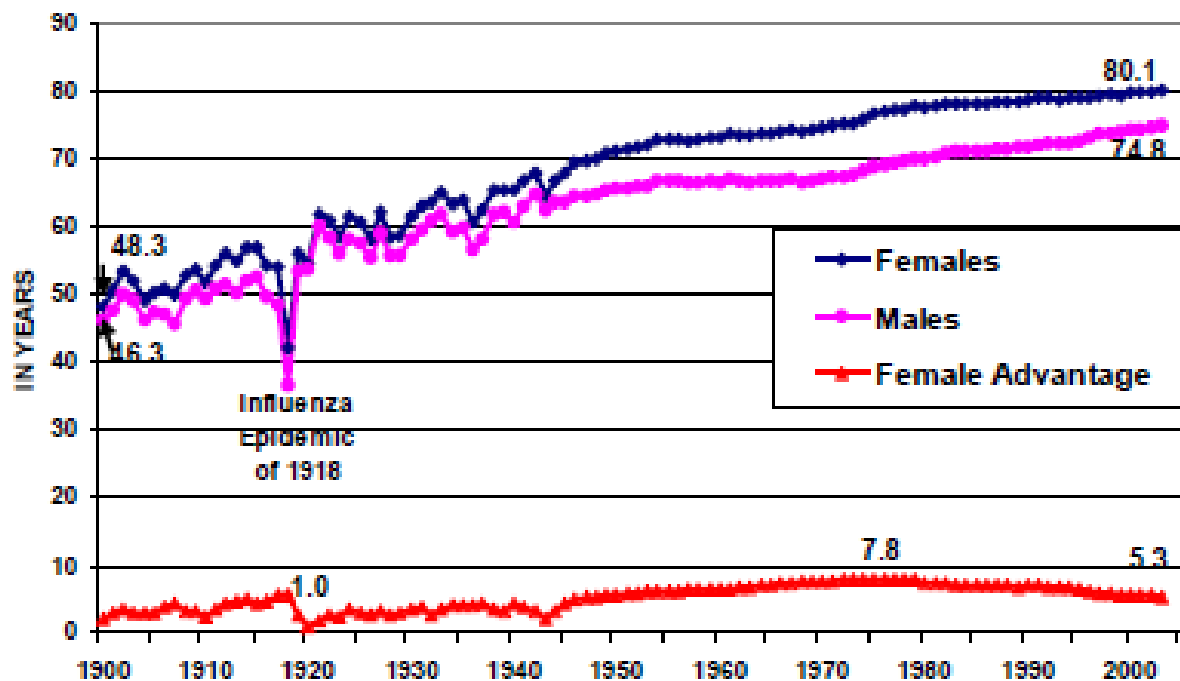


# Positive Aging and Memory Lecture 1

**Osher Lifelong Learning  
Institute**

**Robert Hill, Instructor**

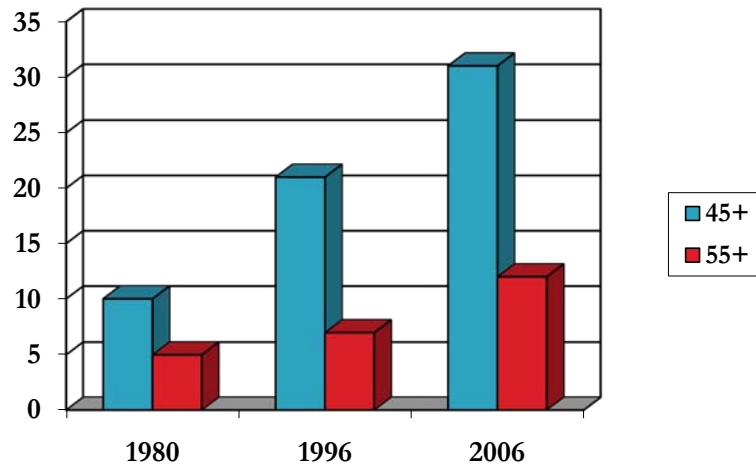
Figure 1. Life Expectancy at Birth, by Sex: 1900 to 2003.



