What is successful aging?

• Your definition?

• What factors influence successful aging?

• If someone has a physical disability can they not age “successfully”?

• What are issues for centenarians?

• What programs can be introduced to ensure successful aging?
Baltes’ SOC theory

- How to maintain or enhance competence
- Fail to perform up to true level because of
  - Biological, psychological, sociocultural, life-cycle forces
- Interventions focus on individual or the task
- Positive adaptations rather than coping
  - Balance gains and losses
- **Selection**: development and choosing goals
- **Optimization**: application and refinement of goal-related actions
- **Compensation**: change in actions if not able/available
When the concert pianist Arthur Rubinstein, as an 80-year-old, was asked in a television interview how he managed to maintain such a high level of expert piano playing, he hinted at the coordination of three strategies.

First, he played fewer pieces (selection); he practiced these pieces more often (optimization); and to counteract his loss in mechanical speed he now used a kind of impression management, such as playing more slowly before fast segments to make the latter appear faster (compensation).
Heckhausen & Lang (1996)  
Model of successful aging  

- Uses SOC model  
- Keep balance between gains and losses  
- Minimize influence of factors unrelated to aging  
- Outcomes: enhanced competence, quality of life, future adaptation
Vaillant (2002)

• 6 criteria for successful aging
• 3: health
  – Low physical disability at 75
  – Increased subjective physical health
  – Short length of disabled life
• 3: social engagement/productivity
  – Good mental health
  – Objective social support
  – Self-rated life satisfaction (8 categories)
Rowe & Kahn

Figure 1. A model of successful aging.

Figure 2. Relation of risk of disease to presence of disease, disability, and death in an aging population.

affected, to reflect the fact that many individuals begin at risk, either because of genetic factors or the psychosocial environment in which they are born.

*Heritability, Lifestyle, and Age-related Risk*

The previously held view that increased risk of
Successful Aging books

- Avoid disease
- Engaged with life
- Maintain phy/cog functioning

- Identity
- Intimacy
- Generativity
- Stable marriage
- Adaptive coping style
- Exercise

Followed 678 nuns
Education/linguistic ability
Food-antioxidants
Exercise
Optimism
Blue Zones and Longevity

- http://www.youtube.com/watch?v=3v5TJ_Nql8Q
- http://www.youtube.com/watch?v=W92FiTImG4
- http://www.youtube.com/watch?v=csa3EQw-wIs&feature=related
- http://www.youtube.com/watch?v=4GcEfNlgdgl
In 1990, the total population of Okinawa Island was an estimated 1.22 million people.
How to become a(n healthy) centenarian?

• Genetics
• Lack disease
• Nutrition
• Physical activity
• Cognitive activity
• Education
• Social life
• Spirituality
• Less stress
• Where you live?

Supercentenarian


Jeanne Louise Calment
Oldest person in the world turned 122 on February 21, 1997
Jeanne Louise Calment was born in Arles, France on February 21, 1875.
http://www.wowzone.com/calment.htm

Chechnya claims 'oldest living person'
Zabani Khakimova
124 years old
Wednesday, 30 July, 2003
http://news.bbc.co.uk/1/hi/world/europe/3110525.stm
Prevention efforts

• Primary prevention
  – Before disease condition exists
  – Immunizations

• Secondary prevention
  – Early after diagnosis before significant change
  – Cardiovascular screening

• Tertiary prevention
  – Avoid secondary chronic conditions, manage pain
  – Moving patients

• Quaternary prevention
  – Focus on improving functional capacities for those with chronic conditions
  – Cognitive interventions
Prevention strategies

• Adopt healthy lifestyle
  – Physical exercise (especially aerobic)
  – Nutrition (note changes in metabolism, cholesterol)

• Stay active cognitively

• Maintain social network

• Maintain good economic habits
The Older Americans Act was originally signed into law by President Lyndon B. Johnson on July 14, 1965. In addition to creating the Administration on Aging, it authorized grants to States for community planning and services programs, as well as for research, demonstration and training projects in the field of aging.

The Older Americans Act Amendments of 2000 was signed into law on November 13, 2000.

3 general goals:
- Increase healthy life expectancy
- Reduce health disparitites among Americans
- Achieve access to preventative services for all
Maintain Your Brain

http://www.alz.org/we_can_help_brain_health_main_tain_yourbrain.asp

- Engage in diverse and new cognitive activities
- Heart health = brain health
  - Watch weight, blood pressure, cholesterol
- Nutrition
- Physical exercise
  - Avoid head injuries
- Remain connected to others
  - Leisure activities
  - Spirituality
  - Purpose in life
The two also directed participants to the NCCA website's "Beautiful Minds" campaign [http://www.beautiful-minds.com/](http://www.beautiful-minds.com/), a national photo essay exhibit celebrating men and women 55 and older who are doing beautiful things with their mind regardless of age.
www.beautifulminds.com