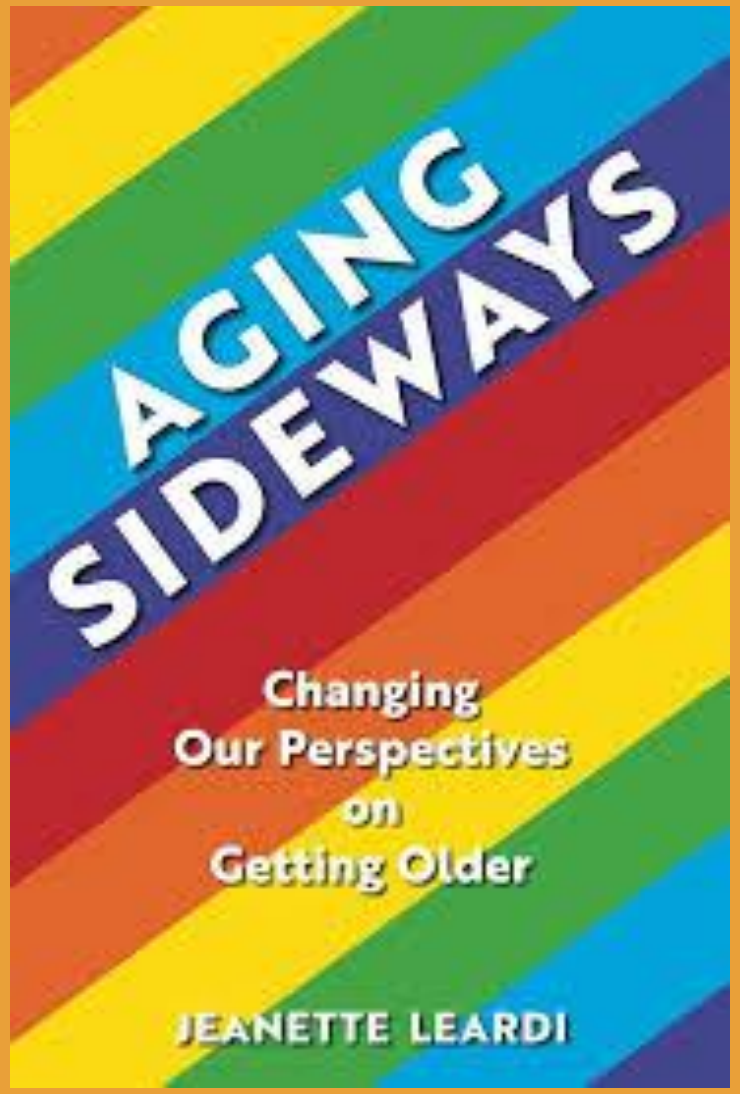
LIVING BETTER, LONGER

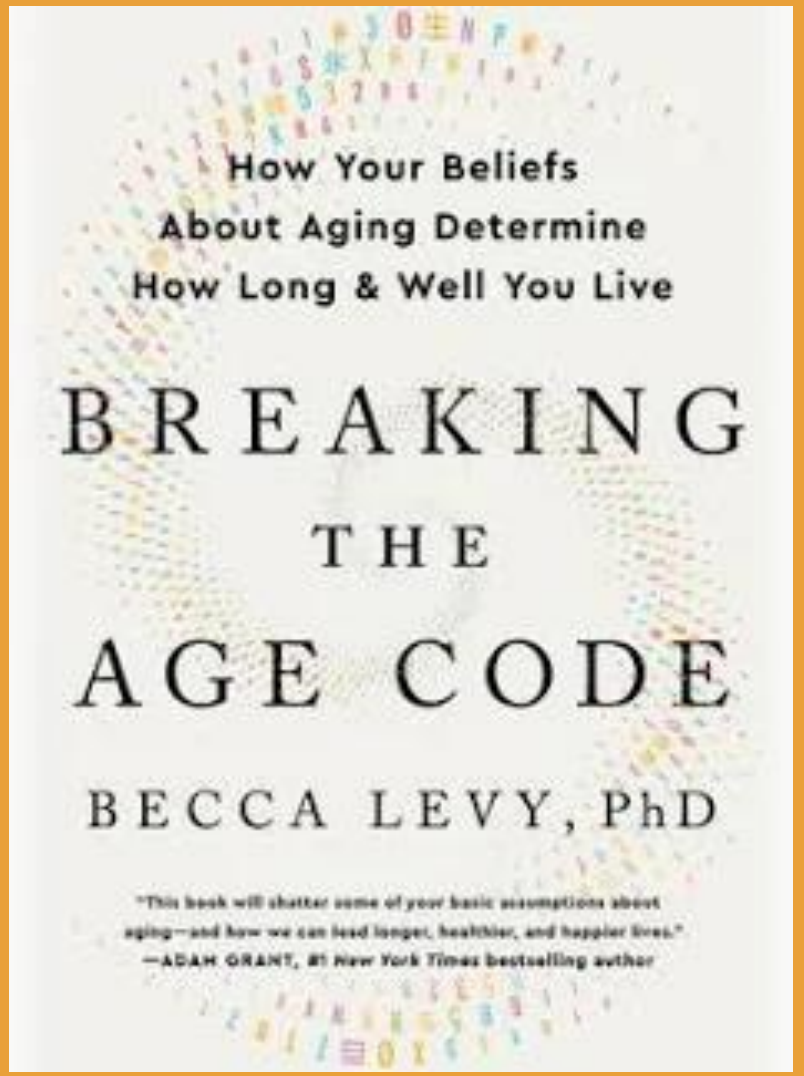
A PRESENTATION ON AGING WELL, AGE-INFORMED CARE, AND WHAT IT MEANS TO THRIVE AT EVERY STAGE OF LIFE

PRESENTED BY: BRITTANY WILLIAMSON, LCSW

OBJECTIVES

- Identify personal beliefs, assumptions, and attitudes about aging and describe how these perceptions may influence the aging experience.
- Explain the impact of ageism, stereotypes, and age-informed language on older adults, service delivery, and community attitudes.
- Describe key components of aging well, including health, social connection, financial wellness, aging in place, and empowered aging.
- Apply a new perspective on aging by recognizing barriers, challenging common myths, and exploring ways to support intergenerational connection and age-inclusive practices.