Source: For 1900-2002, CRS analysis based on data contained in NCHS, United States Life Tables, 2002, *National Vital Statistics Report*, vol. 53, no. 6, Nov. 10, 2004. For 2003, CRS analysis based on NCHS, Deaths: Final Data for 2003, *National Vital Statistics Report*, vol. 54, no. 13, Apr. 19, 2006.

# We are healthier

- People are living “Healthier” longer
  - Active Life Expectancy

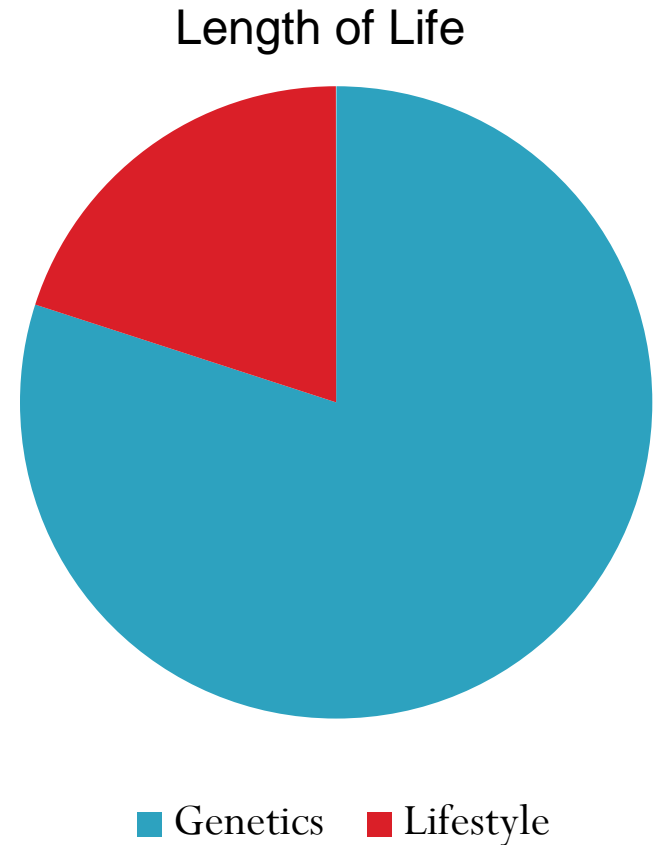


% Downhill Skiers Nationally



# Successful Aging

- Variant of Normal Aging
- 10% of population
- Genetic resistance to age-related decline
- What you do = How long you live
  - Exercise is Good
  - Cigarette Smoking is Bad



# *Successful Aging:*

- Life expectancy **Deficits**
  - cigarette smoker = -8 to 9 years
  - daily stress = -3 to 4 years
  - overweight = -2 to 3 years
- Life expectancy **Assets**
  - regular exercise = +3-4 years
  - regular medical checkups = +1-2 years
  - lowfat, high nutrition diet = +2-3 years

