

1.

Aging Successfully

“Aging Successfully”

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October 12, 2006

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2.

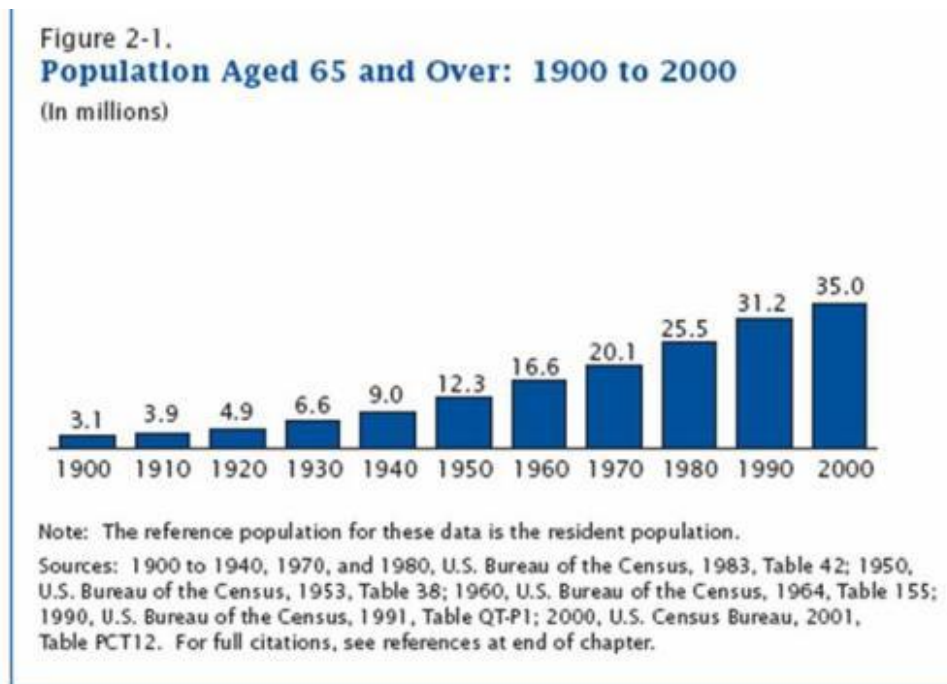
Objectives

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- Describe attributes of people who are “aging successfully”
- Describe and clarify myths of aging
- Identify characteristics and concerns of diverse older populations and explore factors that influence successful aging
- Understand strategies used by older adults to address and adapt to challenges of aging

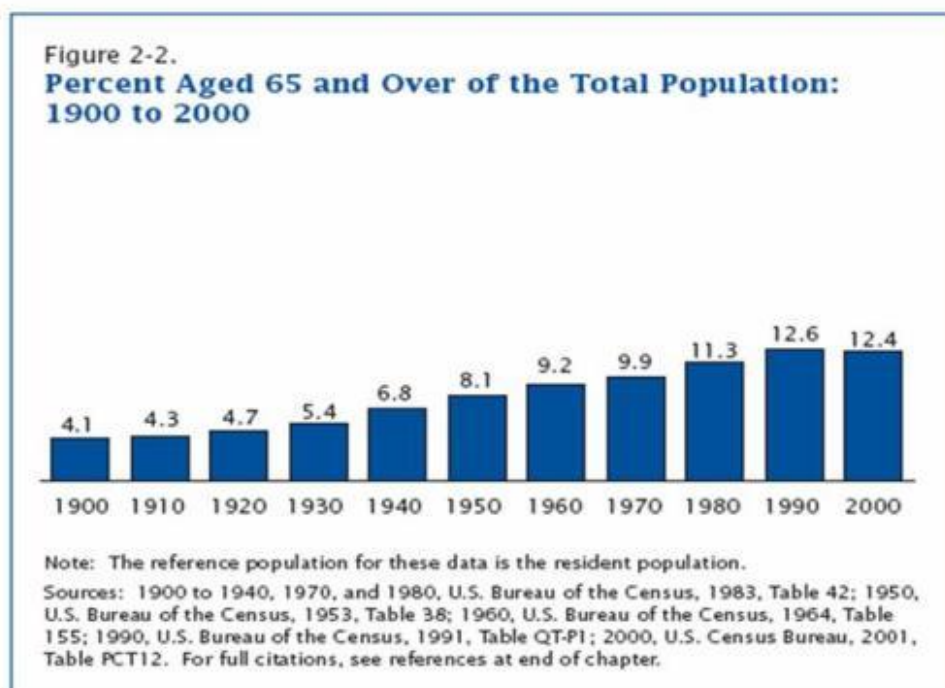
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3. Aging Successfully: Slide 3



