

The Concepts of Successful and Positive Ageing

Successful Aging in Johnson County: Aging Americans increasingly are interested in adding life to their years rather than just adding years to their lives. They are redefining their work careers, learning new skills, developing new leisure pursuits, enrolling in educational courses and volunteering for social causes. As more and more baby boomers reach retirement, the demand for a full array of retirement opportunities will expand even further. Johnson County already offers an abundance of opportunities for persons to age successfully and is considered among America's best places to retire. In this report, we considered what could be done in the next five years that will help Johnson County continue to be a desirable place to grow older. In particular, we focused on three areas pertaining to successful aging: education and leisure activities; programs and services offered by faith-based organizations; and opportunities for work and volunteering. We present the results of several data analyses conducted by the Johnson County Consortium on Successful Aging, and then consider the most viable directions to pursue over the next five years. The Consortium is confident that if Johnson County moves in the directions outlined, our community will continue to be one of the nation's most notable places to retire and age successfully.

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Social scientists frequently refer to the 'greying' of the population in the west, the extension of the average lifespan to around the age of 76, and the projected increases in the numbers of people aged 85 and over, with the ensuing problems of chronic illness and disability that often accompany very old age. ¹Increasing interest is being expressed in positive aspects of ageing: given the increases in life expectancy during this century, is it resulting in a life worth living? Concern is heightened by the estimate that, although most people aged 65+ live in their own homes and are relatively healthy and independent, years of disability can begin as early as 60 years. Conversely, some researchers and policy makers feel that enough time has been spent on the negative aspects of ageing and that the balance should be addressed by analysing successful, or positive ageing (sometimes defined in terms of an overlapping but separate dimension 'health-related quality of life'), with the aim of promoting well-being for future generations.

By ANN BOWLING

Source: <http://fampra.oxfordjournals.org/cgi/content/abstract/10/4/449>

Successful Aging of the Healthy Brain: I would like to begin with a general introduction before presenting the specific brain research from my laboratory at UC Berkeley that holds the promise of what I call "successful aging." In our democratic free society, the human brain has the privilege and capacity to determine its own destiny, most of the time. But no one said it was easy. It has been said that aging is not for sissies, but, in fact, life is not for sissies. I frequently use the title, "An Optimistic View of Aging," when I present my research. After all, who wants to listen to a talk called "A Pessimistic View of Aging"? Yet, recently I was asked to speak at a retirement conference and I

thought to myself, the concept of "retirement" is contrary to my personal and professional values, so should I accept this invitation? I regarded it as a challenge and said yes.

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How to be happy and well rather than sad and sick : The study shows that successful aging is not an oxymoron," says George Vaillant '55, professor of psychiatry at Harvard Medical School and director of the study for the past 35 years. "You can add life to your years instead of just years to your life."

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Staying Young: Successful Ageing (Part 1)

As we age, keeping physically active is essential. It not only improves the appearance of the body, it also prevents the occurrence of health complications in the future. Join the discussion in this series as we research the various programs that can help maintain a healthy mind and body.

Getting older does not just affect us as individuals; it affects our society too. It is important that we as a society do not hold back on government services that could be available to those elderly who are genuinely poor and disadvantaged. The good news is that with age comes dignity, and a greater understanding of life and human conditions.

Read more:

<http://dlibrary.acu.edu.au/research/quality4life/healthvageing/thought.html>

At the Successful Aging Center, we have combined our years of expertise in an effort to help our patients live well and live long. Created and led by seasoned physician Dr. Uday Deoskar, the Successful Aging Center offers complete care from professionals who want to see you succeed. Our goal is to enhance your quality of aging by empowering you with information, education, and support.

Read more: <http://successfulagingcenter.com/aboutus.htm>

Positive ageing is about being valued by and contributing to our community as we age - this benefits both individuals and society.

In the 2004/05 Budget, the Government allocated \$5.1M over four years to the Office of Senior Victorians to "encourage positive ageing behaviour, inform community projects to promote changes in attitudes in workplaces and the media, and enhance community participation and technology usage by older Victorians". **A Positive Ageing Statement** was released in May 2005.

Read more:

Productive ageing promotes the choices and capacity of Australians, as they age, to engage in valued activities, whether through work, learning, volunteering or community activity.

Read more: http://www.productiveageing.com.au/page.php?Webpage=productive_ageing

The Center for State Promotion of Productive Aging was established to further the development of state programs that support independent living for a growing older population. By strengthening the capacity of the aging service system to respond to the needs of older people and their caregivers for information and access to services, employment opportunities, and good health practices, older Americans can maximize their quality of life and remain productive contributors to society.

Read more: <http://www.nasua.org/productiveaging.cfm>

The concept of productive ageing(Dignity Foundation) is premised on solid scientific evidence that ageing is keyed to the level of vigour of the body and continuous interaction between levels of body activity and levels of mental activity. In fact age-related deterioration in most mental functions can actually be reversed. Research in gerontology and neuropsychology shows that mental activity makes neurons sprout new dendrites with which to establish connections with other neurons. The dendrites shrink when the mind is idle. To put it simply a person who stops solving problems arrives at a point where he cannot solve problems. Lesson: Keep active.

Read More: <http://www.hinduonnet.com/folio/fo9810/98100160.htm>

National Seniors Productive Ageing Centre: Improved health care, better information and a safer living environment mean that Australians are living longer than ever before. Average life expectancy in Australia will reach 92 years for women and 88 years for men by 2050. For many this is a frightening statistic which raises concerns about ill health, dependency and economic decline.

Read More: <http://www.usc.edu.au/Research/Centres/NSPAC/>

HEALTH AND AGEING- The Geneva Association: Major concerns are generally directed at the rising health costs resulting from technological advances and the changing demographic structure whereby the population aged over 60 largely exceeds that of other age groups in most developed countries. Importance is placed on two major issues. First, the change in demographic structures leading to the perceived “ageing society”. And, second, technological advances, which are thought to result in increasing health costs. It is important to view these issues from the proper perspective. We are not ageing as a society but benefiting from an extended period of good health, which is largely a consequence of technological advances and healthier life styles. It is not the increased spending on health that should be the concern but what it is spent on. It is crucial that the nature of spending is well analyzed and the benefits clearly understood.

Read More: http://www.genevaassociation.org/health_and_ageing.htm

Books and Gifts for Successful Ageing in India

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