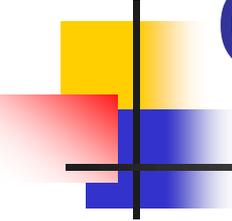


Aging, It's a Family Affair

Masterpiece Living – 2015
Kay Van Norman

Visit www.kayvannorman.com



Consider the view finder

- Aging is not a solitary pursuit
 - Aging scripts that drive personal health beliefs, behaviors, and outcomes
 - Family aging scripts
 - Beliefs/expectations related to elders
 - Family dynamics
 - Beliefs/expectations about the senior living
 - Downshift
 - Safety/security/healthcare



Ageism Questionnaire

1. Do you expect to be healthy and active through your full lifespan?
2. Do you expect to be at least as strong and agile 5 years from now as you are today?
3. Are you intentionally physically active for at least 30 minutes each day?
4. Do you strength train (resistance exercise with weights, or moderate to heavy lifting during an activity) at least twice a week on a regular basis?
5. In the past 2 weeks have you made joking or serious reference to your physical performance being diminished by age?
6. Do you believe you have the ability to prevent loss of mental function?
7. In the past 2 weeks have you made a joking or serious reference to having a "senior moment" when forgetting a name or fact?



Intentions vs. actions

- Most people “intend” to live well
 - Exercise equipment in home (use regularly?)
 - Intend to eat healthy meals (follow healthy eating guidelines most of the time?)
- Are attitudes and actions in line with desired outcomes?
 - Most often – function/physique a direct result of habitual choices/patterns
- Temporal blindness- visible results not immediate; easy to miss the boat..



Interactions with Elders

Expectations can establish a family pathway

- Watch decline
 - Wait for time to take over
 - Crisis driven decision making
- If it's "normal" to decline into dependence, then no action.
- Common/predictable can seem ***unavoidable***

Common aging scripts?





Family Scripts

- Response to health challenge
 - Protect, hover, take over
 - Support, cheerlead
 - Limited view of “successful aging”
 - “Dignity of risk” concept
- Conflict over different responses
 - Action vs. “stand back” approach

GARFIELD



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JIM DAVIS 4-6



Elder Scripts

- Limited view of successful aging?
- Physical challenges + reduced self-efficacy can= behaviors that accelerate decline
- Reluctant “customer” of wellness ideas by family and staff
- Can individual *and family* envision
 - Stepping stones to fullest recovery possible
 - Pathway to living fully in spite of challenges
 - *Into the Blue*



Family-wide plan?

- Medical directives and *wellness* directives
 - Value placed on emotional/social well-being, equal to physical body?
- Are family members answering the same questions they're asking family elders to answer?
 - Medical directives?
 - What have you done to ensure your personal wellness directives are know?
- Two way conversation



View of Senior Living

- “Customers” of illness management services?
 - Consider months/years leading up to move-in
- Make a ***conscious*** shift to wellness partnerships
- What supports, what blocks fullest recovery/engagement
 - Fear, resignation, habit, difficulty communicating
 - “fixed” image of loved one – difficult to see them in a new light

Viewfinder

ZITS





Coping Strategies

- Negative coping
 - guilt, shame, passive aggression, denial, anger, etc.
 - “helicoptering” = fear, overwhelming sense of responsibility, hero/savior
 - Family roles gone amok

