

# Seniors College Realities and Fallacies of Aging

Session 1 – AGEISM

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Course Facilitator

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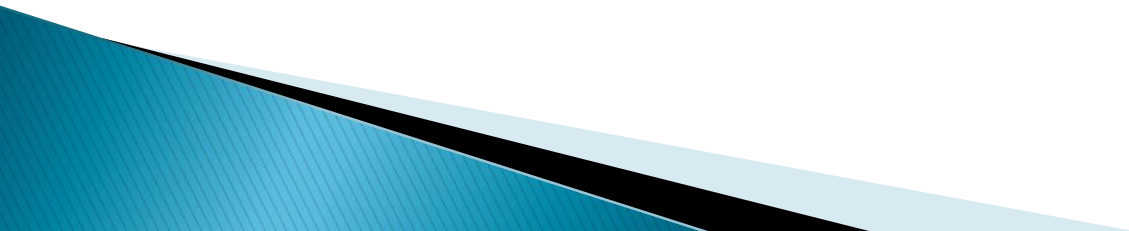
# Welcome

## ▶ Introductions

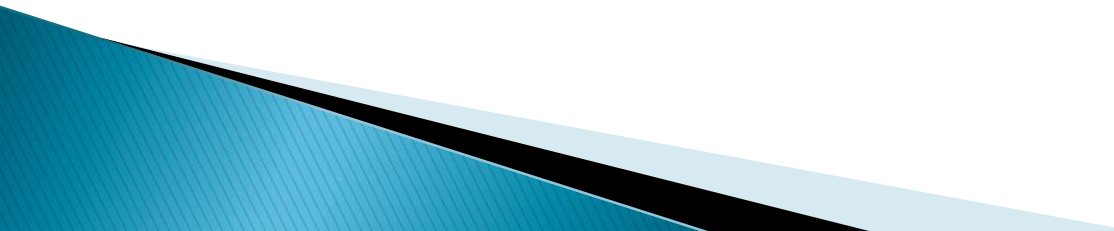
➤ Name

➤ Where you live

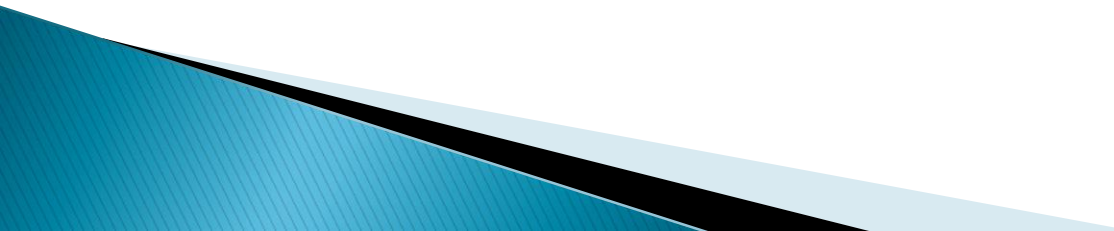
➤ The most exciting thing you did in the past 12 months




# Palmore Research Frequently Mentioned Activities

- ▶ Socializing (with family members and talking on the telephone) 69%
  - ▶ Watching Television 62%
  - ▶ Exercising (mostly walking) 56%
  - ▶ Reading 47%
  - ▶ Playing games 31%
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# Top Suggested Activities for Older Adults 65 + by Students

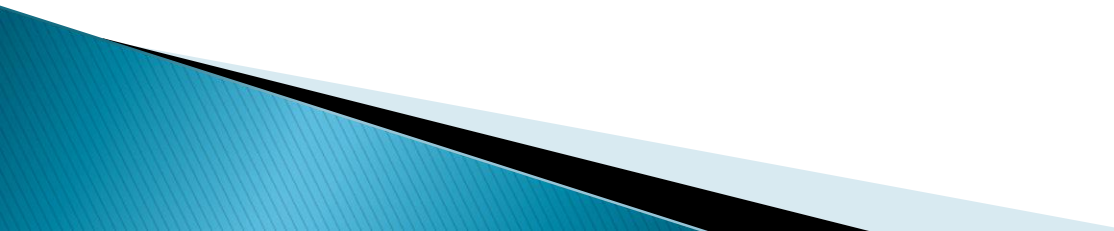
1. Individual Activity (Walking, gardening, swimming and biking)
  2. Organized Activities (Hockey, aerobics, gym, yoga, fitness classes and strength training)
  3. Group Leisure (Crokinole, book club, cards, social games and socializing)
  4. Individual Leisure (reading, watching tv, driving and hobbies)
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# Your Top Five Suggested Activities for Older Adults (85+)

