The Aging Game: Aging Awareness Workshop

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Methuselah, Age 4798
Overview

• Aging Quiz
• Visualizing your future self
• Experiencing sensory changes
  – Vision
  – Hearing
  – Motor function
• Impact on daily life
• What you can do
• Revisit your future self

Jonathan, Age 176
Aging Quiz

1. One in 5 Americans is 65 and older
2. Baby boomers are the fastest growing segment of the population
3. A 65-year-old can expect to live another 18 years.
4. Most older people live alone
5. People become more religious as they get older
Aging Quiz

6. 25% of the elderly live below the poverty level
7. Older adults usually take longer to learn something new
8. 10% of those 65 and older live in a nursing home
9. There are two widows for each widower among the aged
10. As your body changes with age, so does your personality
Aging Quiz

11. Most older people will become senile if they live long enough

12. Each year, about 5% of older adults are victims of violent crimes

13. Social Security benefits automatically increase with inflation

14. Heart disease is a bigger problem for older men than for older women

15. Aged drivers have fewer accidents per driver than those under age 65
Visualizing Your Future Self

Pusuke, Age 26

Lucy, Age 39
Vision Loss Activities

Tish, Age 43
Glasses #1
Glaucoma (Primary Open-Angle)

- Damage to the nerve fibers responsible for peripheral vision
- Gradual loss of peripheral vision
- Tunnel vision in the advanced stages
Normal Vision
Early Glaucoma
Glasses #2
Macular Degeneration

- Leading cause of irreversible vision loss and legal blindness in the elderly
- Gradual worsening of central vision
Age-related Macular Degeneration

Image Credit: National Eye Institute, NIH
Glasses #3

Hemianopsia from a Stroke

- Lack of vision on one side
- Blindness in part of each eye
- Can result in “neglect”
Glasses #4
Cataracts

• A leading cause of blindness worldwide
• Progressive vision loss and glare
• Cataracts affect more than 22 million Americans age 40 and older

Source: Prevent Blindness America
Put on the Yellow Glasses #5

Yellowing of the Lens
Put on the Yellow Glasses #5

Yellowing of the Lens
Identify the Pink Pills
Identify the Green Pills
Diabetic Retinopathy

- Damage to the blood vessels in the retina
- Usually affects both eyes
Hearing
Can You Hear Me Now?
Correct Words

1. Fill 6. Wedge
2. Catch 7. Fish
3. Thumb 8. Shows
5. Wise 10. Juice
Taste and Smell

World’s Oldest Newlyweds: Age 193 combined
Taste and Smell Changes

- Taste buds decrease with age
- Less saliva produced
- Loss of nerve endings in the nose

Contributors to taste and smell changes
- Medications
- Smoking
- Medical problems - the common cold, chronic sinusitis and allergies
- Dentures and other mouth problems
Taste Changes

Taste lost in this order

sour
bitter
salty
sweet

TONGUE
Motor Loss Activities

Welwitschia Mirabilis are, Age 1500-2000
Revisit Your Future Self

La Marquise, Age 128
Senior Friendly Assessment
How Old Am I?
John Glenn *(at age 77)*: oldest person to venture into space
Min Bahadur Sherchan (76-year-old): oldest person to climb Mount Everest (May 2008)
Pierre Jean “Buster” Martin (104-year-old?): UK’s Oldest Employee and Marathon Runner
Bess Cooper (116-year-old): The world’s oldest living person

August 26, 1896 – December 4, 2012
Olive Riley (108-year-old): World’s Oldest Blogger
Arthur Winston (100-year-old):
Worked for 72 years at the same company and only took one day off

March 22, 1906 – April 13, 2006
“Look, Emma’s got a hickey.”