



AGING WITH ATTITUDE!
MENTAL HEALTH CONCEPTS

Our Brain

- Involved in everything you do
- Often overlooked
- Capable of change and growth
- Constantly changing



The brain and aging.....

what we know

- Takes longer to remember facts
- Increase in selective memory
- Motivation to remember things decreases
- Aging does not equal dementia
- Aging does not equal “slowing down”
- There is no evidence that we can ever stop learning new information
- 10-year study conducted by the John D. and Catherine T. MacArthur Foundation. The study found that only 30% of physical aging can be attributed to genetics. The other 70% is influenced by a combination of lifestyle decisions that people make throughout their lives.



SENIORS

I'M SPEEDING BECAUSE I HAVE TO GET TO
WHERE I'M GOING BEFORE I FORGET WHERE
I'M GOING

Aging and Life after Retirement

- ⦿ Important to continue to pursue purposeful activities.
- ⦿ The life-changes you are experiencing as a result of your advancing years are not a cause for retirement from productive life, but the opportunity to discover new and more meaningful ways to develop yourself and your surroundings.- Rabbi Lubaritcher
- ⦿ Maintain a daily routine

What Does Not Work

- ◎ Too much.....
 - Time alone
 - Sitting
 - Food
 - Over use or misuse of alcohol or pain medications
 - Worry and Guilt
 - Anger
 - Boredom

Greatest Hits

*I don't iron. If I'm not
wrinkle-free, why should
my clothes be?*



Wagner

Common Mental Health Problems with Aging

The 3 D's:

- ⦿ Dementia or “Alzheimer’s”
- ⦿ Delirium
- ⦿ Depression

- ⦿ Anxiety Disorders
- ⦿ Substance Abuse Problems

It is estimated 20% of people age 55 and older experience a mental illness. American Association of Geriatric Psychiatry.

Signs and Symptoms of Illnesses To Watch

- Depression: Isolation, sadness, feelings of worthlessness, thoughts of suicide. Can so bad a person may hallucinate or have beliefs not based in fact.
- Anxiety: Uncontrollable worry, frequent panic attacks, fear of crowds.
- Delirium: Rapid change in behaviors/thought content. Medical conditions can cause delirium such as infections or head trauma.
- Dementia: Gradual decline in memory/functioning over a period of years.

Depression is not a
normal part of aging.

Warning Signs

- ⦿ Constant sadness
- ⦿ Unexplained tearfulness
- ⦿ Isolation & Withdrawal (Social)
- ⦿ Decline in Personal Appearance
- ⦿ Change in Normal routine/behavior
- ⦿ Low motivation
- ⦿ Weight Loss
- ⦿ Flattened Affect
- ⦿ Too much or not enough sleep
- ⦿ Increased irritability
- ⦿ Unexplained Physical Complaints
- ⦿ Physical Health Problems ex COPD
- ⦿ Increase in Prescription Drug/Substance Usage
- ⦿ Financial Stress
- ⦿ Hopelessness or feelings of worthlessness
- ⦿ Life is not worth living belief

Which older adults have a higher risk?

Depression is more common in people who also have other illnesses:

- 80% of older adults have at least one chronic health condition.
- 50% of older adults have two or more chronic health conditions.
- When functioning becomes limited, risk goes up. People in the community rates are 1-5%, hospitalization 11.5% and with home health care 13.5%.

Resource:

www.cdc.gov/aging/mentalhealth/depression.htm

Risk Factors for Untreated Mental Health Issues in Older Adults

- Suicide
- Premature Nursing Home Placement
- Increased physical health problems
- Lower Quality of Life

Why is treatment important

- ◎ Treatment helps prevent:
 - Premature nursing home placement
 - Unnecessary medical costs
 - Suicide
 - Lower quality of life
- ◎ Please contact the physician if you know someone in need.

SENIOR CITIZEN TEXTING CODE....

- ATD~At The Doctors
- BFF~Best Friend Fell
- BTW~Bring the Wheelchair
- BYOT~Bring Your Own Teeth
- FWIW~Forgot Where I Was
- GGPBL~Gotta Go Pacemaker Battery Low
- GHA~Got Heartburn Again
- IMHO~Is My Hearing-Aid On
- LMDO~Laughing My Dentures Out
- OMMR~On My Massage Recliner
- OMSG ~Oh My! Sorry, Gas
- ROFLACGU~Rolling On Floor Laughing And Can't
Get Up
- TTYL..Talk To You Louder

What are the Positives of Getting Older?