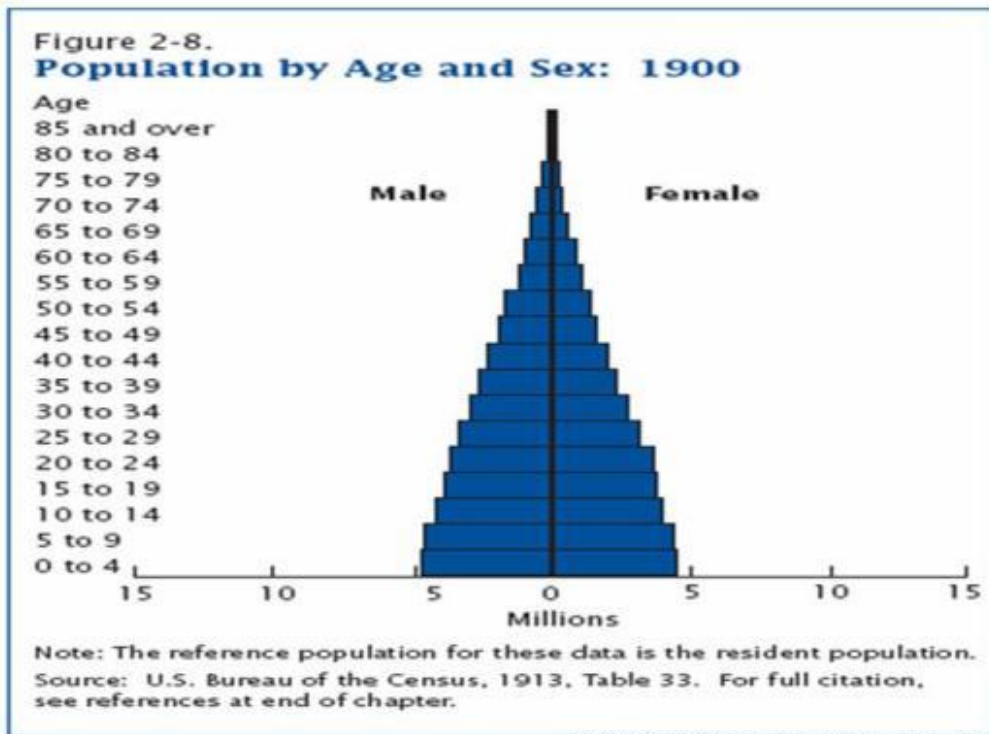
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4. Aging Successfully: Slide 4



