

# Aging Matters

**Abstract:** Issues and concerns affecting older adults have a wide-ranging scope in today's society. Projections reveal there will be 78 million Baby Boomers age 65 or older by the year 2030 and it is not the only generation comprising our older population. Approximately 49 million Generation X'ers and 80 million Generation Y/Millennials will be joining the Boomers on our nation's aging journey. What will this mean for the family, for society, and for governments? How will medical and non-medical care be provided? Will everyone have access to the tools required to meet their daily needs? How much health and wellness responsibility will each older adult be expected to shoulder and what interventions will be applied if they are unable to assume a decision making role along their aging path?

**Presentation Description:** This presentation is a survey workshop of many social science issues which affect aging populations today. Each of the five (5) one hour sessions explores broad pertinent topics (such as economic issues, health concerns, and creativity) that at the end provide the attendee with a richer and detailed picture of how to personally engage the aging process to live more fully and vitally. Definitions of commonly accepted gerontology terms are explored, barriers and triggers are examined, and realities and expectations are investigated.

## **Learning Objectives:**

1. Attendees will list at least five (5) significant areas of concern that impact the aging process.
2. Attendees will identify a minimum of three (3) major barriers associated with aging in the 21<sup>st</sup> century and suggest possible techniques individuals can implement for countering those barriers.
3. Attendees will enumerate three (3) defenses for the statement, "My successful aging is not the same as your successful aging."