AGING SIDEWAYS
Changing Our Perspectives on Getting Older
JEANETTE LEARDI


How Your Beliefs About Aging Determine How Long & Well You Live
BREAKING THE AGE CODE
BECCA LEVY, PhD
"This book will shatter some of your basic assumptions about aging—and how we can lead longer, healthier, and happier lives."
—ADAM GRANT, #1 New York Times bestselling author

CREOKS MISSION AND GOAL FOR AGING SERVICES

- SUPPORT IN NAVIGATING LIFE CHANGES
- EDUCATION ABOUT HEALTH/HEALTH CHALLENGES
- ASSISTANCE IN MAINTAINING YOUR INDEPENDENCE, QUALITY OF LIFE, AND DIGNITY.

ARE YOU AWARE OF YOUR IMAGE OF AGING?

WE ALL HAVE IMAGES THAT MAY BE BASED ON LOTS OF SOURCES SUCH AS SOCIAL MEDIA, BOOKS, SONGS, AND MAGAZINES. THERE ARE NO RIGHT OR WRONG ANSWERS. YOUR RESPONSES WILL BE KEPT CONFIDENTIAL. AFTER EACH WORD OR PHRASE, CLICK THE RESPONSE FROM "STRONGLY DISAGREE" TO "STRONGLY AGREE" THAT BEST SHOWS HOW WELL THE WORD MATCHES THE FIRST IMAGE OR PICTURE OF **OLDER PEOPLE** THAT COMES TO MIND.

IMAGE OF AGING QUIZ

HEALTHY

SENILE

CAPABLE

HELPLESS

ACTIVE

GRUMPY

WISE

HTTPS://BECCA-LEVY.COM/QUIZ/

How we **think and feel** about aging directly shapes how we age. Our perceptions — often formed without our awareness — influence our behaviors, our health, and even our longevity.

"THE SINGLE MOST IMPORTANT FACTOR IN DETERMINING LONGEVITY—MORE IMPORTANT THAN GENDER, INCOME, SOCIAL BACKGROUND, LONELINESS OR FUNCTIONAL HEALTH—IS HOW PEOPLE THINK ABOUT AND APPROACH THE IDEA OF OLD AGE,"

- DR. BECCA LEVY.

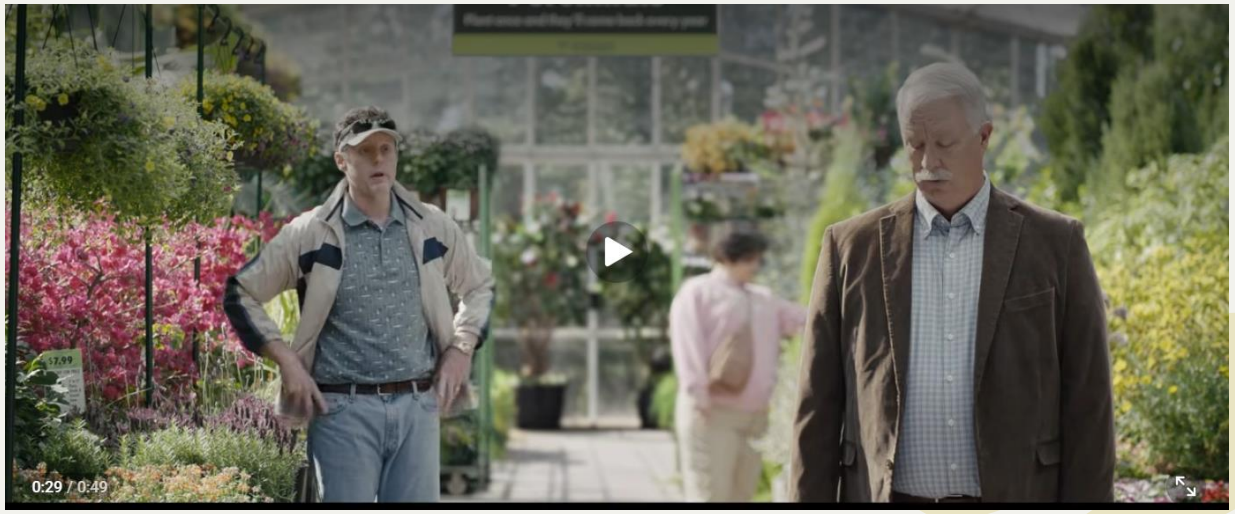
WHERE DOES YOUR IMAGE OF AGING COME FROM?

