How to Successfully Age (Better Than Everyone Else)

Part One

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The Facts of Life

1. All of us are going to die.

2. There are no other facts.
Why Are You Here Today?

Looking for Ways to Connect

Want To Make A Difference

Trying to Be More Healthy

Seeking Fulfillment
What Do I Have To Offer You?

Suggestions on:
1. How to take a deeper look at your current “self”.
2. How to analyze your current “self”.
3. How to dream about a future “self”.
4. How to take action towards your future “self”.

“It’s easier to stand on the sidelines, criticize, and say why you shouldn’t do something. The sidelines are crowded. Get in the game!”

(Robert Kiyosaki)
How Will This Help Us Successfully Age?

Successful Aging has nothing to do with age or beauty. It has nothing to do with chronological numbers.

"How old would you be if you didn't know how old you was?" Satchel Paige (1906-1982)

Successful Aging Comes From Within

Some people, no matter how old they get, never lose their beauty – they merely move it from their faces to their hearts. ~Martin Buxbaum
What is the Definition of “Successful Aging”? 

To maintain a high level of self-efficacy and well-being despite losses in an increasing number of psychological and biological capabilities.

It is multidimensional, encompassing the avoidance of disease and disability, the maintenance of high physical and cognitive function, and sustained engagement in social and productive activities.

“It is also the ability to adapt to the later stages in life and still be content.”
What is another Definition of “Successful Aging”?

As a Gerontologist, here is what I hear is most important in most older adults....

T – Talents
I – Interests
M – Meaning
E - Energy
Where Are You Right Now In Those Four Areas?

TIME...
## Erikson’s Stage Theory

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Socioemotional Selectivity Theory

“As time horizons shrink, people become increasingly selective, investing greater resources in emotionally meaningful relationships, goals and activities”

1. Aging is associated with a relative preference for positive over negative information in attention and memory.

2. Because we place a high value on emotional satisfaction, we often spend more time with familiar individuals with whom we have had rewarding relationships. This selective narrowing of social interaction maximizes positive emotional experiences and minimizes emotional risks.”
Disengagement Theory

An inevitable, mutual withdrawal or disengagement, resulting in decreased interaction between the aging person and others in the social system. The “Process of Disengagement“ includes these thoughts:

1. Everyone has their abilities deteriorate over time. As a result, every person begins to lessen ties to others in his or her society circles.

2. Because men have a more “instrumental” role in America, and women have a more general “socioemotional” role, disengagement differs for men and women. (Instrumental role – primary breadwinner for family), (Socioemotional role – supports the social/emotional needs of family)
Disengagement Theory (cont.)

3. Man's central role is work, and woman's is marriage and family. When individuals abandon their central roles, they may lose “social life space”, and suffer inner crisis and demoralization.

4. Readiness for disengagement increases as an individual becomes more aware of the shortness of life and scarcity of time left. Older individuals begin to perceive their life space decreasing.

5. Each level of society grants older individuals permission to begin to disengage because of the differential illness and death probability.

   *We don’t stop playing because we grow old. We grow old because we stop playing.* (George Bernard Shaw)
So, Are You Aging Successfully or Not?

“If money, medicine, and meaning are essential to a vital second half of life, we might adopt the practice of regular check-ups to see if our spirit, or sense of meaning, remains healthy.”

(Richard Leider)
How Do You Rate Your Life Right Now?

Are you using your **talents** to help or inspire others?

Are you engaging in your personal **interests** that bring you joy?

Does your day, your year, your life have **meaning**?

Are you using your **energy** towards the things you deem most important?
Is This Considered Successful Aging?

“I arise in the morning torn between the desire to improve the world and a desire to enjoy the world. This makes it hard to plan the day.”

E.B. White, poet
Is This Considered Successful Aging?

“As the day-to-day responsibilities we have shouldered for decades are made even lighter, it becomes painfully – and joyfully – evident: we need a reason to get up in the morning.”

Richard Leider
Homework – Your Current Life

- Talents
- Interests
- Meaning
- Energy
Before You Go...

1. Make sure you have your pie homework and the Senior Fitness Test information on the back side.
2. Make sure you schedule time for your homework to be done.
3. Make sure you schedule Thursday’s class on your calendar.