**BUT:**  
We won't live forever



© Cartoonbank.com



*"You're fifty-seven years old. I'd like to get that down a bit."*

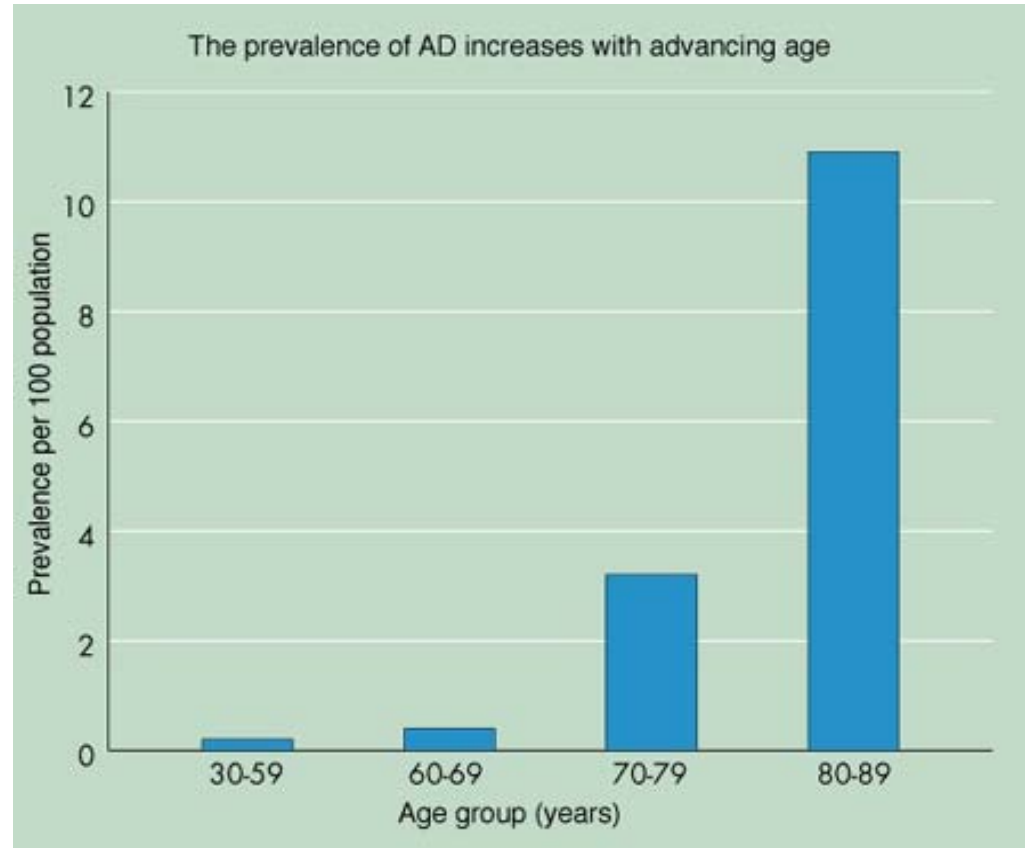
*The New Yorker June 6, 2005*

# We Fear Loss

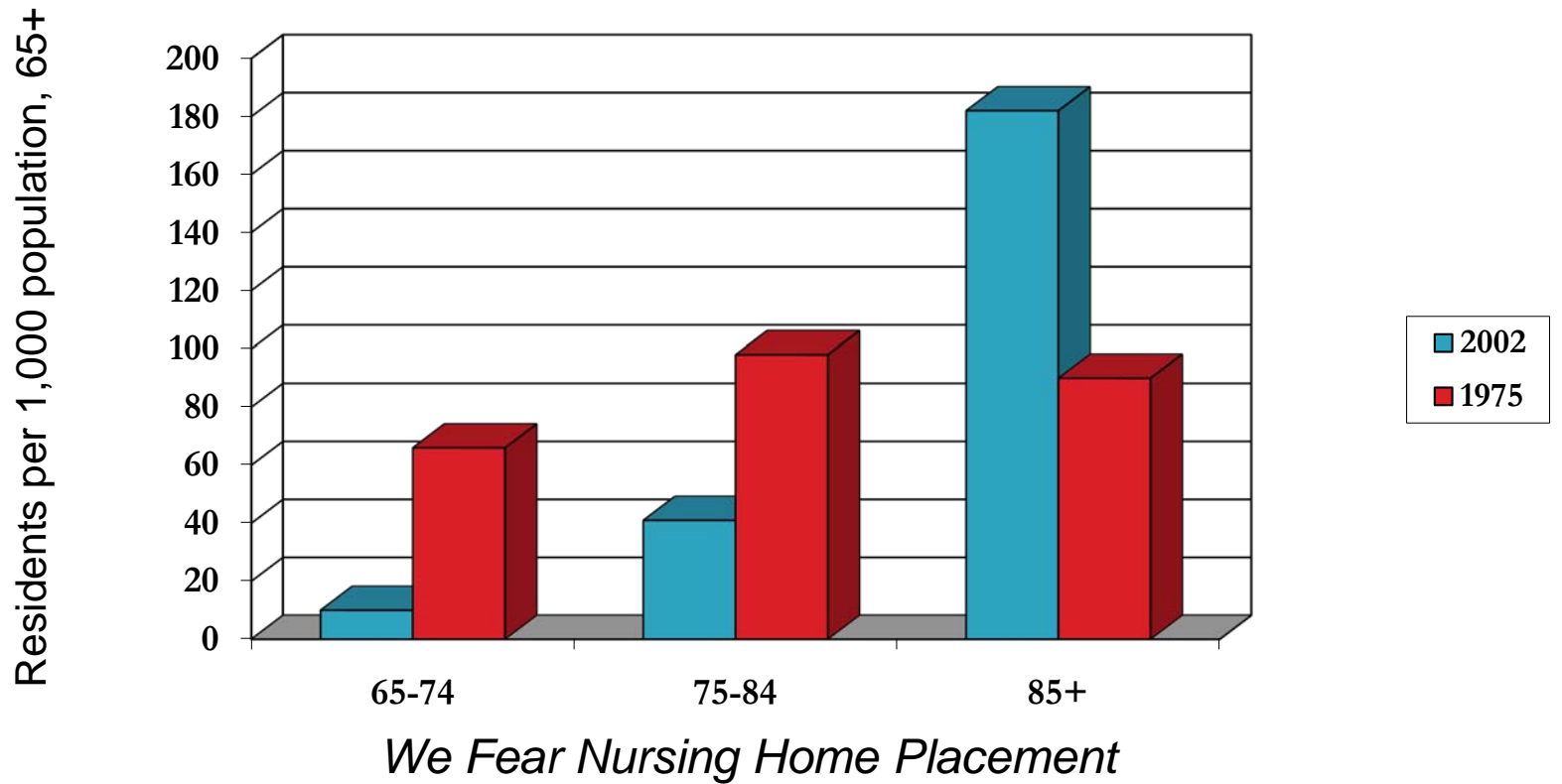
- through
  - Disease
  - Disability

# Aging makes you vulnerable to disease

- 4.5 million Americans suffer from AD.
- 5% persons age 65 to 74 have AD.
- 25% of those age 85 and older could have AD.
- **AD is not a normal part of aging.**

