

Intergenerational attitudes and improving awareness to promote independence in elderly

Prof Eef Hogervorst and Jennifer Stock
School of Sports, Exercise, and Health Sciences
Loughborough University, UK

What are the predominant Attitudes related to Ageing ?

Please write down 5 adjectives that
you associate with ageing

Young people's Attitudes towards Ageing in the United Kingdom

"I just don't think that you do anything when you're 60....They just sit in their chairs"

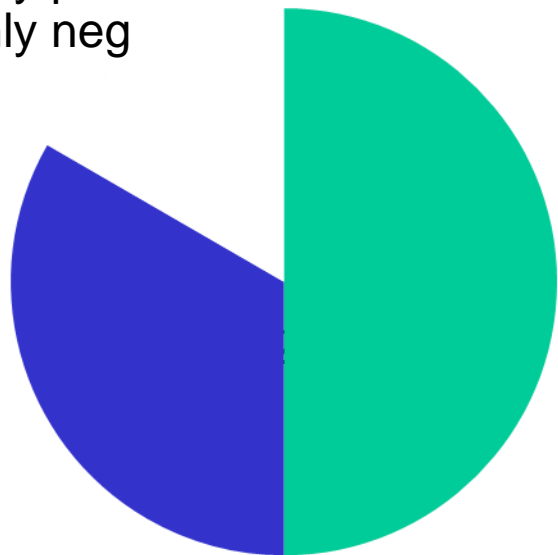
*"I just don't want people doing things for me,
That's what I don't like about it [old age],
that's what's so scary, but you can't help it"*

Phoenix & Sparkes, UK (2006)

Young People in the UK: a mix of positive and negative

Of n=57
1 only pos
2 only neg

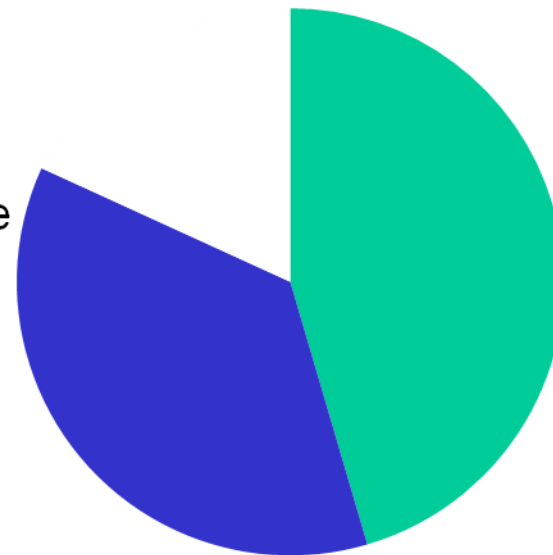
women



■ negative
■ positive
neutral

men

Of n=19
1 only pos
0 only neg



■ negative
■ positive
neutral

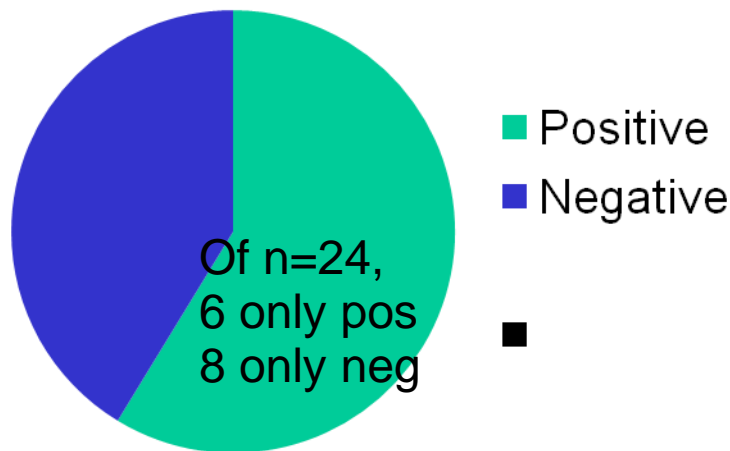
Positive: wise, generous, experienced, respect, friendly, kind, knowledgeable

Negative: slow, poor health, not active/physical, frail, weak, forgetful

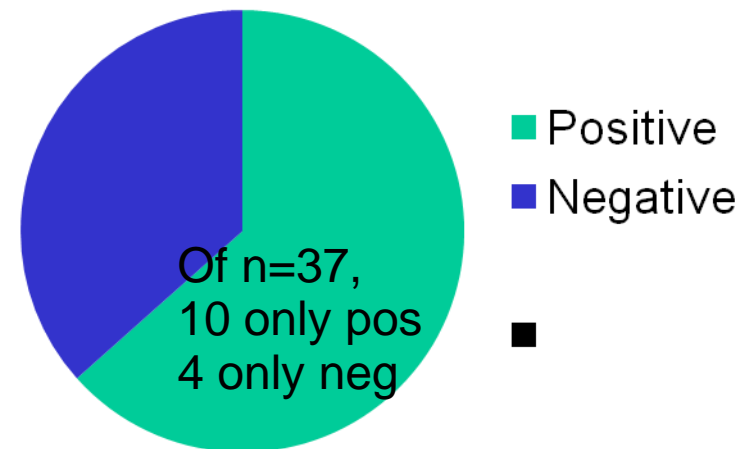
Neutral: old, wrinkles, grey, small

Young People in China: only positive attitudes ?