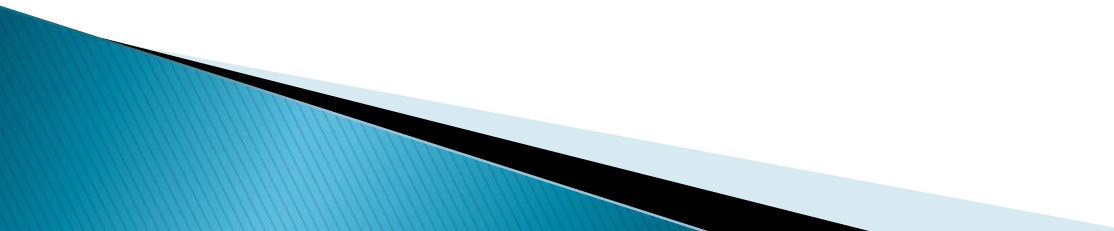
1. Active Exercise (walking, running, skating, swimming) and organized activities (bowling, curling, croquet, darts) (20)
  2. Games/crafts/computer/puzzles/woodworking/pottery/new hobbies (17)
  3. Visiting/socializing (visiting friends and family, belonging to clubs, church, singing) (13)
  4. Travel/Theatre/Seniors College/Debates/Pursuing new dreams (11)
  5. Reading/TV/Reminiscing (10)
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# Studies Show

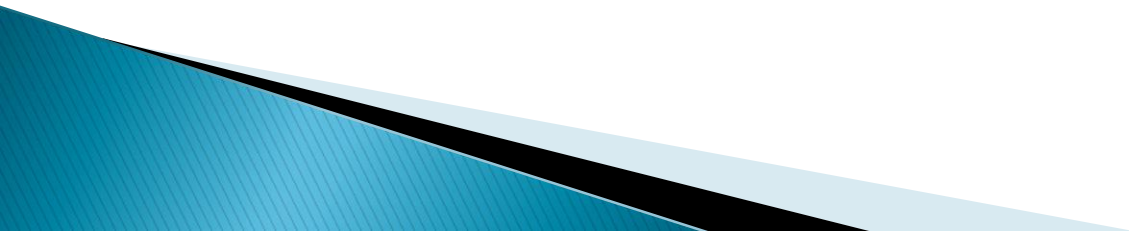
that young people regularly tend to avoid interacting with old people because they think:

- ▶ that elders might be ill
  - ▶ boring
  - ▶ always asking for something because they cannot do it
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# Research Findings

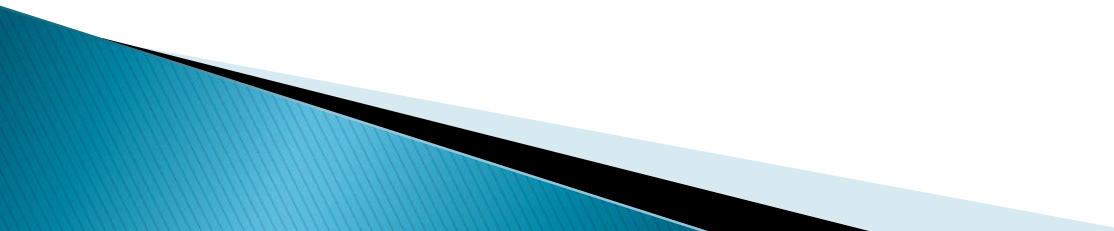
- ▶ Other findings from research:
    - differences in knowledge about the old age and the aging process of those who were living with one or both their grandparents.
    - results indicate that living with an elder increases individuals' knowledge about aging
    - that knowledge of aging is associated with anxiety about aging.
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# Fraboni Scale of Ageism

