GERONTOLOGY BOOT CAMP
PART II

Developed by:
Annette Clark, Annette Kelley,
Jenny Inker, Raleigh Priddy, Jennifer Pryor

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
Blue Zones

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

- Okinawa, Japan
- Sardinia, Italy
- Ikaria, Greece
- Nicoya, Costa Rica
- Loma Linda, California

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

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
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.”

https://bluezones.com/2016/11/power-9/
“‘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.”

https://bluezones.com/2016/11/power-9/
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 a deck or cards.”

https://bluezones.com/2016/11/power-9/
“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/
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
<table>
<thead>
<tr>
<th>Changes with Age</th>
<th>Remains Stable with Age</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>DELAYED FREE RECALL</strong> – spontaneous retrieval of information from memory without a cue</td>
<td><strong>RECOGNITION MEMORY</strong> – ability to retrieve information given a cue</td>
</tr>
<tr>
<td>e.g.: Recalling a list of items to purchase at the grocery store without a list</td>
<td>e.g.: Correctly giving details of a story when given yes/no questions</td>
</tr>
<tr>
<td><strong>SOURCE MEMORY</strong> – knowing the source of the learned information</td>
<td><strong>TEMPORAL ORDER MEMORY</strong> – memory for the correct time or sequence of past events</td>
</tr>
<tr>
<td>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</td>
<td>e.g.: Remembering last Saturday you went to the grocery store after you ate lunch with your friends</td>
</tr>
<tr>
<td><strong>PROSPECTIVE MEMORY</strong> – remembering to perform intended actions in the future</td>
<td><strong>PROCEDURAL MEMORY</strong> – memory of how to do things</td>
</tr>
<tr>
<td>e.g.: Remembering to take medicine before going to bed</td>
<td>e.g.: Remembering how to ride a bike</td>
</tr>
</tbody>
</table>
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 έννοια;

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 $\rightarrow$ Faster recovery from illness

Negative emotions

Better physical health

Stronger social relationships
“Successful Aging”

Perception of successful aging despite illness

- Greater resiliency in the face of illness
- Emotional well-being
- Better health
- More social engagement
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
Risk factors associated with late life depression:

- Female gender
- Social isolation
- Being widowed or divorced
- Lower socio-economic status
- Uncontrolled pain
- Insomnia
- Functional impairment
- Co-occurring medical conditions
“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.”

https://bluezones.com/2016/11/power-9/
“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.”

https://bluezones.com/2016/11/power-9/
Resources for further exploration

**Blue Zones**
- [www.bluezones.com](http://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](http://www.teepasnow.com) and search for Teepa on YouTube
- [alzpossible.org](http://alzpossible.org)