Men



Women



Positive: smiling, wise, calm, friendly, caring, insightful, happy, forgiving

Negative: talkative, childlike, slow, poor health, opinions not relevant, ugly

Negative Attitudes to Ageing in Elderly

Psychosocial Loss

- Old age is a time of loneliness
- Old age is a depressing time of life
- I see old age mainly as a time of loss (of physical independence)
- I don't feel involved in society now that I am older
- I feel excluded from things because of my age

Positive Attitudes to Ageing

Psychological growth

- Wisdom comes with age
- It is a privilege to grow old
- It is very important to pass on the benefits of my experiences
- I believe my life has made a difference
- I want to give a good example to younger people

Other Positive Attitudes to Ageing

Physical Change

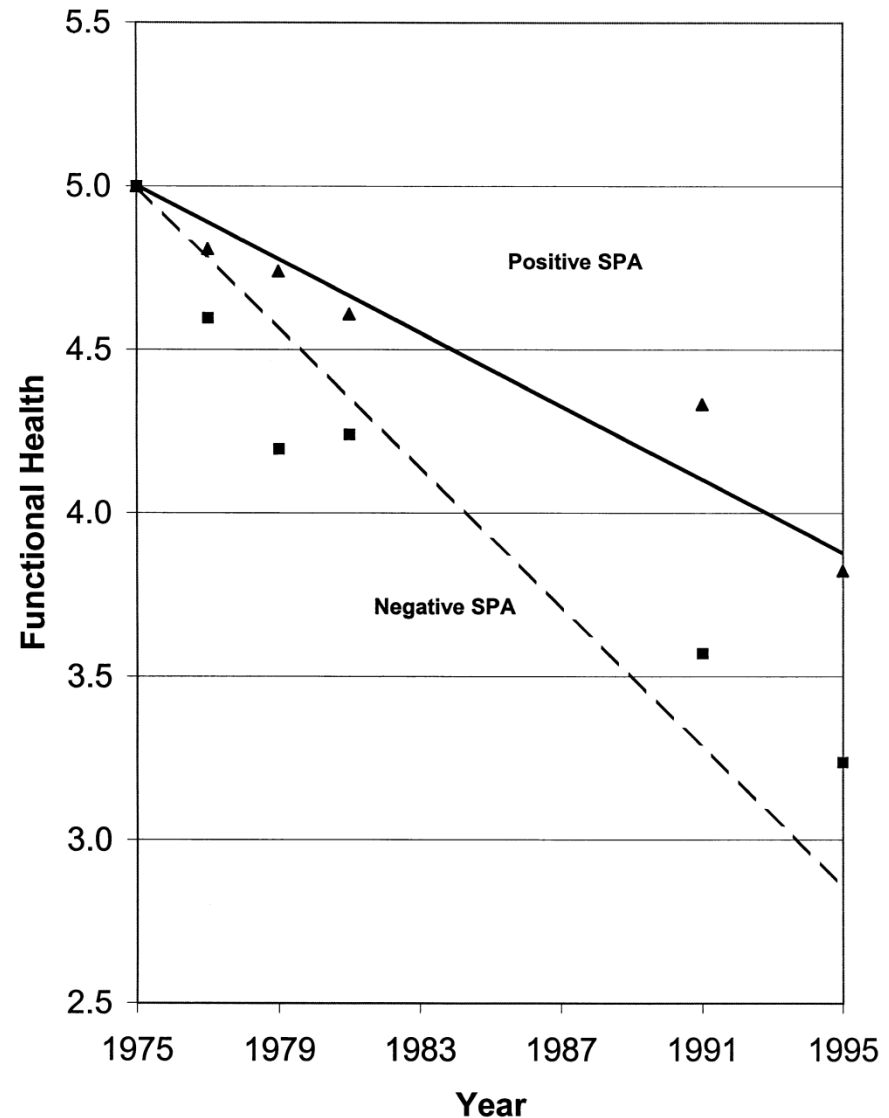
- It is important to take exercise at any age
- My identity is not defined by my age
- I have more energy now than I expected for my age
- Problems with my physical health do not hold me back from doing what I want
- My health is better than I expected for my age
- I keep as fit and active as possible by exercising

Perceptions of Ageing

- Perceptions of ageing are predominantly negative (Nelson 2005)
- Most frequent expectations - old age is associated with:
 - Poor cognitive and physical functioning, isolation
 - Inevitable decline and deterioration (Sarkisian et al 2005)
- These perceptions are not always accurate – huge variation !
- The **BELIEF** that ageing is associated with decline may be related to health outcomes – *Self fulfilling prophecy*
- *(Merton, (1957))*

Levy et al (2002).