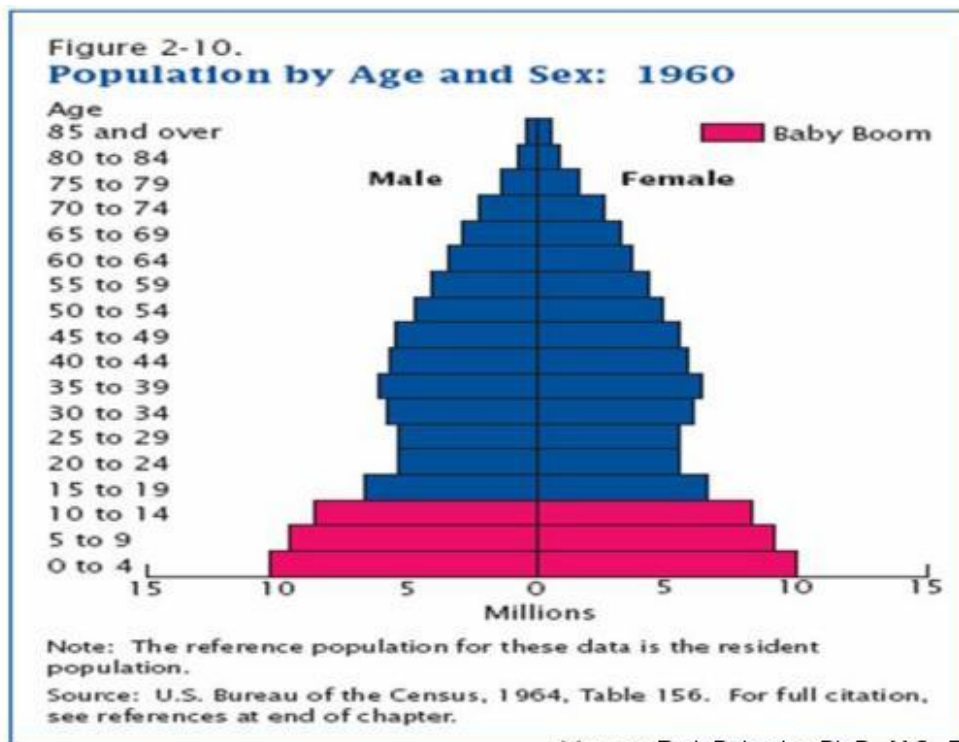
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5. Aging Successfully: Slide 5



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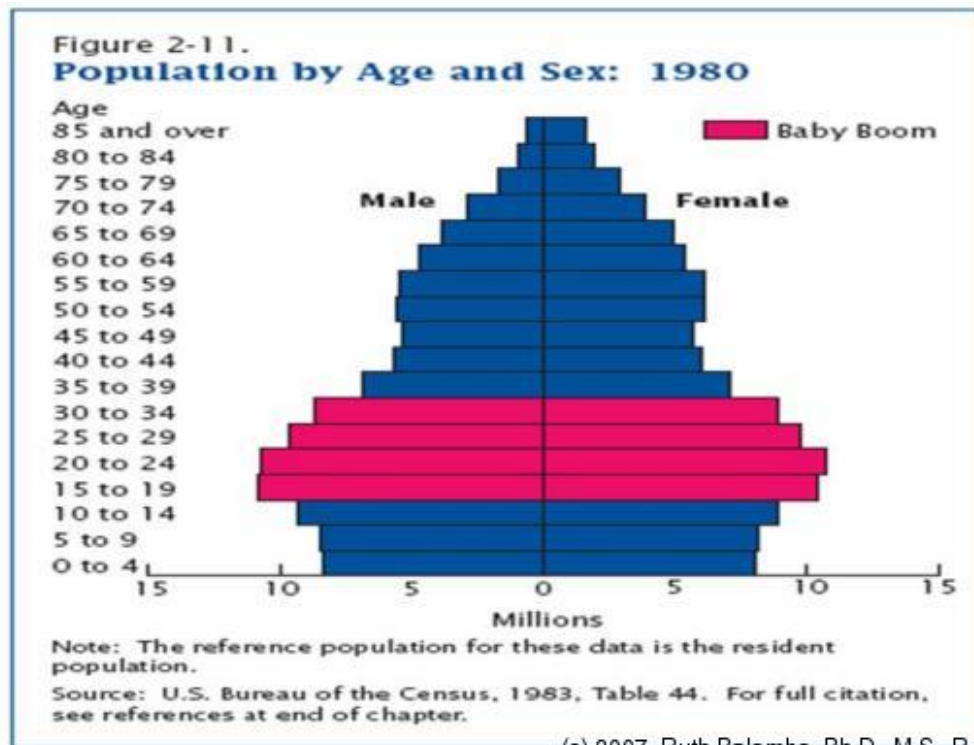
6. Aging Successfully: Slide 6



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7.