- 100TH DAY OF SCHOOL
- ANTI AGING COMMERCIALS (1980 "WASH THE GRAY AWAY") WASH GRAY AWAY
- ANTI AGING "BEAUTY" PRODUCTS

COMMERCIAL EXAMPLES

MENS ANTI AGING

PROGRESSIVE



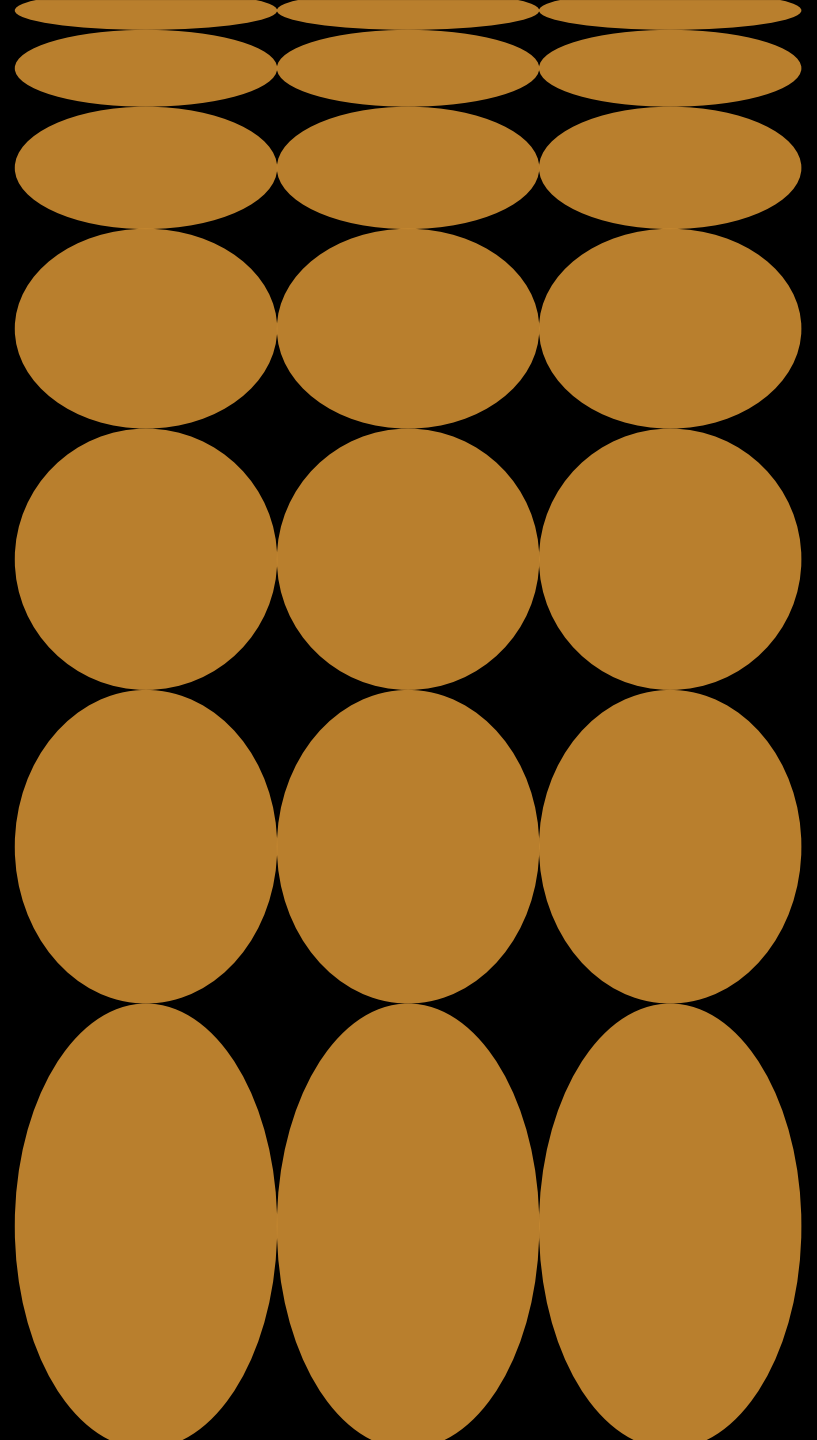
MYTH OR FACT?

HAVING A POSITIVE MINDSET ABOUT AGING INCREASES YOUR LIFE EXPECTANCY BY 7 YEARS.

MYTH OR FACT?

YOU CAN'T TEACH AN OLD DOG NEW TRICKS.

MYTH OR FACT?



MYTH OR FACT?

AGING MEANS DECLINING HEALTH AND/OR DISABILITY.

MYTH OR FACT?

MEMORY LOSS IS AN INEVITABLE PART OF AGING.

HOW OLD IS OLD?

WHAT AGE COMES TO MIND WHEN YOU THINK OF SOMEONE BEING “OLD”

How old is old?

- Ages 10 to 20 believe the average person becomes old around age 60.
- People in their 40's to 50's believe the average person becomes old in their late 60's.
- Ages 80 to 90 believe the average person does not become old until around 70.

5 SPECIFIC AGING PARADIGMS

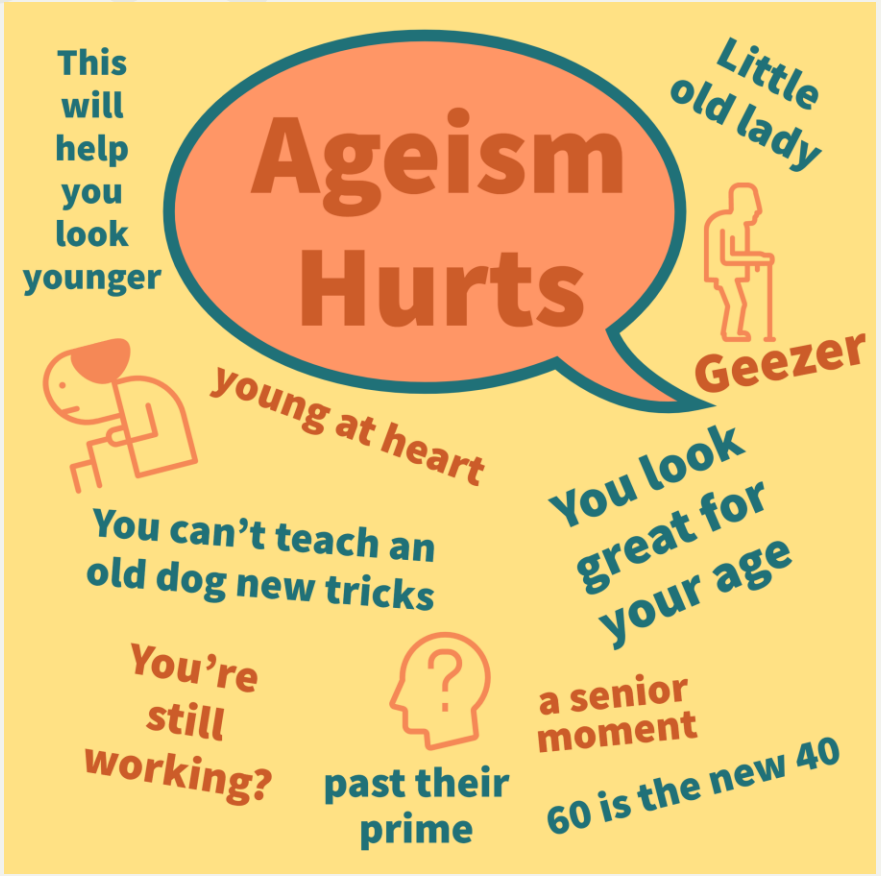
- CHRONOLOGICAL AGE
- FUNCTIONAL AGE
- LIFE – STAGE AGE
- POLICY AGE
- PERCEIVED AGE

WHY IS AGE INFORMED LANGUAGE IMPORTANT?