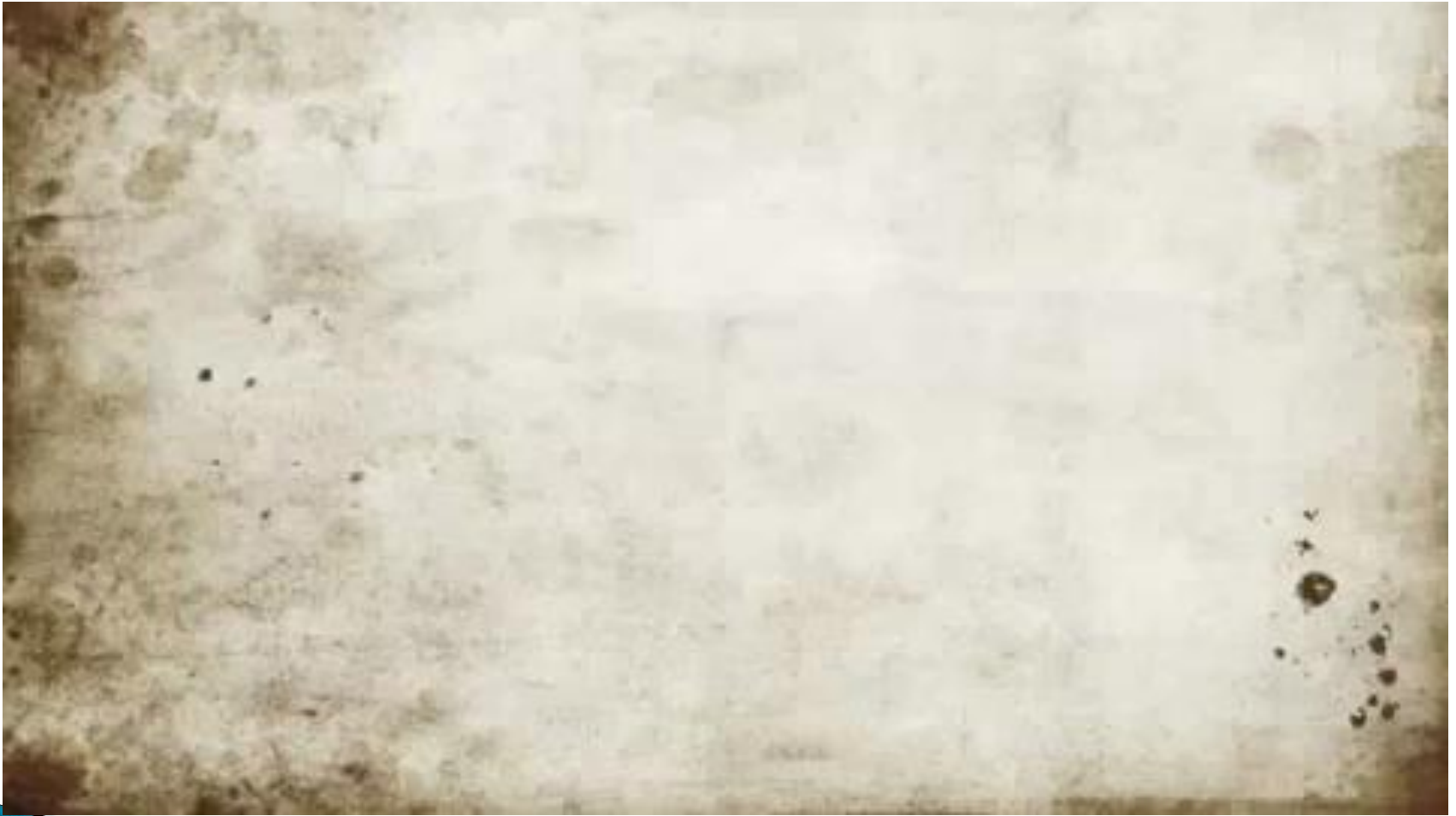


# IMPORTANT

the way seniors are perceived by  
others  
significantly affects the manner  
in  
which they are treated