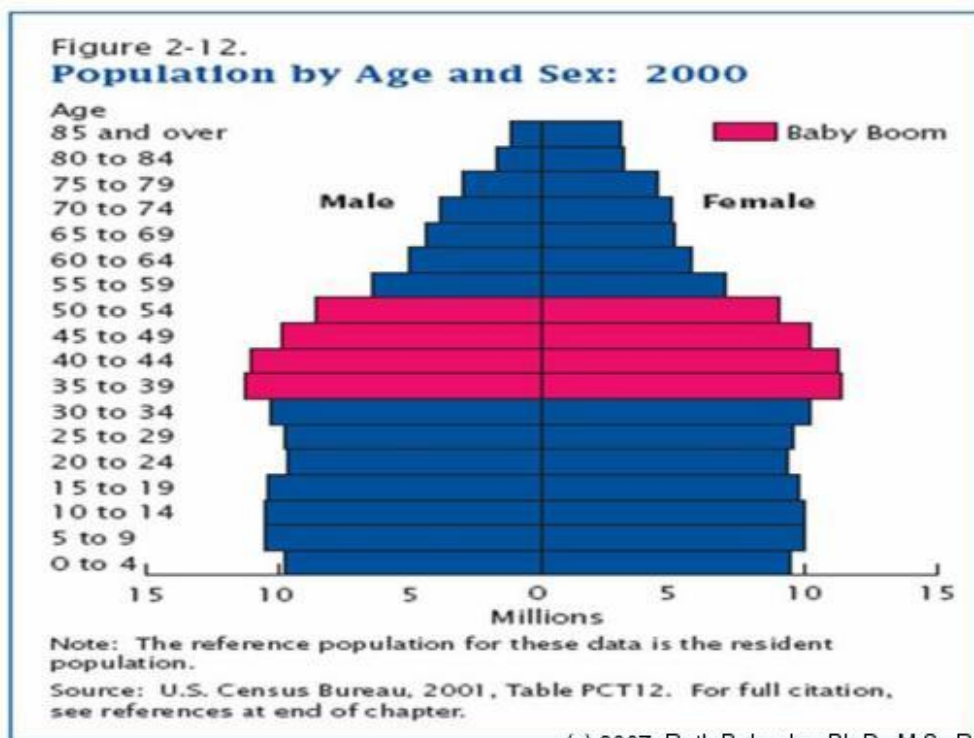
Aging Successfully: Slide 7



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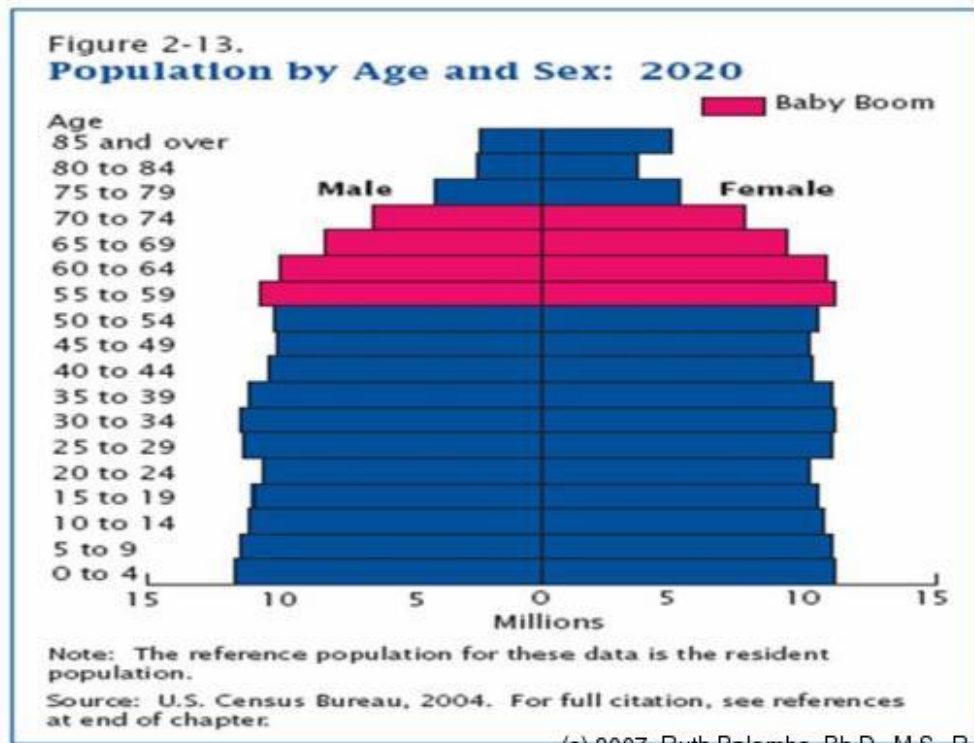
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Aging Successfully: Slide 8



