

How Embracing Our Beliefs About Aging Can Enhance Our Work with Older Adults

Presented by:


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Introductions


Associated Clinic of Psychology (ACP) was founded in 1980 by Dr. John Brose. He was awarded Gerontologist of the Year (2020) by MGS. We service several LTC facilities in 7 counties in MN and WI.




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Objectives



- ❖ Identify biases we may have about the aging process and the impact this can have in our work
- ❖ Discover strategies to increase insight and challenge maladaptive thinking



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Reflection Activity



How do you feel about getting "OLD"?

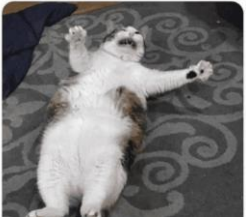

What words come to mind?

What lifestyle/future do you imagine for yourself?

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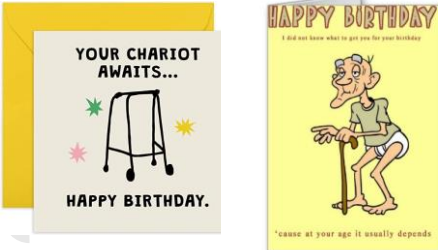
Biases on Aging (In Media)

Attempting to get up off the floor after 45.

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Biases on Aging (In Media)



YOUR CHARIOT AWAITS...
HAPPY BIRTHDAY.

HAPPY BIRTHDAY
I did not know what to get you for your birthday
*cause at your age it usually depends

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Palmer's Facts on Aging Quiz

- ❖ Listen to the statement and raise your hand if you believe the statement is true



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Role Play

- ❖ Observe the Role Play
- ❖ Listen for signs of ageism
- ❖ Write down notes on better approaches that could be used



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Insights

- ❖ Countertransference happens when our own feelings and beliefs are redirected onto the client, impacting the outcome of the interaction. This is usually unconscious and subtle.

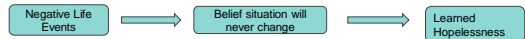


- ❖ **Self-fulfilling prophecy** is, "in the beginning a false definition of the situation evoking a new behavior which makes the originally false conception true."

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Insights

- ❖ Learned Hopelessness



- ❖ Internalized Ageism
 - Adopting beliefs that they are incapable of doing something based on their perceived stage of life
- ❖ **Ageism is the only -ism that is used continually without any consequences to the one using it**

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Insights

- ❖ When we are unaware of our biases towards older adults, this can lead to the following:
 - Seeing them as less competent
 - Develop feelings of judgement towards them
 - Make us blind to their strengths
 - Feel the need to "rescue" or pity them
 - Have little hope they can change
- ❖ Optimism may promote health and longevity in diverse racial and ethnic groups

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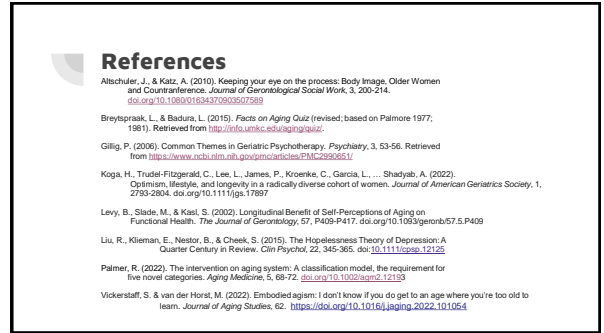
Insights

- ❖ Older adults who internalize positive stereotypes about aging have:
 - Better memory
 - More controlled handwriting skills
 - Faster walking
 - Stronger will to live
 - Lower cardiovascular response to stress
- Whereas those who internalize negative stereotypes have negative expectations for the future
- ❖ Self perceptions of aging have a bigger impact on overall health than perceptions about health, gender, race and socioeconomic status.

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