Changes

- ◎ Your body is changing which means diet and exercise need to change with you.
- ◎ KSU- People who make an effort to move more throughout the day can lower their risk of chronic disease after studying a sample of 194,515 men and women ages 45-106. www.biomedcentral.com/1471-2456/13/1071
- ◎ Age does not protect you from Love, But Love, to some extent, Protects you from Age- Jeanne Moreau

Modifications in Exercise

Myths:

- ⦿ I am too old to start.
- ⦿ I might break a bone.
- ⦿ It might cause a heart attack.

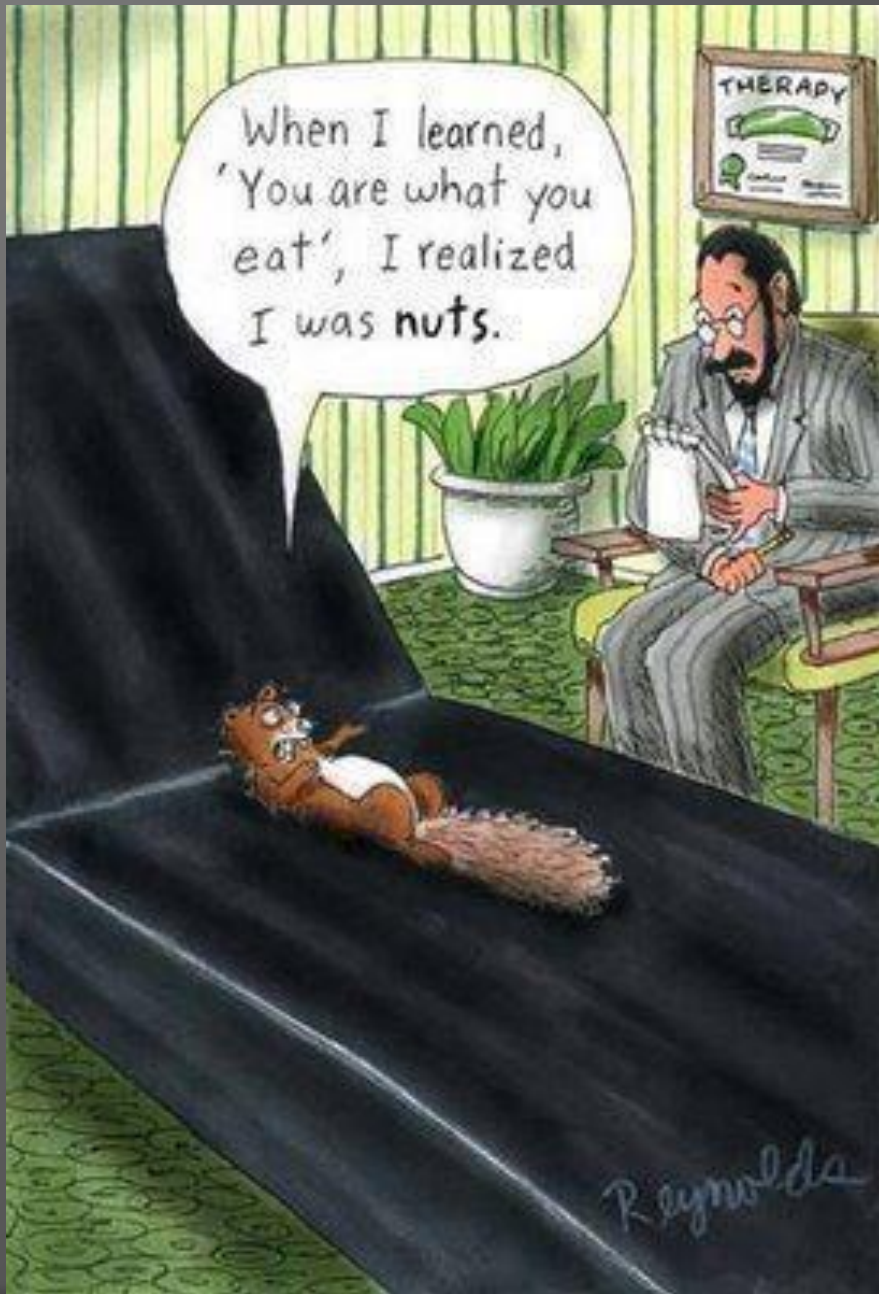
Do's:

- ⦿ Start considering your current lifestyle and work up.
- ⦿ Weather conditions may determine indoor vs. outdoor activities.
- ⦿ Use an accountability partner for safety reasons.
- ⦿ Preplan bathroom issues.
- ⦿ Strength training strongly recommended.
- ⦿ How can this be fun or new to you?
- ⦿ Consult with your PCP on how to get started.

Grace's Exercise Story- Age 91

I started playing tennis and skiing in my forties. On a skiing trip, I broke a rib. The doctor said my spine was so bad he did not know how I did anything. I tried to stay active as long as possible. As the years passed, I developed bad back pain. The doctor said he could not help me, that I was too old. Also, I was diagnosed with emphysema. I could not breathe well and was wheezing. The doctor said I would never improve. I thought I would never climb stairs again. I tired easily. I tried an exercise program at a local medical center. For six weeks, I worked out three times a week, two to three hours a day. I did weight training, treadmill, bicycle and breathing exercises. Even when I felt bad, I kept at it. I never let anyone discourage me. Eventually, the wheezing stopped, my breathing improved and the back pain disappeared. I was able to walk with energy to spare! I exercise regularly. My doctor says he has never seen anyone "get better!" I attribute my improvement to exercise.





WHAT ARE SOME OF
THE DIETARY
CHANGES YOU HAVE
ALREADY LEARNED?

Let's Talk about Sex

- ⦿ No more birth control.
- ⦿ No more worries about waking the children up.
- ⦿ For the retired, no more concerns about being late to work.
- ⦿ Sex can be a gentle form of exercise.
- ⦿ Sex can improve sleep.

Purpose

- Important to feel like we are contributing
- Volunteer
- Church/Spiritual activities
- Helping family
- Helping other older adults do things they are no longer able to do.
- Passing down wisdom or strengths to someone younger.
- Listening to others

Why Volunteer?

- Helps combat loneliness
- Provides a sense of purpose (nice to be needed)
- Can introduce you to new friends.
- Allows you to explore your interest.

www.seniorcorps.org

Social Life.....Get out of the house

- ⦿ People in our lives can give emotional, informational and functional support.
- ⦿ Family activities
- ⦿ Church
- ⦿ Organizations
- ⦿ Lunch/Dinners
- ⦿ Movies
- ⦿ Anything positive that involves other people
- ⦿ Pets are often good companions and are shown to improve mood.

Why Lifelong Learning?

- Keeping the mind active can ward off memory loss and sharpness.
- Helps keep you connected to the world (local or beyond).
- There is less time for boredom and worries.

www.positiveaging.org/consumer/sc_learning1.html

Daniel Amen, MD

**THE BEST MENTAL EXERCISE IS
ACQUIRING NEW KNOWLEDGE
AND DOING THINGS YOU
HAVEN'T DONE BEFORE**

With frequency, plan something to look forward to.

You are responsible for creating this.

Have fun! Try something new!



41st President George H. W. Bush- jumps on his birthday. Picture obtained from <http://www.blogcdn.com/slideshows/images/slides/270/256/6/S2702566/slug/l/bush-parachute-jump-1.jpg> -

“No cookie jar is
too high.” -

Johnny Holiday

Online Resources

- ◉ Administration on Aging <http://www.aoa.gov>
- ◉ Alliance for Aging Research <http://www.agingresearch.org>
- ◉ American Society on Aging <http://www.asaging.org>
- ◉ Department of Veteran's Affairs <http://www.va.gov>
- ◉ National Association of Area Agencies on Aging <http://www.n4a.org>
- ◉ National Council on the Aging <http://www.ncoa.org>
- ◉ National Institute on Aging <http://www.nia.nih.gov>
- ◉ Social Security Information <http://www.ssa.gov>
- ◉ National Institute of Health <http://nihseniorhealth.gov/>