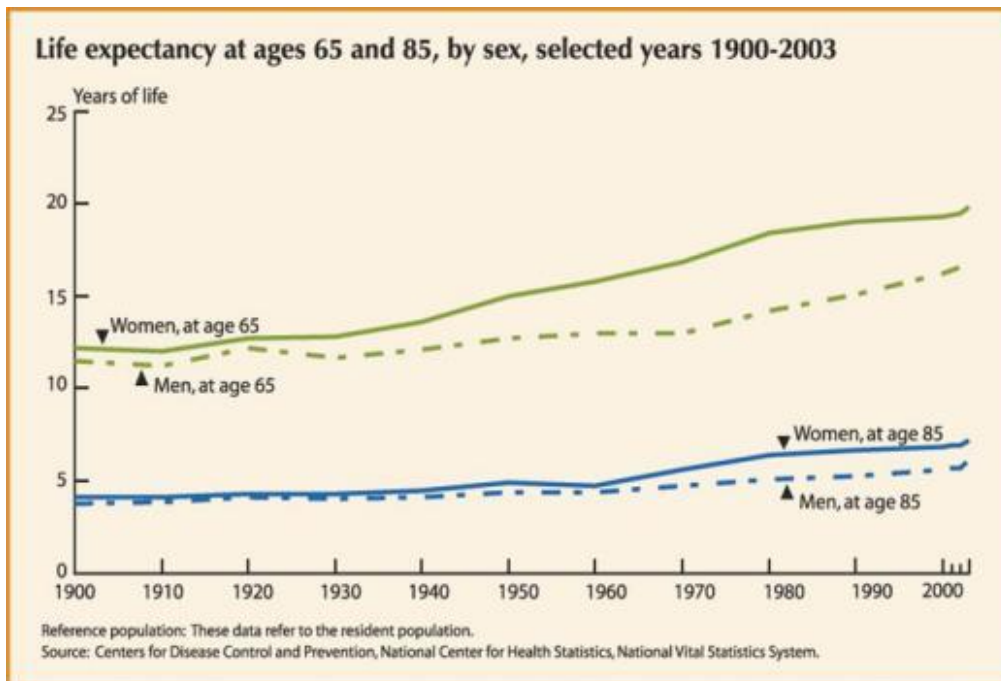
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9. Aging Successfully: Slide 9