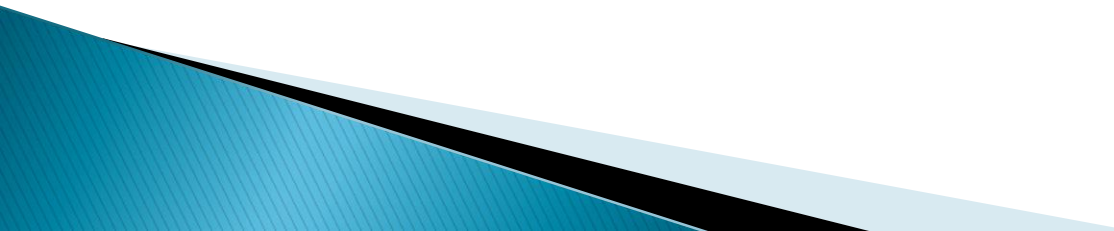
# Ageism Video



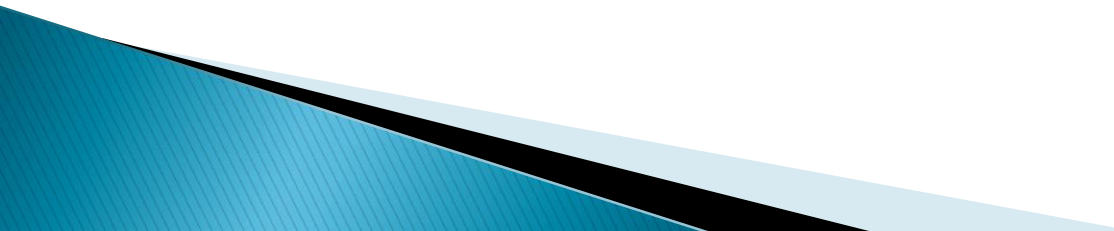
# What is Ageism

- ▶ Ageism has been called the ultimate prejudice
- ▶ Like racism and sexism
- ▶ But ageism is different in two ways from the other “isms

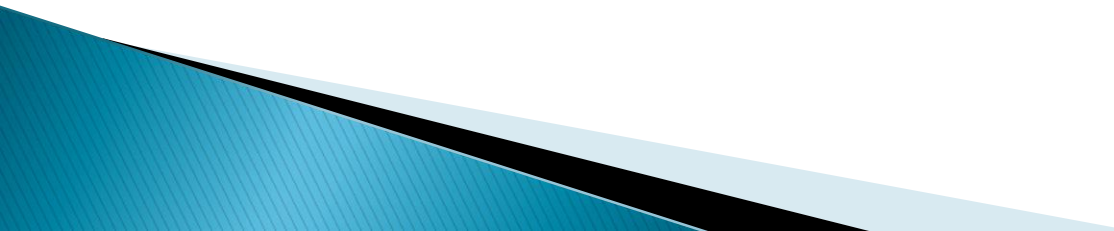
# Realities

- ▶ The majority of elderly have to face ageism on a daily basis, by being seen as fragile and in poor health (Lee, 2009).
  - ▶ They have to face discrimination from society, family members and the youth's negative opinion towards them (Reed et al, 2006).
  - ▶ There is also a media concern, because these people are stereotyped on different media channels and individuals tend to rely on images they see here to learn about the aging process and the older adult population
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# Realities

- ▶ In general, beliefs regarding the aging population are based on societal knowledge (Lee, 2009).
  - ▶ For instance, the belief that old people should not engage in any strenuous exercise because their bones will break represents a myth.
  - ▶ We know that exercise is beneficial for most of the elderly and dangerous for only few of them.
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# Realities

- ▶ If individuals have poor knowledge about aging it formulates negative feelings or beliefs which leads to negative behaviours towards the aged people.
  - ▶ Knowing about the aging process (physical health, mental health, social support, etc.), enhances the ability to deal effectively and empathetically with elders.
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# Impacts of Ageism