- Define and *Prioritize* resilience

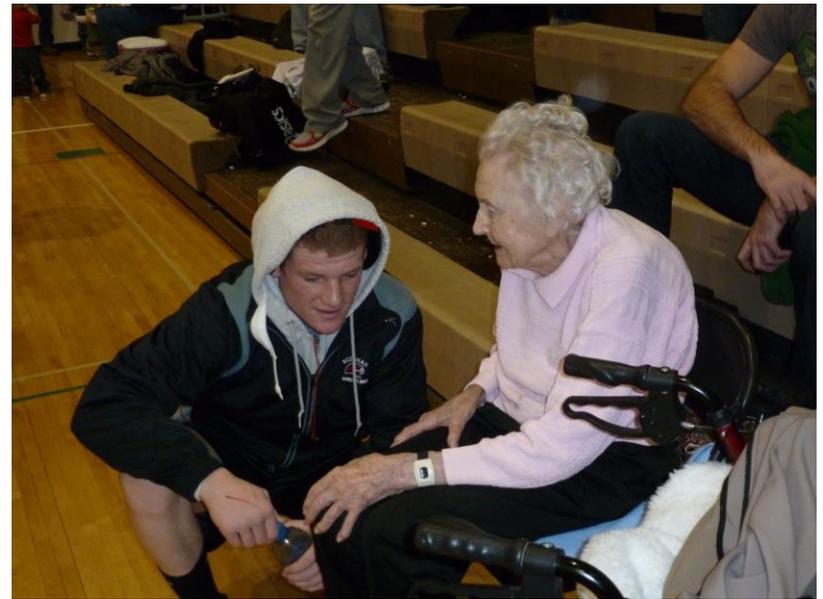


Building Blocks of Resilience

- Self-efficacy
- Self-esteem
- Gratitude
- Hope, Optimism
- Mastery
- Social connection
- Purpose

Engage -regardless of challenges

Resilience





Reframe & Reboot in SL

- Opportunity to re-boot established roles
 - What resident likes/dislikes about current roles/family interactions
 - What family members like/dislike about current roles/family interactions
- Mutual opportunities to impact well-being
 - Family member personal well-being/aging journey
 - Resident opportunity to renew, reframe, reboot



Change

- Must be desirable and doable
- The more one expects to be able to master the goal, the more effort they will exert to be successful
- Expectations will determine how much effort will be expended and for how long in the face of obstacles

Bandura on Self-efficacy

Confront Expectations



I smell
an old person.

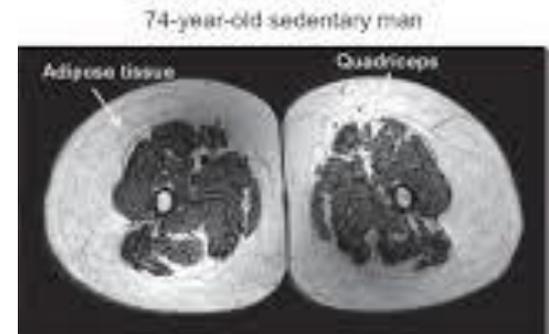
Happy Birthday

Replace the word old?