WHAT IS AGEISM?

- **AGEISM** - FROM "ANTIAGING" FACE CREAMS TO WISECRACKING BIRTHDAY CARDS ABOUT GETTING OLDER TO "OK, BOOMER" MEMES, THE MESSAGE IS CLEAR: BEING OLD IS SOMETHING TO AVOID. NEVER MIND THAT, IF WE HAVE THE GOOD FORTUNE TO LIVE A LONG LIFE, INACCURATE STEREOTYPES ABOUT AGING WILL HARM ALL OF US.

WAYS AGEISM SHOWS UP



- INTERNALIZED
- IMPLICIT
- CULTURAL
- INSTITUTIONAL
- INTERPERSONAL

AGEISM AND STEREOTYPES

- BENEVOLENT AGEISM
- ELDERSPEAK
- DEMEANING JOKES
- ASSUMPTION ABOUT – POOR SIGHT/HEARING/MEMORY/COGNITION/LACK OF COMPETENCE/TECHNICAL SAVVY/SOCIAL INCOMPETENCE/VALUE

COMMON AGEIST COMMENTS AND PHRASES TO AVOID

- Pseudo-Compliments
- Workplace/Competence Bias
- Stereotypical Jokes: "Old dog, new tricks," "Senior moment," or "OK, boomer".
- Elderspeak

WHAT WOULD IT LOOK LIKE IF AGING WAS UNBOUND BY AGEISM?

https://www.youtube.com/watch?v=s0QXTAZoHZw

CULTURAL CONSIDERATIONS OF AGING

OTHER SOCIETIES AND CULTURES HAVE HISTORICALLY VIEWED OLDER ADULTS DIFFERENTLY THAN OUR OWN.

CULTURAL CONSIDERATIONS

HISTORICALLY, NATIVE AND INDIGENOUS CULTURES HAVE REVERED THEIR ELDERS. IN THEIR CULTURE, RESPECT FOR THE OLDER MEMBERS OF THEIR FAMILIES IS DEMONSTRATED BY CARING FOR THEM AT HOME IN A PLACE OF HONOR. THE ELDERS ARE THE FIRST TO EAT AND HAVE THE MOST COMFORTABLE SEAT IN THE HOME. THEY ARE KNOWN AS WISDOM KEEPERS AND SPIRITUAL GUIDES.

THE ELDER FOLKS ARE SEEN AS PILLARS IN THE COMMUNITY, THE SACRED KNOWLEDGE KEEPERS AND STORY TELLERS AND ARE RESPONSIBLE FOR PASSING THEIR CULTURE TO THE YOUNGER MEMBERS OF THE COMMUNITY. THE ELDERS LEAD COUNSELS AND GUIDE DECISION MAKING.

CULTURAL CONSIDERATIONS

Historically, Japanese culture also views their elders with profound respect. It is deeply rooted in the concepts of "oyadoko" meaning filial piety meaning age equates wisdom. Rapid modernization has prompted Japan to build one of the most comprehensive socialized care systems known to care for their older adults although family care does remain the ideal. Japan has also enacted Long Term Care Insurance system in 2000 funding both in home helpers and facility care.

Japan also has something called Active Aging often working past 70 with work or community-based hobbies and seeing out "ikigai" or a reason for being".

PERCEPTIONS ON AGING

IN OUR SOCIETY, THERE IS A TIMELINE THAT IS PRESENTED FOR US TO FOLLOW, HOWEVER, THERE ARE MANY FOLKS THAT HAVE BEGUN THEIR CAREERS OR THEIR FAMOUS CAREERS AT A LATER AGE.

FAMOUS AGING ADULTS

TONI MORRISON THE WINNING NOVELIST, EDITOR AND PROFESSOR. SHE WAS 58 YEARS OLD WHEN SHE STARTED TEACHING AT PRINCETON UNIVERSITY AND WAS AGE 62 WHEN SHE WON THE PULITZER PRIZE IN LITERATURE.

FAMOUS AGING ADULTS

ARIANNA HUFFINGTON IS AN AUTHOR AND BUSINESSWOMAN. SHE IS THE CEO OF THRIVE GLOBAL, AND SHE CO-FOUNDED HUFFINGTON POST AS A MOST WIDELY READ DIGITAL MEDIA OUTLET AT THE AGE OF 55.

"WHENEVER YOU CAN, ASK FOR FEEDBACK. DON'T THINK OF IT AS CRITICISM, THINK OF IT AS A GIFT"

FAMOUS AGING ADULTS

JULIA CHILD THE AUTHOR OF MASTERING THE ART OF FRENCH COOKING STARTED THE FAMOUS COOKING SHOW AT THE AGE OF 50 AND PUBLISHED THE COOKBOOK AT THE AGE OF 49.

FAMOUS AGING ADULTS

LAURA INGALLS WILDER STARTED WRITING HER FAMOUS LITTLE HOUSE IN THE BIG WOODS SERIOUS AT THE AGE OF 65.