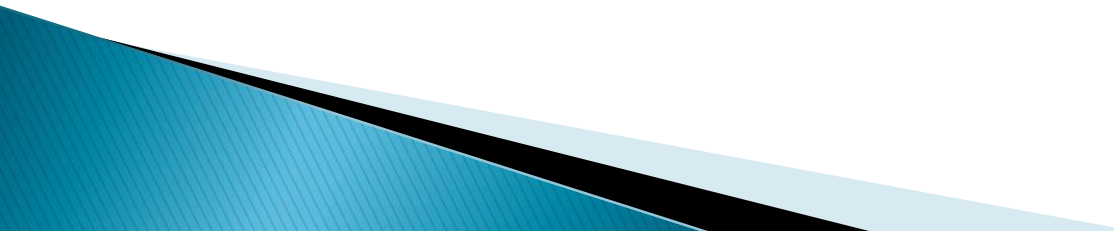
- ▶ the notion of successful aging
  - the notion of successful aging was meant to displace the view of old age as a time of disease and decline
  - thus staying fit, or at least appearing fit, is highly valued social capital
  - In this sense, successful aging means not being “old” or, at the very least, not looking old
  - The body has become central to identity and to aging, and the maintenance of its youthful appearance has become a lifelong project

# Population Quiz

## Population Quiz – Canada and PEI

1. What is Canada's population?
2. What percentage is 65 and older?
3. What percentage of the Canadian population does PEI represent?
4. Where does PEI rank in population density in Canada?
5. What is the population density of PEI?
6. What is PEI's population according to the 2011 census?
7. Where does PEI rank in the 65 and over percentage in the Canadian population?
8. What is the percentage of people 65 and older on PEI?
9. Has the percentage of those 65 and older on PEI surpassed the percentage of children?
10. What is the dependency ratio on PEI?
11. What is the median age on PEI?
12. Which community on PEI has the highest percentage of people 65 and older?
13. What is percentage of people 65 and older in Charlottetown?
14. How many towns on PEI have a higher percentage of people 65 and older than Charlottetown?

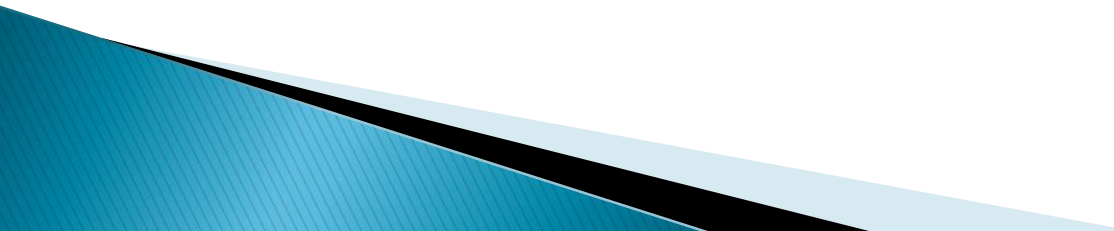
# Population Quiz – Canada and PEI

1. What is Canada's population? 35,540,419
  2. What percentage is 65 and older? 15.2%
  3. What percentage of the National population does PEI represent?  
0.42%
  4. Where does PEI rank in population density in Canada? 1<sup>st</sup>
  5. What is the population density of PEI? 24.98 per sq km
  6. What is PEI's population according to the 2014 census? 17.9%
  7. Where does PEI rank in the 65 and over percentage in the Canadian population? 3<sup>rd</sup>
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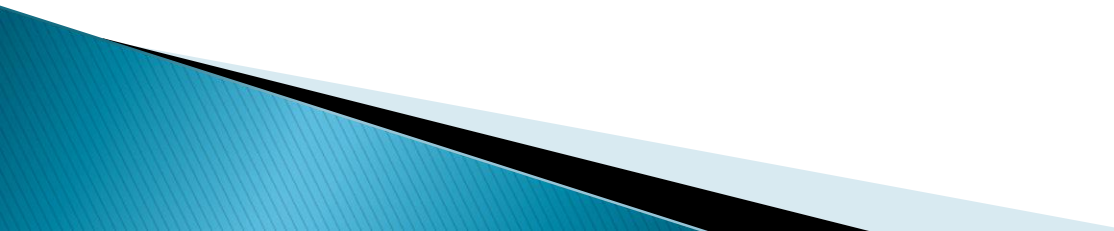
# Population (cont)