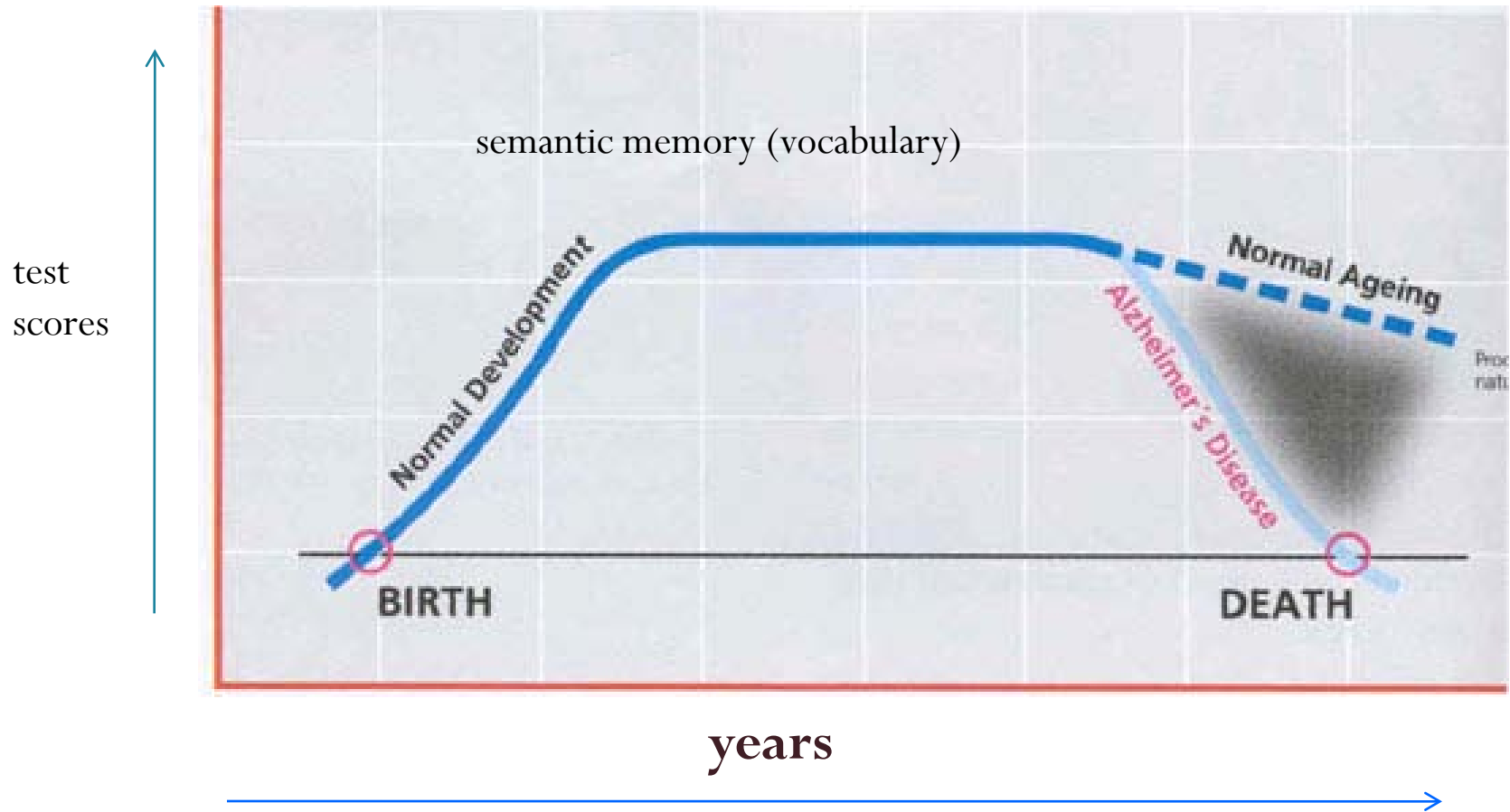


# Aging Increases Likelihood of Disability

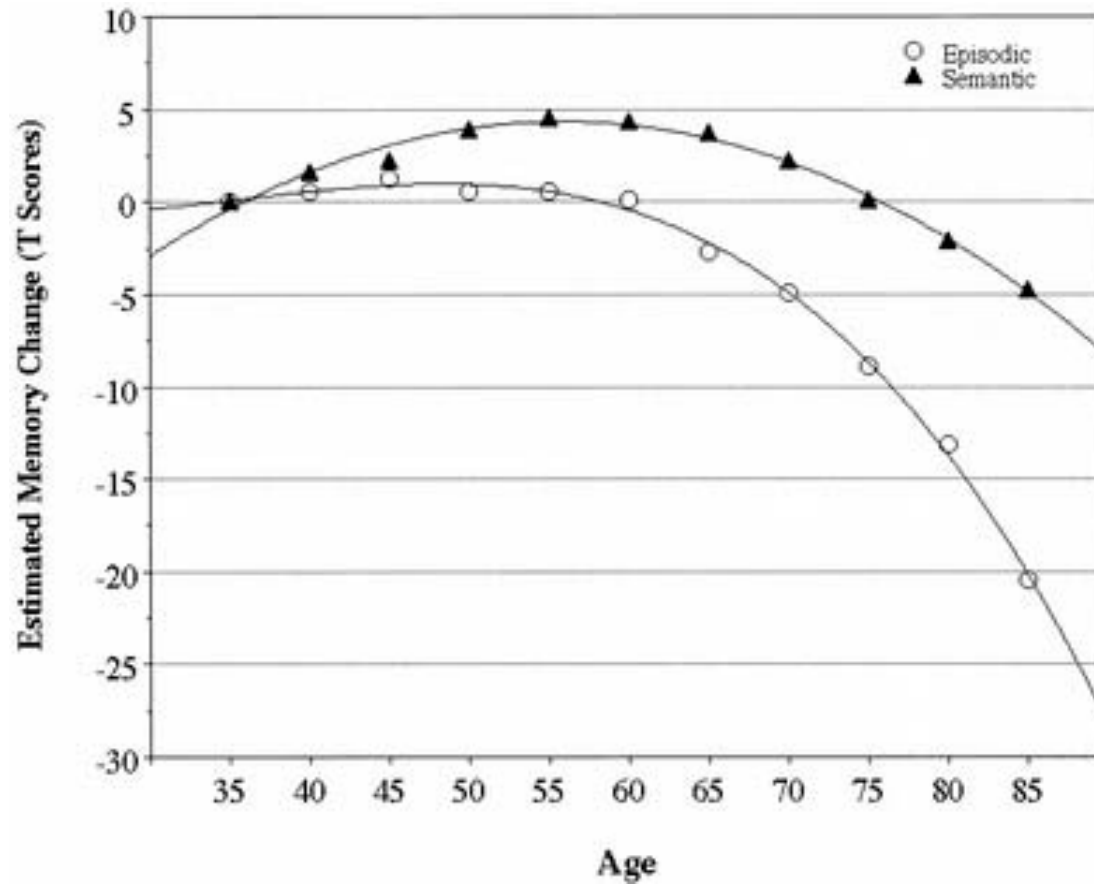