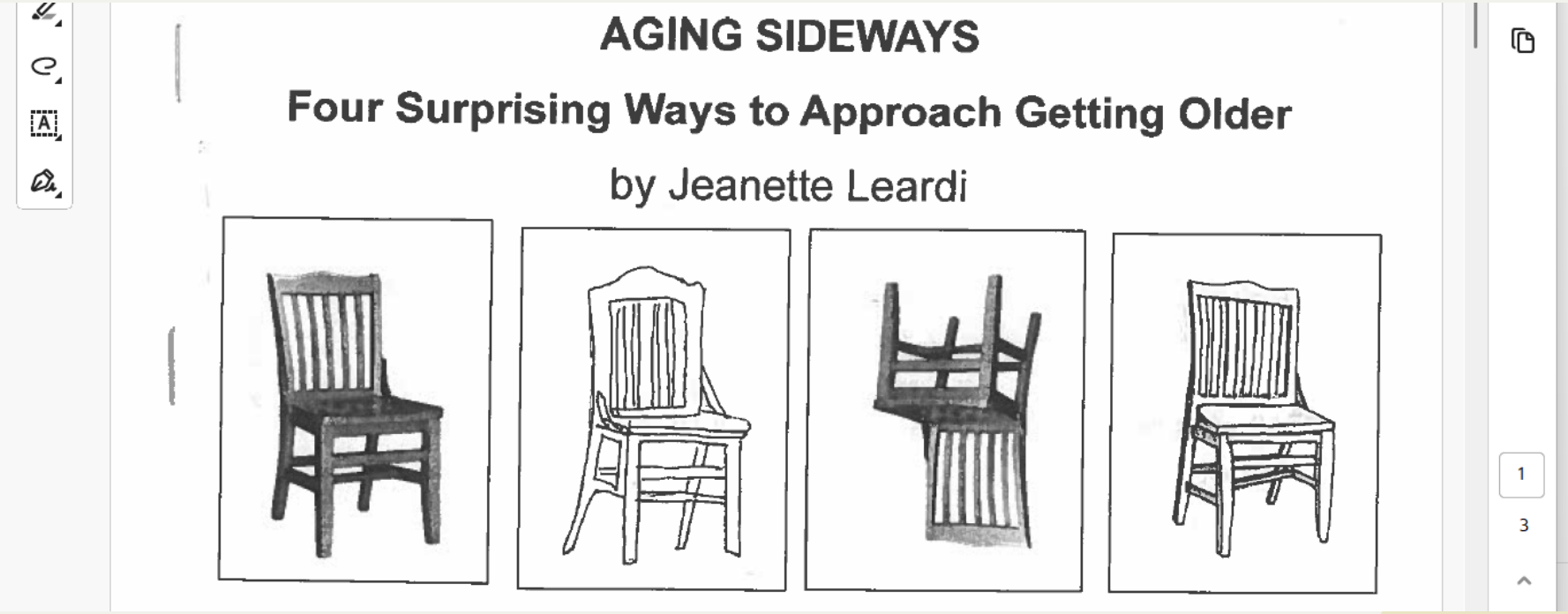
COLONEL HARLAND SANDERS STARTED FRANCHISING KENTUCKY FRIED CHICKEN AT THE AGE OF 62.

SMALL CHANGES ARE HAPPENING ALL AROUND. RATHER THAN SEEING OLDER ADULTS AS A BURDEN OR AS THE “OLD FOLKS” OR AS “SILLY”, CHANGES HAVE BEEN TAKING PLACE. FOR EXAMPLE, THE GOLDEN GIRLS WERE THE SAME AGE AS THE WOMEN ON SEX IN THE CITY, EARLY TO MID 50’S. AND IF YOU REMEMBER YOU REMEMBER, THERE WAS A BIG DIFFERENCE IN APPEARANCE, ATTITUDE AND SITUATIONS.

WHICH LEADS TO ANOTHER DEBATE; MUST OLDER ADULTS REQUIRE LOOKING YOUTHFUL, “MAKING MONEY” OR HAVING A “RELATIONSHIP” TO HAVE WORTH?

DRAWING ON THE RIGHT SIDE OF THE BRAIN – ATTEMPT TO DRAW CHAIR UPSIDE DOWN

DRAWING ON THE RIGHT SIDE OF THE BRAIN



SIDESTEPPING A DEEPLY EMBEDDED OBSTACLE YOU'RE APPROACHING RATHER THAN RETREATING FROM IT OR FUTILELY TRYING TO REMOVE IT

STRATEGIES FOR AGING “SIDEWAYS”

REDEFINING A TERM OR CONCEPT IN A WAY THAT MAKES ITS MEANING MORE ACCURATE OR MORE RELEVANT TO YOU

STRATEGIES TO AGING "SIDEWAYS"

LOOKING PERIPHERALLY AS YOU MOVE FORWARD RATHER THAN ONLY STRAIGHT AHEAD OR IN THE REAR-VIEW MIRROR

STRATEGIES IN AGING "SIDEWAYS"

