

## Welcome to My World

**Abstract:** Far too frequently, society operates with the premise that all older adults age the same way, when in fact older adults are a very heterogeneous group. An individual's aging process can be complicated by a number of factors to include the fear of aging, the lack of knowledge about what is considered universal aging, what signals the start of a pathological problem and aging related unknowns. Aging in the 21<sup>st</sup> century in the United States is further complicated by the sheer numbers of older adults who will require some level of assistance in their later years and by the apparent reduced levels of available and expected governmental services.

**Presentation Description:** This highly interactive six-session presentation examines topics of concerns such as: sensitivity training, ageism, aging in community versus institutional living, the psychology of aging, clearly communicating with older adults, and community resources for the older adult and the family. Each session is an hour in length and provides opportunity for the attendees to examine and discuss the issues and to be exposed to a variety of best practices for handling them. Sessions seek to train the attendees to treat older adults as individuals, each with his or her unique needs, wants, and concerns.

**Learning Objectives:** After attending this presentation, attendees will:

1. Describe how different age cohorts view the aging process with regard to gender, culture, and socio-economic issues.
2. Define the problems caused by ageism, how it negatively impacts all of society, and what individuals can do to honor and respect the perspective of older adults.
3. Explain how the impacts of the physiology, psychology and social aspects of aging can affect the older adult, the family, the employer, and society.