National Nursing Home Survey (2005)

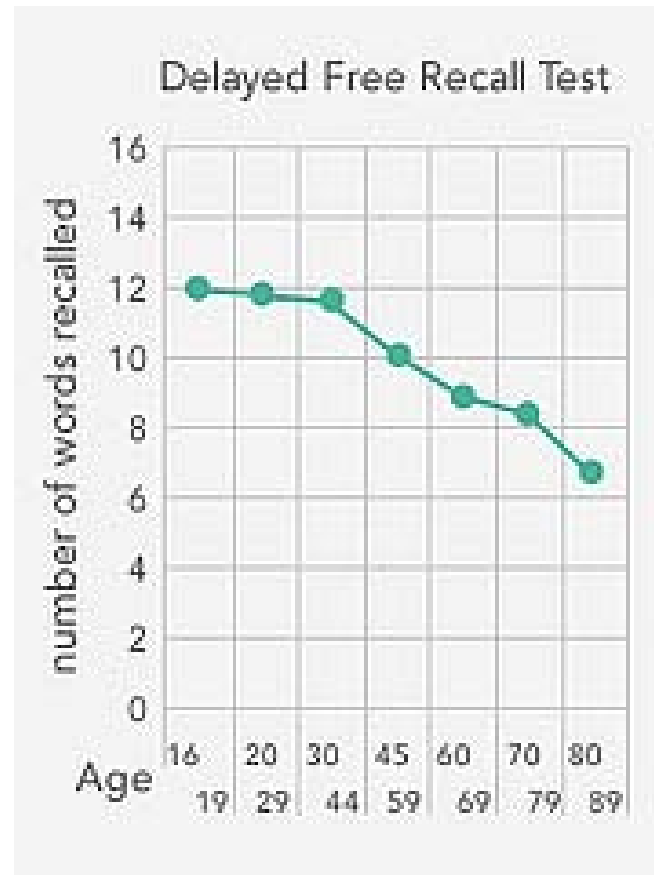
# Memory Problems are Present in Normal and Diseased Aging