BEING OPEN TO THE UNEXPECTED RATHER THAN CONTROLLING WHAT YOU ENCOUNTER IN THE MOMENT

LEVVYS ABC METHOD FOR AGE DECLINING MINDSETS

- INCREASING AWARENESS
- PLACING BLAME WHERE BLAME IS DUE
- CHALLENGING NEGATIVE AGE BELIEFS

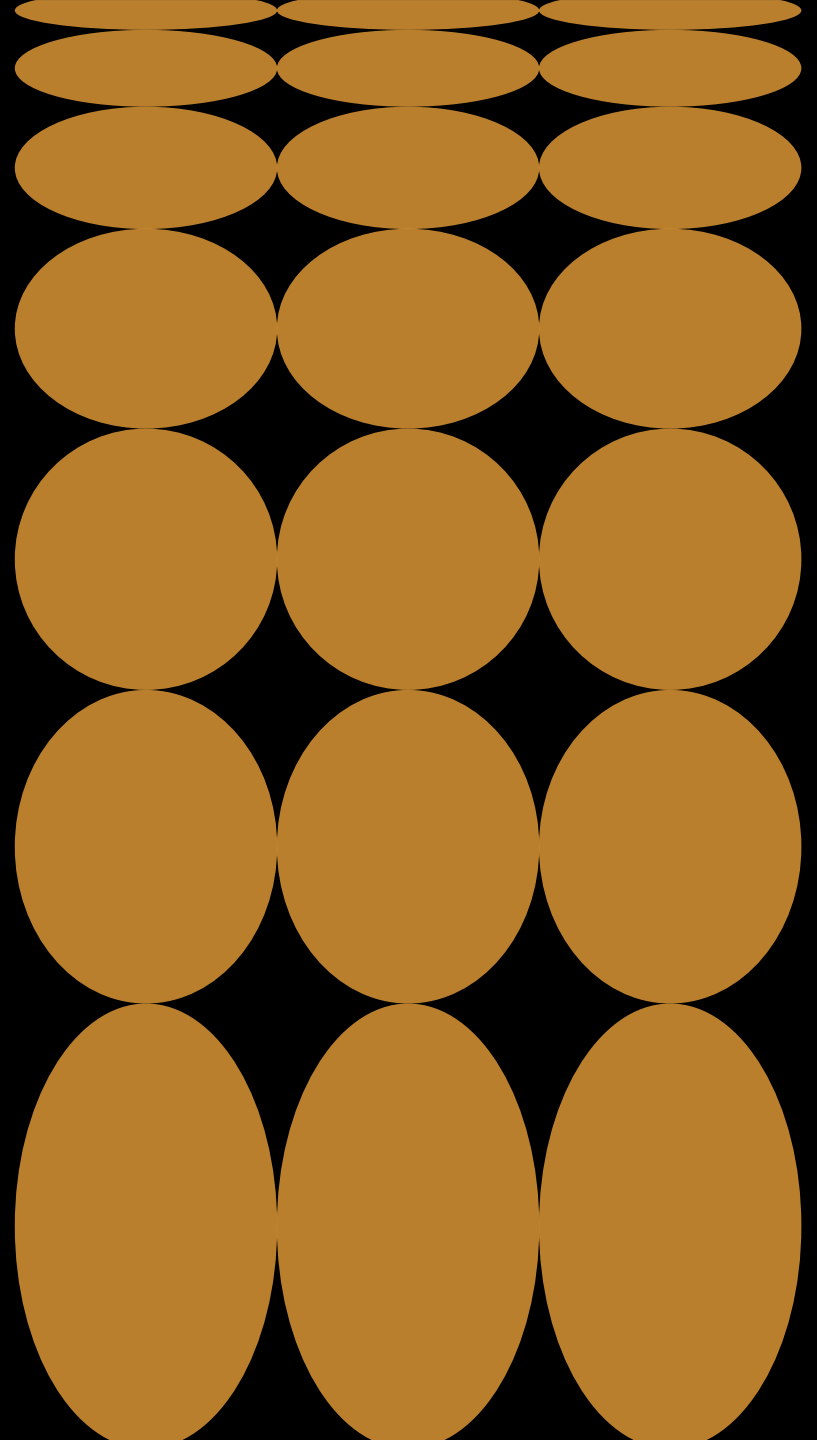
WHAT DOES IT MEAN TO AGE WELL?

Good health

Social connection/support

Financial wellness

Aging in place



WHAT DOES IT MEAN TO AGE WELL?

SOCIOECONOMIC CONTEXT

RACE/ETHNICITY

GENDER

PHYSICAL/MENTAL ABILITY

WHERE WE LIVE

LEVEL OF EDUCATION

LEVE OF INCOME

ACCESS TO RESOURCES

GOOD HEALTH

- Access to preventative and continued care
- Care coordination/case management
- Affordable medication
- Nutrition
- Physical activity
- Social and emotional well being
- Cognitive Health
- Education

BARRIERS GOOD HEALTH

- Current data shows many older adults endure precarious socioeconomic situations and under – or – over
- Our aging care coordinators have seen a steady pattern of overmedicating aging adults from primary care physicians.
- Clients arrive for services with a medication list that varies between 10-30 medications.

SOCIAL CONNECTION & SUPPORT

SOCIAL SUPPORT IS CRITICAL FOR HEALTHY AGING, DIRECTLY PROTECTING OLDER ADULTS AGAINST LONELINESS, COGNITIVE DECLINE, AND CHRONIC DISEASE.

BARRIERS TO SOCIAL SUPPORT

- REDUCED MOBILITY
- THE LOSS OF LIFELONG FRIENDS AND FAMILY
- INADEQUATE OR INACCESSIBLE PUBLIC TRANSPORTATION
- DIGITAL EXCLUSION

FINANCIAL WELLNESS

- PLANNING FOR THE FUTURE
- SAVINGS
- RETIREMENT
- NAVIGATING HEALTHCARE COST
- LONG TERM CARE
- PLANNING FOR CHANGE IN COGNITION
- PROTECT AGAINST EXPLOITATION

BARRIERS TO FINANCIAL WELLNESS

- Employment discrimination
- Out of pocket health care expenses
- Medicare limitations
- Fixed income
- Digital literacy
- Vulnerability to fraud/scams

AGING IN PLACE

- Home modifications & safety
- Assistive technology
- Support services & daily living
- Financial &community planning

BARRIERS TO AGING IN PLACE

ACCESSIBLE HOUSING

AFFORDABLE HOUSING

ACCESSIBLE LONG-TERM CARE

ISOLATION

INTERGENERATIONAL IMPORTANCE ON AGING

- WHAT WERE TYPICAL INTERACTIONS WITH AGING ADULTS WHEN YOU WERE YOUNGER?
- WHAT IS SOMETHING YOU HAVE LEARNED FROM AN AGING ADULT THAT HAS STUCK WITH YOU?
- IF YOU ARE AN AGING ADULT, WHAT IS SOMETHING YOU HAVE LEARNED FROM A PERSON YOUNGER THAN YOU THAT HAS STUCK WITH YOU?

INTERGENERATIONAL CONTINUED

INTERGENERATIONAL EXCHANGE IS A TWO-WAY STREET. THE YOUNG ALSO BRING ASSETS TO THE TABLE THAT BENEFIT OLDER GENERATIONS.