8. What is the percentage of people 65 and older on PEI? **17.9%**
9. Has the percentage of those 65 and older on PEI surpassed the percentage of children? **Yes** *Children 0-14=23,228 Adults 65+=26,208*
10. What is the dependency ratio on PEI? **46.7**
11. What is the median age on PEI? **42.8%**
12. Which community on PEI has the highest percentage of people 65 and older? **Tignish**
13. What is percentage of people 65 and older in Charlottetown? **14.9%**
14. How many towns on PEI have a higher percentage of people 65 and older than Charlottetown? **(6)** **Tignish 27.6% - Alberton 26.0% Montague 25.3% - Souris 23.0% - Kensington 21.7% - Summerside 18.8%**

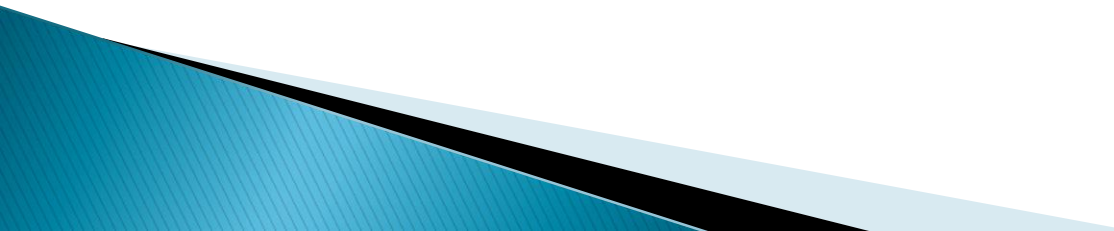
# POPULATION AGING

- ▶ According to recent international data, the proportion of seniors in Canada remains below Japan (24%), Germany (21%), France (17%) and the United Kingdom (17%).
  - ▶ However, it is slightly higher than those recorded in Australia (14%) and the United States (13%).
  - ▶ Because of the sizable demographic weight of the baby boom cohort in Canada, the proportion of seniors could be higher than in other countries in the coming years.
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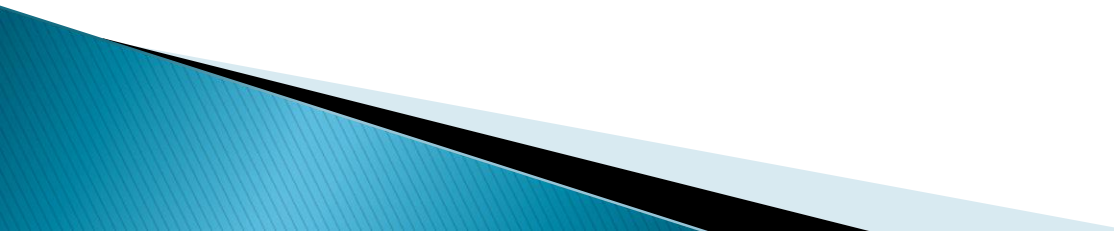
# Population aging

- ▶ Population aging does not affect all parts of Canada in the same way:
  - ▶ In 2012, Canada's younger populations were found in the territories and in the Prairies
  - ▶ and the older populations in the Atlantic provinces
  - ▶ Not only do the Atlantic provinces have older populations, but those populations have aged more rapidly in the past 30 years
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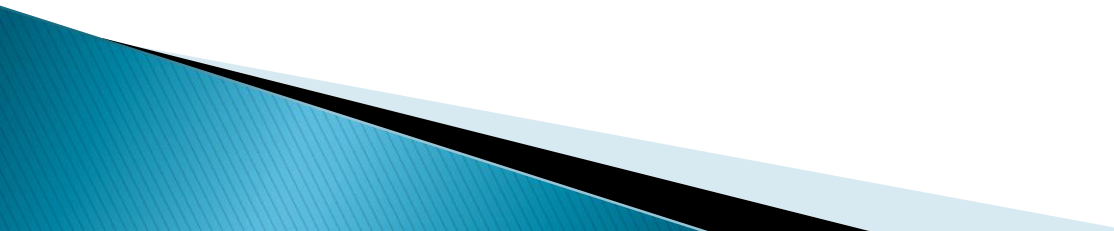
# Atlantic Canada Aged Population