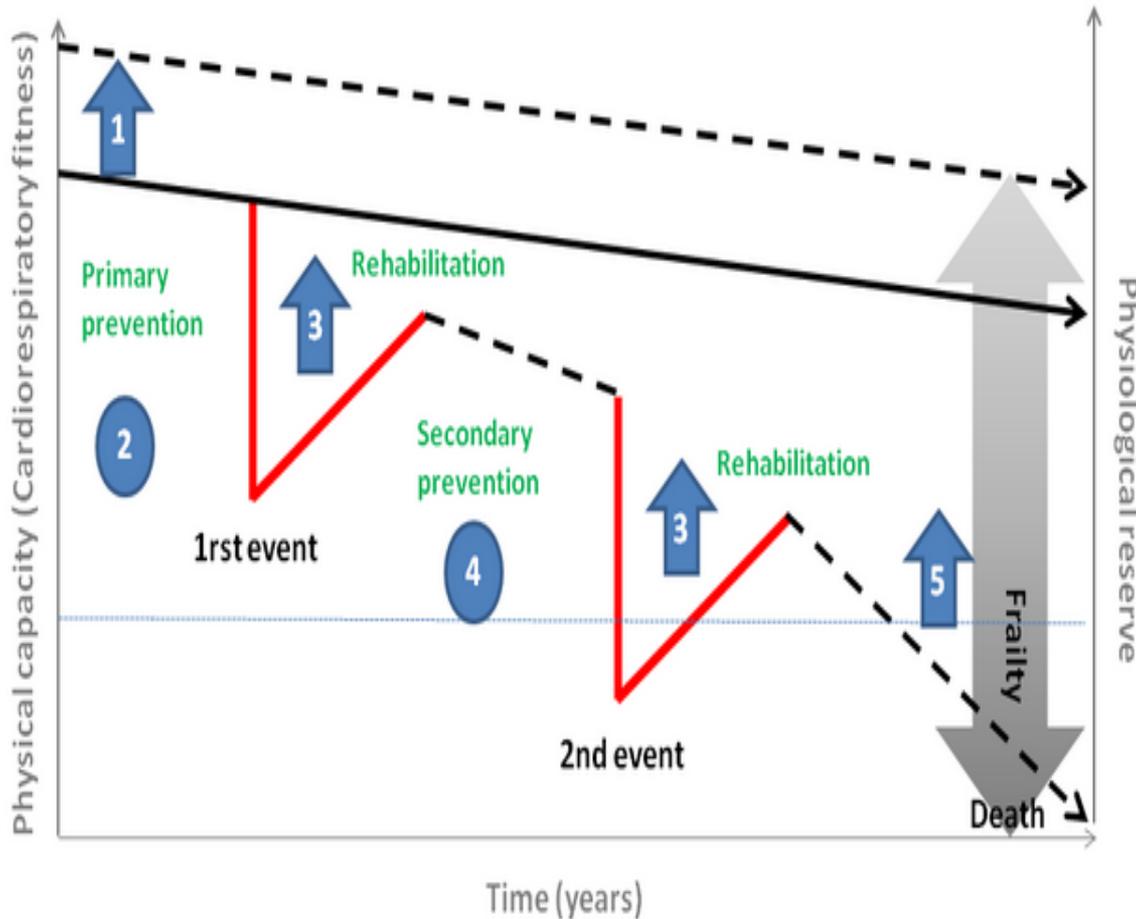
- Reaction?
 - Ageism as a negative force
 - Overt prejudice against those with cognitive/functional deficits
- Facts vs. myth
 - “Facts” have changed!
 - Lifestyle drives outcomes more than genes (70vs30%)
 - Frailty is not a normal consequence of aging

Meaningful Discussions

- Ageless attitude
 - personal beliefs/expectations
- Successful aging
 - Proactive vs. reactive
 - Intentions vs. actions
- Functional ability
 - Building reserves
 - Seeking fullest recovery



Viewpoint



Don't let a set-back become the new *Set-point*

Disability Movement Paradigm

Optimize tools/assets

- ▶ Disability is just one factor - doesn't define who you are or what you're capable of
- ▶ Adaptive strategies, possibilities