- Elderly (50+) same baseline functional health
- Those with negative self perceptions show more deterioration over time
- Attitudes to ageing can affect future health
- Another study found that those with more positive self perceptions at baseline lived longer (controlling for other factors)



Levy et al (2002): why ?

“Perceived control”

- Do you have control over your future health/function?
- Or is age related decline inevitable?

This affects your present health behaviours :

- Physical activity, Healthy diet, not Smoking

Negative attitudes and little perceived control leads to **self full-filling prophecy**: to give up trying within the set limits and for (carers) not letting old people enjoy independence in old age

- Negative perceptions of ageing may reduce the involvement in health promoting behaviours
- Levy & Myers (2004) hypothesised this reduction in healthy behaviour was due to the perception that illness was inevitable
- Negative stereotypes **reinforce attitudes** that elderly are too weak to exercise and health improvements are not possible
- Keeping active being involved is essential to maintain functioning and well being



Promoting independence in old age

- Keeping active (playgrounds for older people)
- Age friendly cities (side walks, busses, toilets)
- Aids around the house (smart homes)
- Aids in nursing homes for people with dementia and cognitive impairment to maintain function



Dr Wit and Dr Yuniar Sunarko from Lawang Mental Hospital who have done a splendid job at introducing aids for people with dementia to maintain independence and dignity

Less **perceptual ability** (Kirby, 2010): requires high contrast washrooms, using rails and correct bed height for easy access to **prevent falls** which are common in dementia.



Loss of **orientation in time and place**: give reminders and simple symbols to identify rooms. Reminiscence training to activate **prior knowledge**, to give a sense of purpose and fun



Structured daily activities including cooking to **activate planning skills and exercising together** on non slip floors



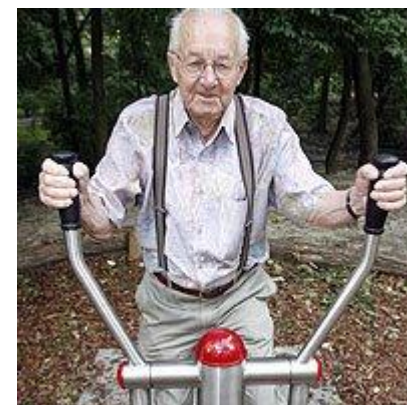
JADWAL KEGIATAN

NAMA PASIEN	CM	K	SENIN MUSIK	SELASA ROT/TAKS	RABU RELI
1. JABRIYAH	17702	2	✓	✓	✓
2. PUNYATI	18003	2	✓	✓	✓
3. SUWARYA	19912	2	✓	✓	✓
4. SUPARNI	22526	3	✓	✓	✓
5.					
6. SITI HUSMA	26601	3	✓	✓	✓
7. SULYAN	28504	3	✓	✓	✓
8. SITI	29991	2	✓	✓	✓
9. HANIMAH	77998	2	✓	✓	✓
10. HANIMATI	21021	2	✓	✓	✓
11. HANIMATI	29302	2	✓	✓	✓
12. HANIMATI	28018	2	✓	✓	✓
13. HANIMATI	27902	2	✓	✓	✓
14. SITI	28311	2	✓	✓	✓
15. HANIMATI	17800	2	✓	✓	✓
16. HANIMATI	19801	2	✓	✓	✓
17. HANIMATI	19912	2	✓	✓	✓
18. HANIMATI	18003	2	✓	✓	✓
19. HANIMATI	17401	2	✓	✓	✓
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22. HANIMATI	19019	2	✓	✓	✓
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SESUAI KEBUTUHAN ANDA

Sekilas mengenai beberapa kegiatan yang kami lakukan

- Reality orientation training**
Suatu modalitas terapi yang dirancang secara unik untuk mempertahankan orientasi klien terhadap diri dan lingkungannya
- Reminiscence therapy**
Penggunaan berbagai benda, kisah, maupun lagu dari masa lalu klien untuk merangsang kembali memori jangka panjangnya
- Modified occupational therapy**
Terapi okupasi yang disesuaikan dengan latar belakang sosio-ekonomi, pendidikan, dan budaya klien
- Respite Care**
Pengasuhan sementara bagi usia lanjut, apabila pengasuh tetap/keluarganya berhalangan mengasuh selama beberapa saat
- Palliative Care & hospice service**
Perawatan suportif dengan tujuan meningkatkan kualitas hidup klien yang mengalami penyakit stadium terminal
- Pet therapy**
Mempergunakan kedekatan klien dengan binatang peliharaan untuk membangun kembali emosi positifnya
- Multisensory stimulation**



Loughborough age friendly city



Conclusions

- Intergenerational attitudes can have a large effect on health, well being and independence
- Maintaining independence, a positive outlook and dignity at all stages (from successful ageing to disability) is crucial (BBC Young Ones)
- Translation from science (observational data to technical support) to practice is important.

Smart Homes

(work at Loughborough University):
but is it smart ?

