

Lois J. Ricci

REFRAMING AGING:  
MILESTONES AND  
MINDSETS  
FOR  
GETTING OLDER."

# THE AGEISM ISSUE

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Ageism or negative impressions of older people in general, does exist. Many see aging as deterioration, loss of abilities, and dependent.

- × Children
- × Greeting cards
- × Comedians
- × Older adults
- × Employers
- × Society

# “THIS CHAIR ROCKS”.

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Ashton Applewhite, an author and activist wrote the book. From baby boomer to pro-aging radical, she debunks all the myths about late life.

- × “its sad to be old, wrinkles are embarrassing, old people can’t do much, I have Kodak moments, at my age!”
- × “age denial divides and debases, and ageist myths and stereotypes cripple the way our brains and bodies function”

Age Pride

IT'S TIME TO CREATE A WORLD OF AGE  
EQUALITY BY MAKING DISCRIMINATION  
ON THE BASIS OF AGE AS  
UNACCEPTABLE AS ANY OTHER KIND.



# LET'S LOOK AT WHAT IS SAID!

*Let's Disrupt Aging and Rethink Getting Older*

JoAnn Jenkins, the CEO of AARP, says, “Think about this way: if you’re alive, you’re aging”.

Her book , “Disrupt Aging”, looks at the new face of aging. She says “50 is 50 and she likes the look of it”!

Ms. Jenkins focuses on three areas, health, wealth, and self, to show us how to look at the opportunities and change the way we look at getting older.

# WHY REFRAME AGING?

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The issue of Ageism

+ Discussing the word and its implications

- × What is Ageism?

- × How do you view aging?

- × What are the negative stories?

- × How do you change the conversation?

Changing attitudes and judgment about aging

- × List three positives about aging.

- × How can you change the way aging is viewed?

- × Why should you disrupt Aging?





Search ID: mban2899

**“I can’t believe you’d accuse us of age discrimination. At your age, you ought to know better.”**

# THE NEW REALITY OF AGING

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Population: (2016)

- × 65 years and over 14.9% (up 1.9% in one year!)  
44.7 mil
  - + 2030 one in five aged 65 and older
  - + **2033** the 65 and older will outnumber people younger than 18 in the U.S.
  - + 2013, the centenarian population experienced a larger percentage increase than did the total population. There were 69,347 persons aged 100 or more in 2013 (0.15% of the total 65+ population). (72.6 K in 2016)
- + Who among us is old... and working?
  - × Older adults still work!
  - × Encore careers!



# OWN YOUR AGE

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How we age

- + Chronologically
- + Biologically
- + Emotionally

Move through life and it's events

- + Infant through old age

Where are you now?

- + When you were younger did you think of being your age?
- + How should you act at your age?



# DESIGN YOUR LIFE



How are you planning for your aging?  
What do you want to have said about you ?

- + When you retire?
- + When you are remembered?

Can you say “I have no regrets”?

- + If not, what are you doing about it?
- + How are you doing it?

Reflecting on your life now,

- + What makes you happy?
- + Is that all there is?



# TAKE CONTROL OF YOUR HEALTH



## Theories of biological aging

- + Wear and Tear Fundamental Limitation Theories
- + Theories and hypotheses that look at:
  - × Why do we age?
  - × How do we age?

## The effects of aging on body systems

- × What happens to the body as it ages?
- × Chronic Illnesses/acute illnesses

## Preventive measures

- + Starting early (even later but start!)
- + Preventive measures



# CHOOSE WHERE YOU LIVE

## Aging in Place

- × Age Friendly/Lifelong Communities

## Where can you live?

- × Options

- \* CCRC
- \* Assisted living
- \* Community housing
- \* 55+ communities



## What must be considered?

- × Family
- × Transportation
- × Services
- × Finances



# FINANCE YOUR FUTURE



You can't wait until you retire to plan!