# Memory Changes are not Static

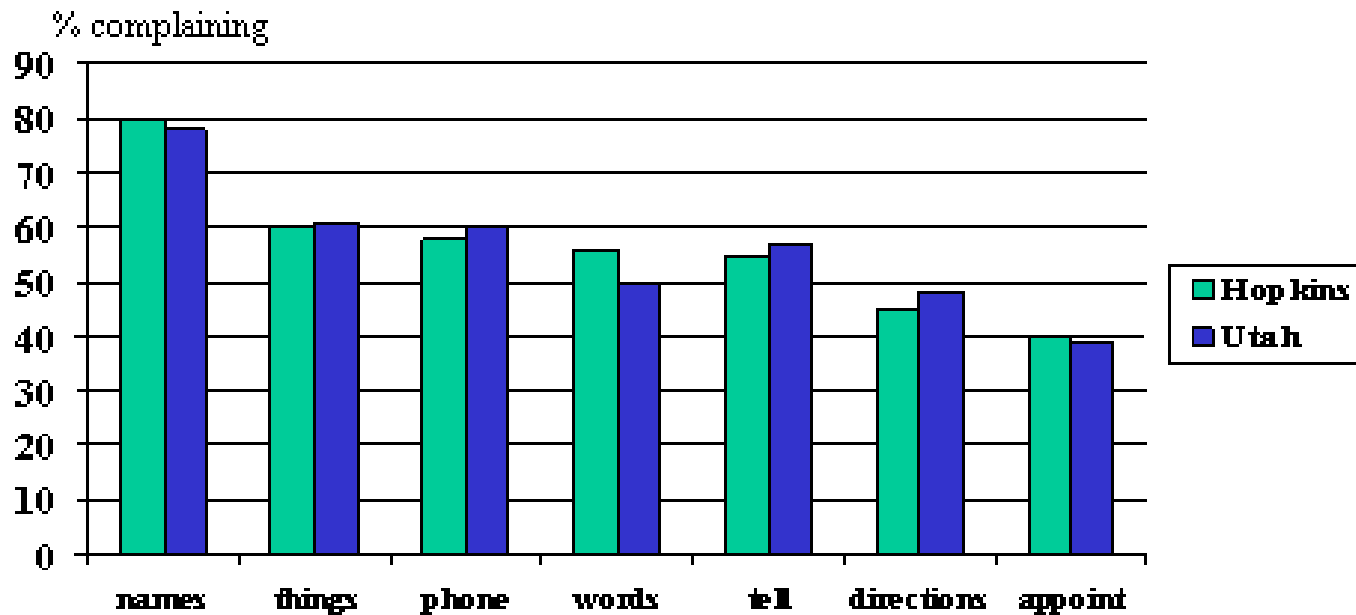


# Evidence from the Laboratory



# Memory Problems are a Hassle

## Percent Complaining About Memory Problems



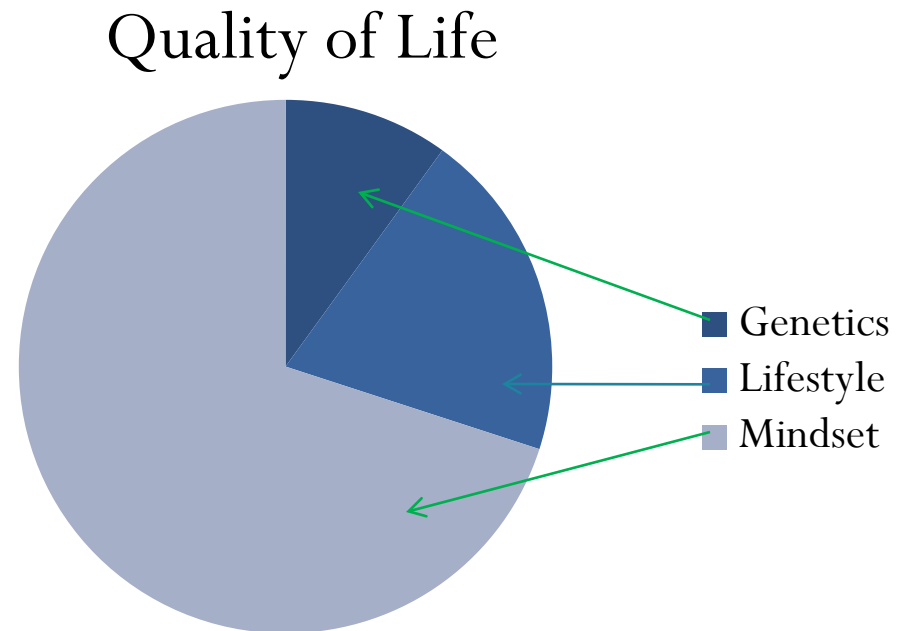
# We hope that:

- Our view of aging will affect how we age

*Positive Aging*

# *Positive Aging*

- *What is it?*
  - *An affirmative mindset*
  - *An approach to others*
  - *An acceptance of self*