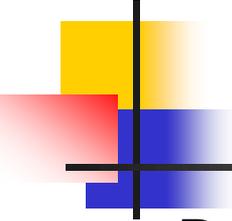


Kevin Connolly
Double Take



Believe in Self

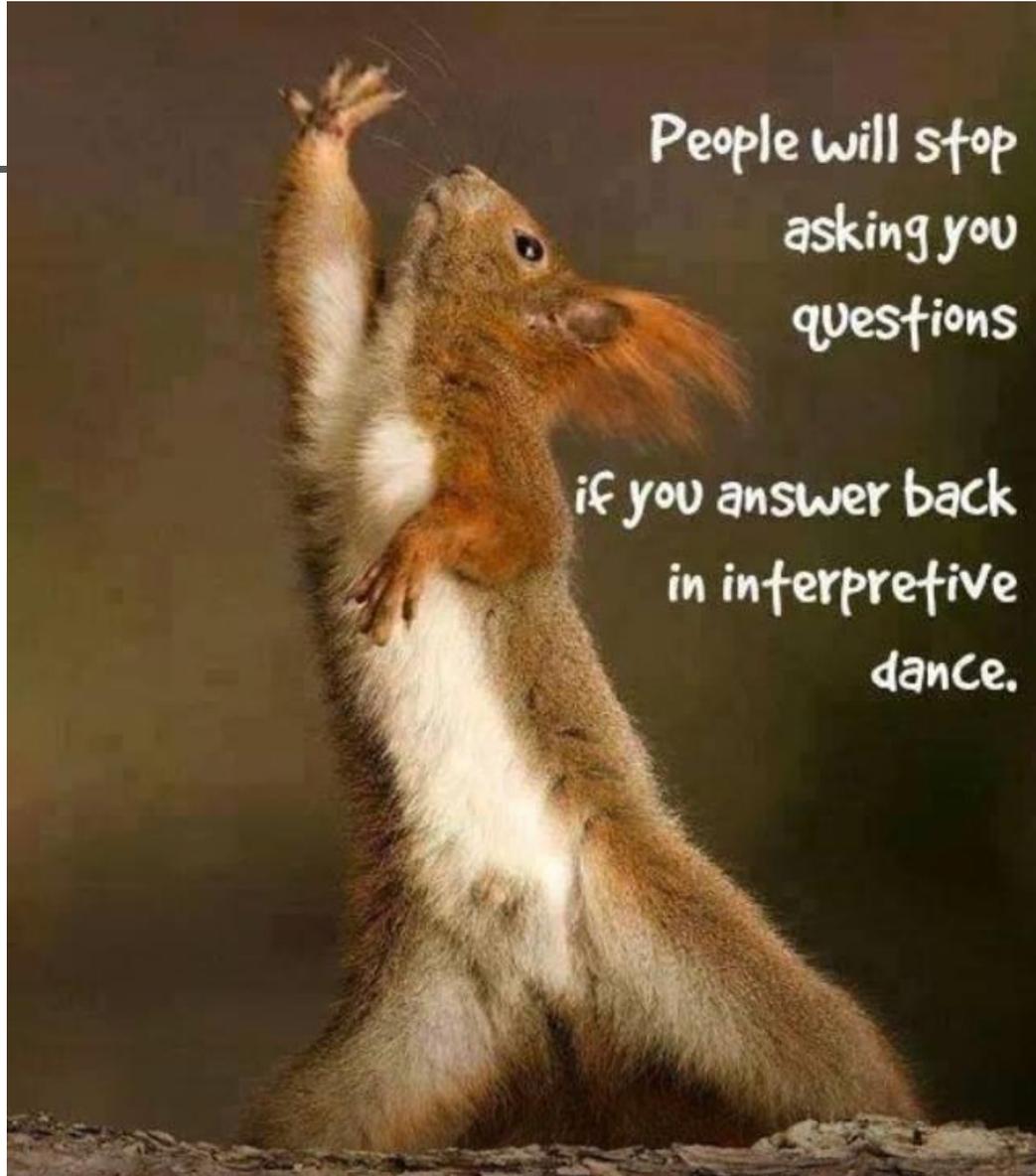
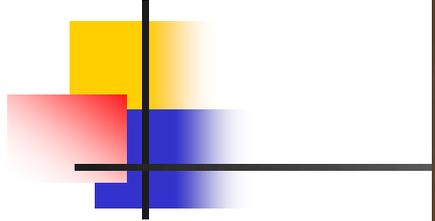
- ***believe*** in possibilities
 - Reject ageist expectations
 - Seek strategies to live fully *in-spite of challenges*
 - Set goals and move toward them
 - Consciously practice resilience
 - Embrace purpose



Engage Families/Residents

- Prioritize emotional well-being “appointments”
 - engage the building blocks of resilience
 - Consider *emotional residue* of each interaction
Grandma & Shirley
- Working together towards a common goals or purpose
 - family photo album, community charity, shared concern, “Virtual” group activity (walking to reunion)
- Make positive efforts without being attached to specific outcomes

you won't have all the answers....



People will stop
asking you
questions

if you answer back
in interpretive
dance.



Call to Action

- Shared responsibility for culture of well-being and inclusion (resident/family/staff & resident/resident)
 - Community cognitive reserve: Life Stories (part of my story lives in others, in the community)
 - What are ***you*** personally thinking and doing TODAY to embrace potential for ***self and others***
- Engage the power of purpose as an “equalizer”
 - Resident opportunities to support family well-being
 - Elder-hood, adaptation, & possibilities as the “default” culture
 - No-one is “dropped” from the group due to disability