WHY DO YOU THINK INTERGENERATIONAL INVOLVEMENT IS IMPORTANT?

ERIKSONS STAGES OF DEVELOPMENT: ADOLESCENTS AND YOUNG ADULTS THE PULSE OF THE FUTURE

What to Offer: Younger individuals provide a pulse on current culture, fresh perspectives on modern problems, and an infectious enthusiasm for life.

How They Contribute: For seniors, interacting with younger people helps keep the mind sharp, staves off cognitive decline, and prevents feelings of loneliness.

ERIKSONS STAGES OF DEVELOPMENT: MIDLIFE (40-65) THE ANCHOR OF GENERATIVITY

What to Offer: This is the prime time for active mentorship, career guidance, and raising the next generation. Adults in this age bracket have accumulated extensive life experience and professional skills.

How They Contribute: They are highly equipped to translate their hard-earned lessons into actionable support for younger people

ERIKSONS STAGES OF DEVELOPMENT: OLDER ADULTHOOD (AGES 65+): THE KEEPERS OF WISDOM

What to Offer: Older adults offer historical context, emotional resilience, and an empathetic perspective on aging and overcoming adversity.

How They Contribute: They provide a vital sense of continuity and identity for younger generations, which can have profound psychological benefits for both parties.

CREATING AN AGE INFORMED SYSTEM OF CARE TO ASSIST WITH AGING WELL

- THE GOAL IS TO CREATE HEALTH SYSTEMS THAT ENSURE EVERY OLDER ADULT RECEIVES THE BEST CARE POSSIBLE, IS NOT HARMED BY CARE, AND IS SATISFIED WITH THE CARE THEY RECEIVE.
- OLDER ADULTS RECEIVE HEALTH CARE AND SOCIAL SERVICES FROM A VARIETY OF PROVIDERS: PRIMARY CARE, BEHAVIORAL HEALTH, CBO, AREA AGENCIES ON AGING, HOME HEALTH, ACUTE CARE HOSPITALS, ASSISTED LIVING, NURSING HOMES, VETERANS' SERVICES, SUBSIDIZED HOUSING, TRANSPORTATION…
- • PERSON-CENTERED, INTEGRATED AND COORDINATED CARE ACROSS PROVIDERS IS CRITICAL TO ADDRESSING NEEDS AND LINKING INDIVIDUALS WITH ESSENTIAL MENTAL HEALTH, MEDICAL, AND COMMUNITY PROGRAMS.
- • COMPREHENSIVE CARE COORDINATION LEADS TO IMPROVED TREATMENT ENGAGEMENT AND OUTCOMES, MORE EFFICIENT CARE, AND EFFECTIVE SUPPORT SYSTEMS. INTEGRATION OF PHYSICAL HEALTH, BEHAVIORAL HEALTH, AND HOME AND COMMUNITY-BASED SERVICES IS KEY…

How CREOKS assists with aging well

- Do for, do with, cheer on.
- All clients aged 50 with SMI and 65+ years and older are under the umbrella of our Aging Services.
- Specialized aging team that are age informed.
- Incorporating physical wellness in groups and client's daily lives.
- Aging specific modalities
- Increasing social wellness
- Care coordination
- Caring for caregivers

Transport	Transport to clinic, food pantries, etc.
Research and provide	Research and provide resource information, including, but not limited, to food pantries, clothing closets, medical equipment, assistance with utilities, and much more
Assist	Assist clients in filling out paperwork
Staff	Staff clients with their team members

Tai chi - Tai Chi's focus is moving for better balance.

Walk with Ease - Walk with Ease is walking to aid with arthritis. It is a 6 week; 18 session program.

Other ideas - Soup can exercise, walking in place, chair yoga.

BOOTS ON THE GROUND

- Referral process
- intake
- Screening for services/programs
- Care coordination/case management (doc visits, transportation, resource gathering)
- Peer support
- Group
- Community engagement/partners

4M'S FOCUSING ON WHAT MATTERS MOST

What matters: Know and align care with each older adult's specific health outcome goals and care preferences.

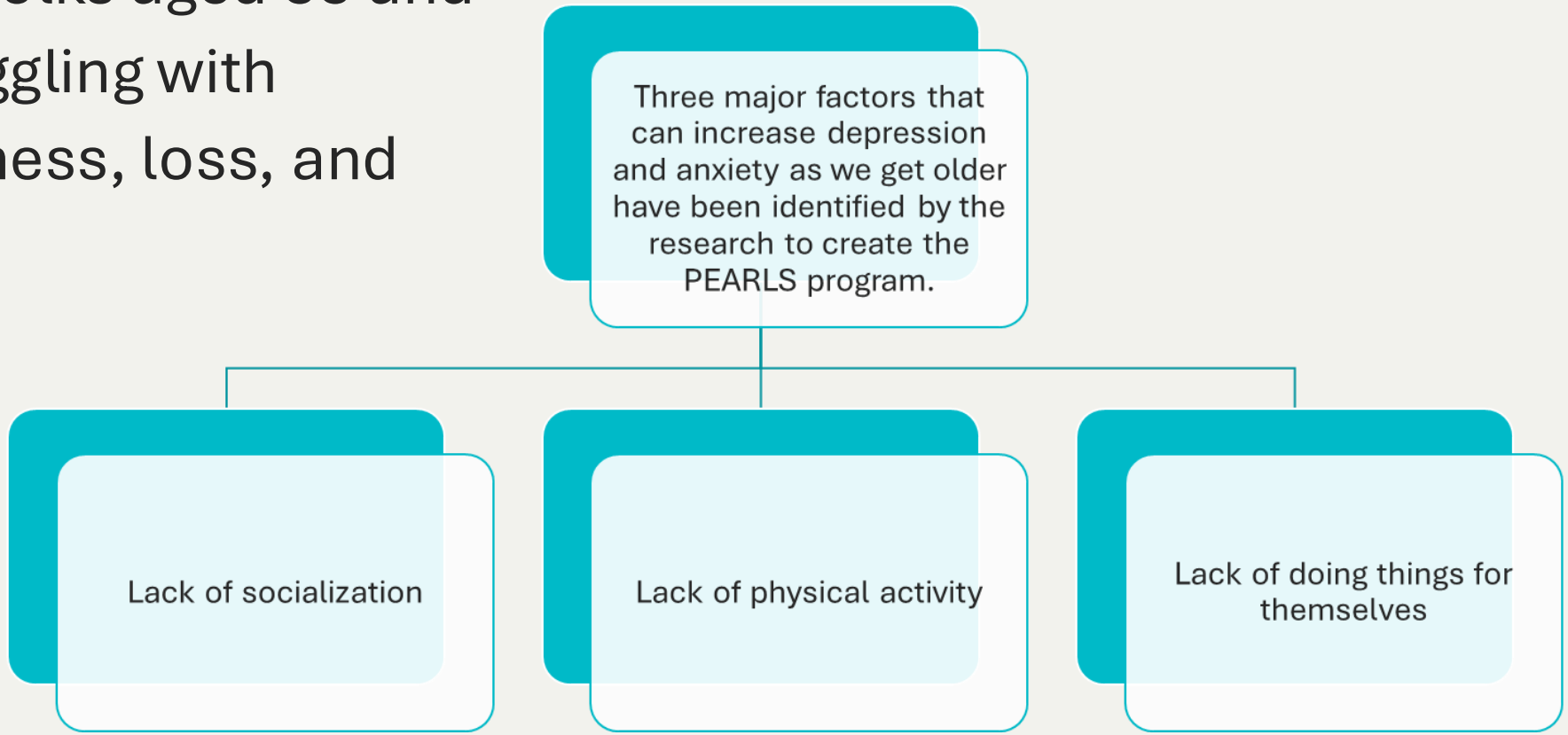
Medication: If medication is necessary, use age- friendly medication that does not interfere with What Matters, Mobility, or Mentation.