- + Social security
- + Pension
- + Savings
- + Investments



Are you insured?

- + Medicare/Medicaid
- + The “other insurance”
  - × What does it pay?

Who's going to fix it when things happen?

- + Maintaining your home
- + Unexpected expenses
- + Emergencies



# PUT YOUR EXPERIENCE TO WORK

When do you want to Retire?

- + Let's go back to the Ageism issue

What did you do? What was your career?

Reimagine your life

- + Do you wish you had chosen another career path?

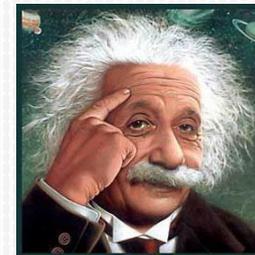
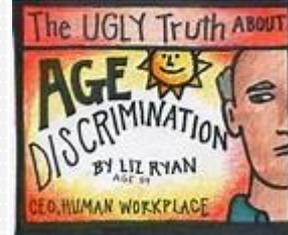
- + Can you get the training to do it now?

What do you want to do next?

- + Your encore career!

What would hold you back?

- + What would you do if you become disabled?
- + (always make a back up plan. Life does get in the way of things we want to do!)



# LET'S CHANGE THE RULES

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I'm "too old" doesn't cut it anymore!

- + Leisure , Recreation, Education
- + Family life
- + Planning, Doing



Think a lot of yourself and where you've been .

- × Say what's on your mind but know what you're talking about!
- × Be creative, know who you are, do what makes you happy.
- × Try something different that you always wanted to do.

Keep your government informed!



# Older Workers and Age Discrimination

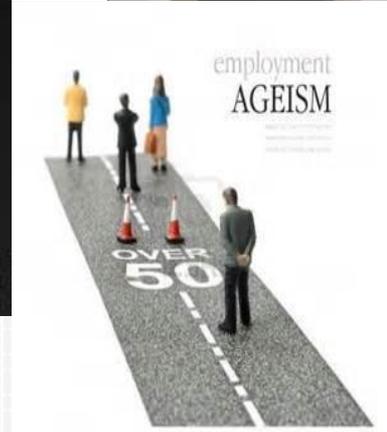
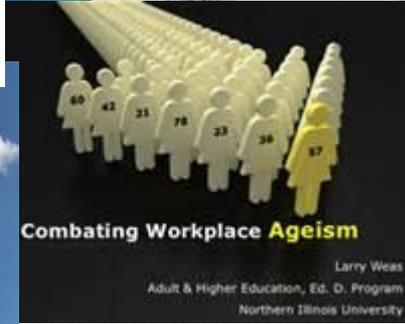
The Age Discrimination in Employment Act (ADEA), signed into law in 1967, forbids discrimination in the workplace against anyone 40 or older. A recent survey shows that many workers still believe there are signs of age discrimination on the job today

**1 in 5** workers in the U.S. is **age 55** or older

**64%** of workers say they have seen or experienced age discrimination in the workplace.

**58%** of adults believe age discrimination begins among workers in their 50s.

Source: Bureau of Labor Statistics  
 Slowing Ahead of the Curve 2013: AARP National Workplace Survey: Perspectives of Age Discrimination in the Marketplace - April 2014



# FROM JOANN JENKINS, WHO IS DISRUPTING AGING

## ✘ Aging's Four Freedoms:

- + Freedom to Choose
- + Freedom to Earn
- + Freedom to Learn
- + Freedom to Pursue Happiness

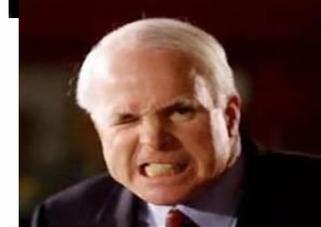


What are your thoughts on each of these freedoms and how each one can relate to what has been discussed?

How can we age better?

- + Respect
- + Consideration

# Aging and Active



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# × Thank You