- ▶ The population in the four Atlantic Provinces is aging more rapidly than in the rest of the country and a high proportion of older adults live in rural areas.
  - ▶ Within the Atlantic Provinces for community dwelling women age 85 and older, the highest percentage (44%) live in the city, but 20.8% live in villages and another 20.8% live in rural areas greater than 10 km from a city or town (ASHRA, 2010).
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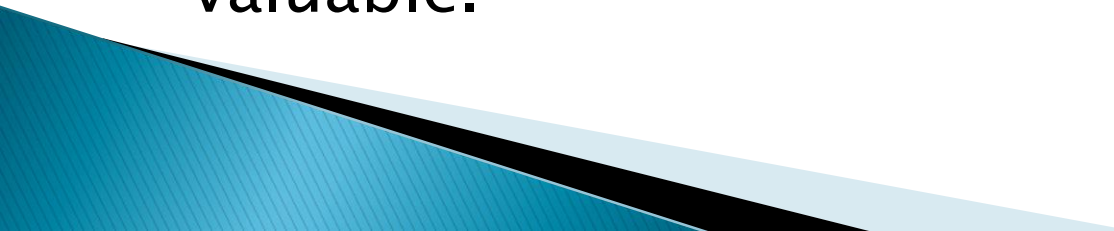
# Facts About Prince Edward Island

- ▶ The median age of Prince Edward Island's population stood at 42.6 years on July 1, 2012, while the proportion of its population that was aged 65 and over was estimated at 16.4%.
  - ▶ Among the Atlantic provinces, Prince Edward Island had 15.7% of the province's population was under 15 years of age, the highest proportion in the Atlantic region.
  - ▶ Prince Edward Island is the province with the highest fertility in that region.
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# Future Population Growth

- ▶ The population of the country as a whole will get older, and that rate will be accelerated in Atlantic Canada.
  - ▶ On P.E.I., the percentage of the population aged 65 or older is expected to increase from 17.3 per cent in 2013 to between 26.9 and 30.2 per cent in 2038.
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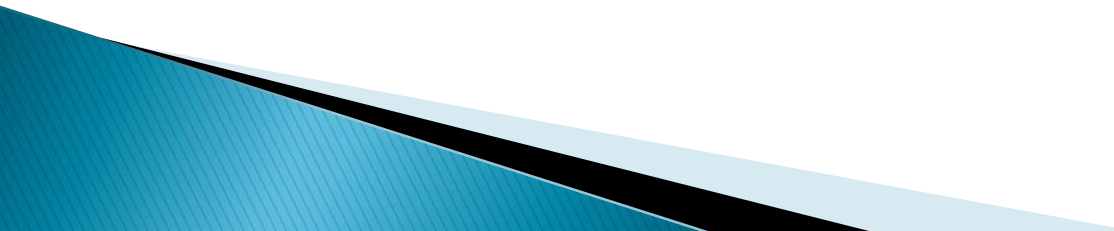
# AGELESS AGING

- ▶ Whether our quest is to age successfully or to be ageless, this need to deny old age lies at the heart of ageism.
  - ▶ We deny that we are aging, and when forced to confront the process, treat it as ugly and tragic.
  - ▶ Old people are not just like middle-aged persons but only older. They are different and we must acknowledge and accept these differences as valuable.
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# Impact of Ageism

- ▶ The reality that being old, in and of itself, is a position of low status is apparent in the burgeoning antiaging industry (including the new field of “longevity medicine”), which is estimated to gross more than \$64 billion a year

# Anti-aging in Canada

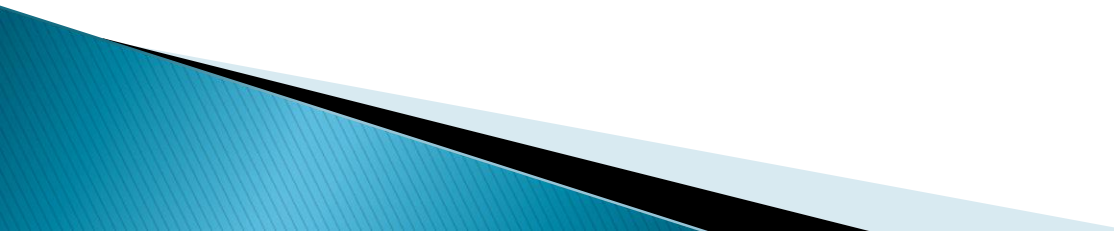
- ▶ Functional, Anti-Aging & Regenerative Medicine
  - ▶ Vancouver Anti Aging Clinic Says “No” To Traditional View On Aging
  - ▶ Bioidentical Doctors
  - ▶ Anti-Aging Medical & Laser Clinic
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# Anti-Aging