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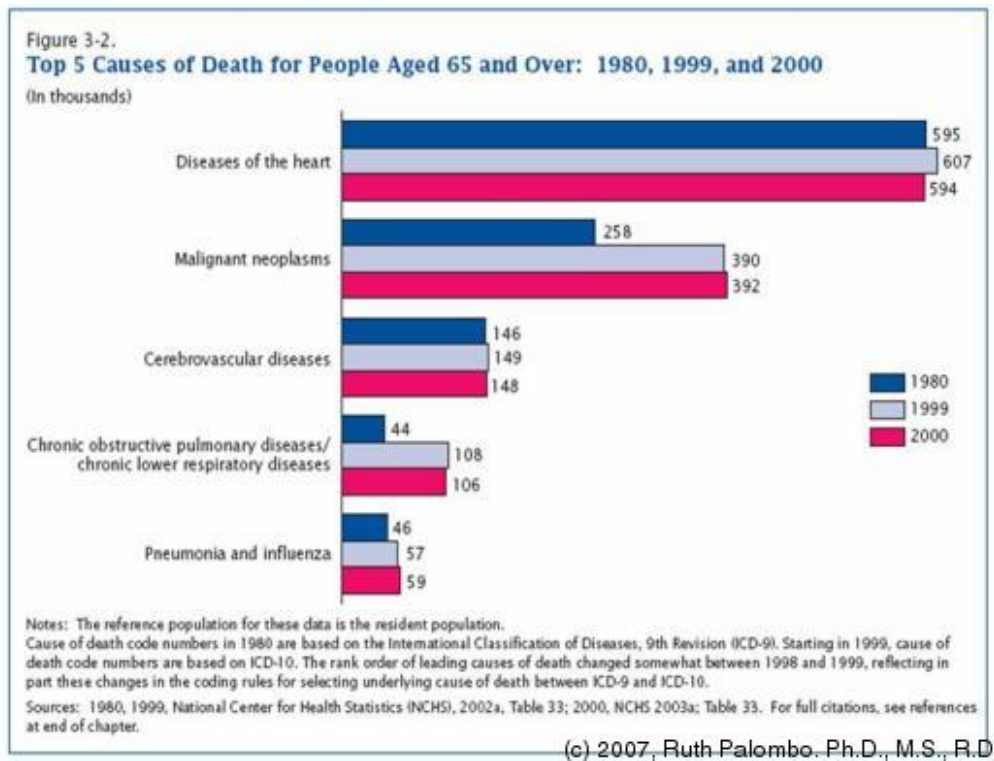
10. Aging Successfully: Slide 10



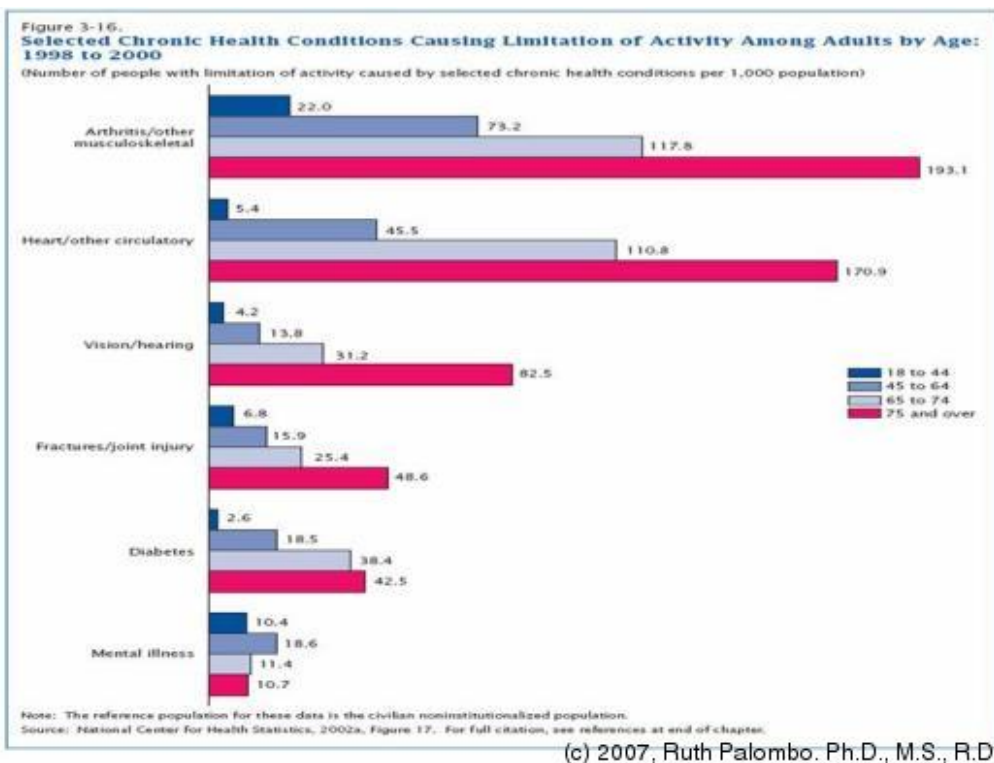
Source: Federal Interagency Forum on Aging-Related Statistics. Older Americans Update 2006: Key Indicators of Well-Being. Federal Interagency Forum on Aging-Related Statistics, Washington, DC: U.S. Government Printing Office, May 2006.