Mentation: Prevent, identify, treat, and manage dementia, depression, and delirium across settings of care.

Mobility: Ensure that older adults move safely every day to maintain function and do What Matters.

PEARLS

PEARLS is an evidence- based program aimed at folks aged 55 and older who are struggling with depression, loneliness, loss, and more



CARING FOR CAREGIVERS

- ADULTS AGED 60 AND OLDER AND THEIR CARE PARTNERS
- PROGRAM HAS BEEN PROVED TO HAVE POSITIVE HEALTH OUTCOMES
- EDUCATION, RESOURCES, SUPPORT
- FOCUS ON WHAT MATTERS TO CAREGIVERS/CARE RECIPIENTS
- PLAN TO FOCUS ON PHYSICAL EMOTIONAL WELL-BEING
- DECLINE IN HOSPITAL/ER VISITS FOR CARE RECIPIENTS
- INCORPORATING CARE NEEDS AND PREFERENCES OF THE OLDER ADULT

CAREGIVER CHALLENGES

- 1 IN 5 FULL TIME EMPLOYEES CARE FOR A FAMILY MEMBER OR FRIEND
- 55 MILLION CAREGIVERS IN THE US
- EMOTIONAL/PHYSICAL BURDEN
- SELF CARE FOR CAREGIVER OFTEN NOT A PRIORITY
- FEELINGS OF ISOLATION/GUILT/SHAME
- HIGHER LEVELS REPORTS FOR DEPRESSION

BENEFITS OF C4C

BETTER QUALITY OF CARE

DELAYED INSTITUTIONALIZATION

BENEFIT-FINDING

STRONGER BONDS

LOWER DEPRESSION RISKS

INCREASED PREPAREDNESS

REDUCED BURNOUT

SCENARIO 1

- 51-year-old male
- Self referral
- Emotional and behavioral concerns as a child (age of onset 13)
- Hx of inpatient stays starting at age 13
- Reported sexual trauma from hospital stay
- Hx of delusions (onset in high school continued into adulthood)
- High school graduate
- Reported pornography addiction
- Limited social support/lives alone
- Born with mild form of cerebral palsy
- Hx of seizures
- Currently receives disability
- Currently taking medication for anxiety, sleep, and seizures

SCENARIO 2

- 63-year-old female
- Self referred
- Reports symptoms of depression, hearing voices, seeing things that are not there, paranoia
- Difficult time finding work
- Hx of trauma, grief and loss
- High school graduate/CNA school
- Disability – bone disease, arthritis, neuropathy
- Medications for depression, pain, and psychosis

WRAP UP – PROTECTIVE FACTORS OF AGING WELL

- Access to housing, healthcare, and other resources
- Availability of support networks and social bonds
- Involvement in community activities
- Supportive family relationships
- Education (e.g. wise use of medications) and skills
- Purpose and identity
- Ability to live independently

TESTIMONIALS

1. "The PEARLS program has encouraged me to take a look at myself and to be able to define some of my issues that need to be worked on. The program has emboldened me to take care of myself first. I have enjoyed group - good to see that I'm not alone in my struggles - I'm not alone in life."
2. "PEARLS helped me 100% - It has helped me gain my confidence back; to communicate better at work and with others. (The program) "Made me come from a deep, dark place to a bright sunny place. I am positive every day"

CONTACTS

Brittany Williamson, LCSW

Site Director – Wagoner County

Brittany.Williamson@creoks.org

918.557.5735

Alice Wilson, MA, LPC

Director of aging services – creoks

https://creoks.org/referral/


AGING
SIDEWAYS


EMBASSY

Q&A

RESOURCES

E4 Center of Excellence	www.e4center.org
Rush	https://aging.rush.edu/
National Council on Aging	www.ncoa.org
Creoks aging services	https://creoks.org/aging-services/
ODMHSAS – PEARLS	www.Oklahoma.gov
Odmhsas – aging	https://oklahoma.gov/odmhsas/treatment/adult-family-treatment-services/aging-services.html
Penn State Age Friendly	www.agefriendlycare.psu.org
University of Washington	www.pearlsprogram.org

THANK YOU