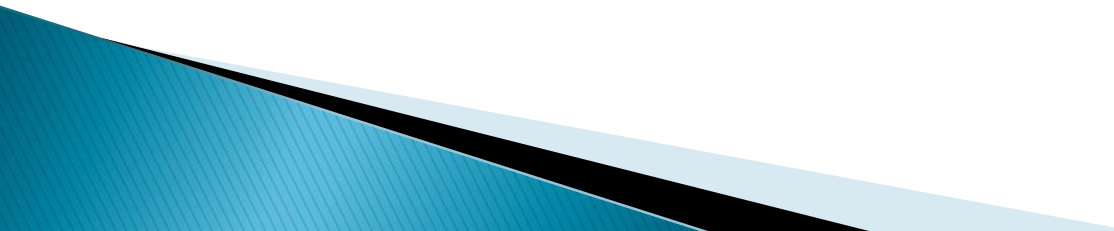
- ▶ Anti-aging foods that reverse the clock
- ▶ Eat the right foods and you could live to be 100
- ▶ CR Mimetic Longevity Formula, 60 vegetarian capsules (\$39) or
- ▶ Mitochondrial Energy Optimizer with BioPQQ®, 120 capsules (\$94)



# Anti-Aging Treatments With Water

- ▶ renewed vigor and health has been brought about by making one small change in their life. This single change offers 21 revitalizing secrets, all to benefit your health, appearance and longevity.
  - ▶ The real surprise, is that this remarkable substance is not a vitamin, mineral, herb or special formula. It is something far better. The fact is, it's alkaline, ionized water.
  - ▶ Cerra alkaline, ionized water. Drink half your body weight in ounces.
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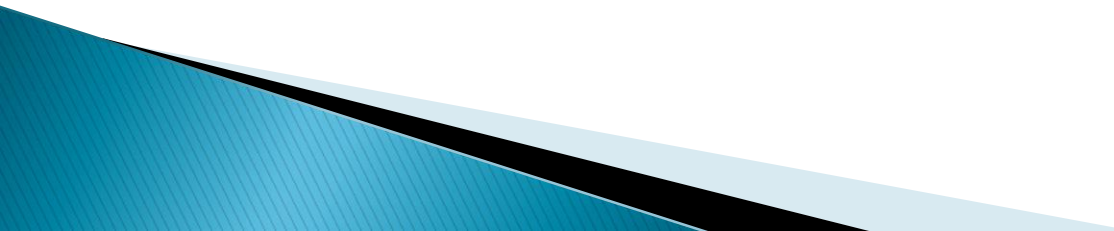
# And it available in Canada

- ▶ Powerful CERRA ALKALINE IONIZED WATER
  - ▶ can REVERSE ARTHRITIS PAIN, INFAMMATION and GOUT EASE DIGESTION ISSUES in Both Upper and Lower Tracts REVERSE INSOMNIA and FATIGUE FLUSH TOXINS and CLEANSE the SKIN
  - ▶ For just \$99 Long term relief is yours.
- 


- ▶ Only
- ▶ \$99



# How Do We Combat Ageism?

- ▶ ageism is both insidious and pervasive
  - ▶ combat ageism by dispelling negative stereotypes and showing what positive role models older people can be
  - ▶ Be an advocate
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# Challenge Ageism no matter what your age

- ▶ Challenge ageism by examining your own attitudes to people of all ages.
  - ▶ Be open to friendships and relationships with people across the generations
  - ▶ Don't accept a lower standard of living for older people – just because they are older.
  - ▶ Question policies and practices which seem to stereotype older people and make them less equal in society.
  - ▶ Watch your ageist language, and question ageist attitudes in friends, family and colleagues.
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Questions/Comments

Thank You