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11. Aging Successfully: Slide 11

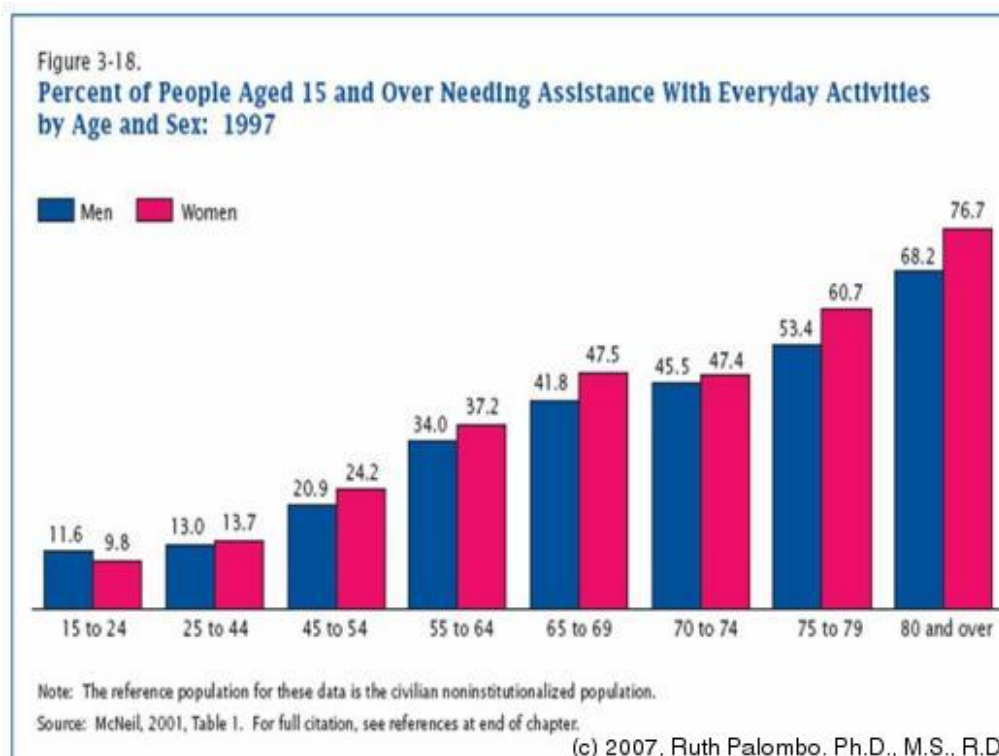


12. Aging Successfully: Slide 12



13.

Aging Successfully: Slide 13



14.

Components of Successful Aging

Components of Successful Aging (Rowe and Kahn)

- Good health, low risk of disease and disability
- High mental and physical functioning
- Active engagement with life, an active life

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15. Factors Which Perpetuate Myths of Aging

Factors Which Perpetuate Myths of Aging

Older people are:

- Sick, frail, disabled, weak, demented, alone, unhappy, passive
- Unable to learn
- Unable to recover lost functioning
- Doomed to their genetic makeup
- Inadequate mental, physical and sexual ability, sexless
- Unproductive, a burden, needy

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16. Myth #1

Myth #1

“To be old is to be sick.”

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17.

Myth #2

Myth #2

“You can’t teach an old
dog new tricks.”

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18.

Myth #3

Myth #3

“The horse is out of the
barn.”

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19.

Myth #4

Myth #4

“The secret to successful aging is to choose your parents wisely.”

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20.

Myth #5

Myth #5

“The lights may be on,
but the voltage is low.”

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21.

Myth #6

Myth #6

“The elderly don’t pull
their own weight.”

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