# Characteristics of Positive Agers

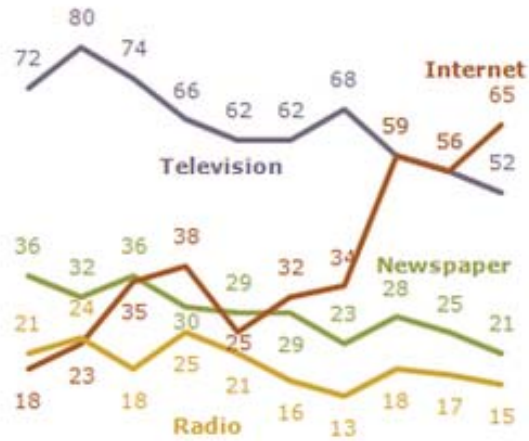
- ***Mobilize resources***
  - *Discover your hidden potential*
- ***Flexibility***
  - *Build Psychological agility*
- ***Optimism***
  - *Believe in yourself and others*
- ***Affirmative life choices***
  - *Learn from the past*

# A Two-Part Model of Brain Health

- Brain Strength Training
  - Practice existing skills
  - Refine useful routines
  - Build memory power (vocabulary)
- Brain Flexibility Training
  - Learn a new skill
  - Engage in conversation about new ideas
  - Take a new route to work
  - Learn something new

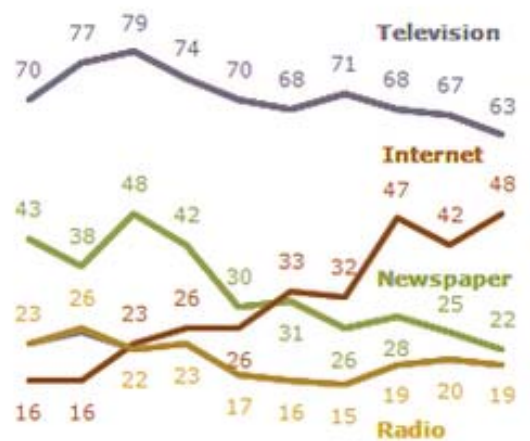
## Main News Source, By Age

### 18-29 Year-Olds



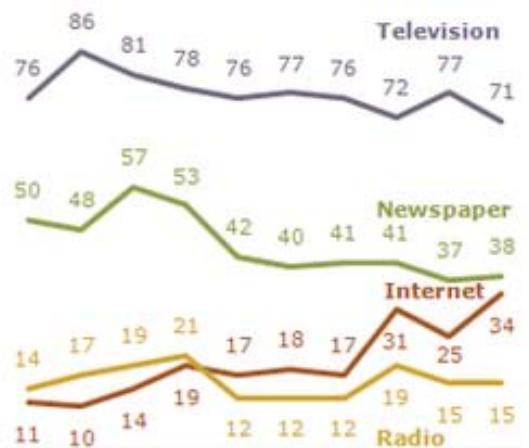
2001 '02 '03 '04 '05 '06 '07 '08 '09 2010

### 30-49 Year-Olds



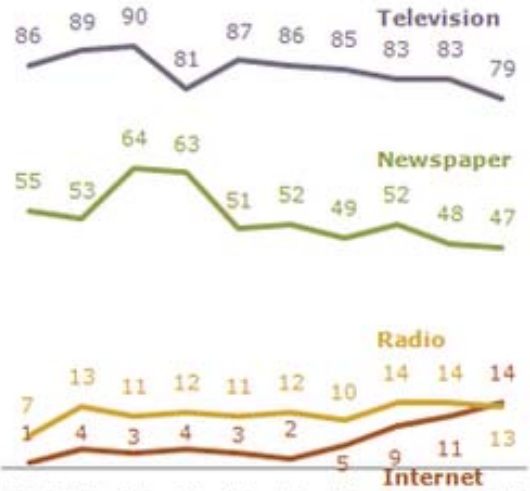
2001 '02 '03 '04 '05 '06 '07 '08 '09 2010

### 50-64 Year-Olds



2001 '02 '03 '04 '05 '06 '07 '08 '09 2010

### 65 Years Old and Over



2001 '02 '03 '04 '05 '06 '07 '08 '09 2010

# Class Learning Exercise

- Overview
- The Exercise
- Exercise Contract
  - Handout