

Daring TO AGE WELL

A Way Finder to Age Well: Empowering You to Age Your Way

Friday 1:30 – 9:00 pm

1:30 -1:45 PM: Introduction to the Program- House Business

1:45 -2:00 PM Participants Introduction- Expectations

2:00 -3:00 Developing a context for understanding the experience of aging in USA and abroad

Lecture and group work

- Exploring our own feelings about aging
- Eldership and the role of "elder" in our culture. Elder versus elderly.
- Issues in aging and ageism in America and in other cultures
- Role of elder in the family: challenges and opportunities
- Stigma and stereotypes

3:00 -3:15 PM: Break

3:15- 4:15 PM: Healthy Aging

Lecture and group work

Challenges faced by many older adults

- Chronic illness
- Disabilities and dependency
- Losses
- End of life Issues

Factors that promote healthy Aging

- Resiliency
- Spirituality
- Positive family relationships
- Giving to others –volunteering
- Intimacy and sexuality in advanced old age

4:15 -4:30 PM: Break

4:30 -5:30 PM: Film: Aging in America (56 min)

5:30—6:00: Group Discussion – Take away rounds

6:00- 7:00 Dinner

7:00-9:00 Daring to Age Well

- Designing your Road Map to Age Well
- Dreams and Realities of personal aging process

Lecture and group work

Saturday 9:00 am – 9:00 pm

9:00 - 10:30AM: Social and psychological aspects of aging

- Demographics
- Developmental issues-Erikson new 9th stage
- Social realities
- Redefining independence and productivity
- Issues of self-worth and self-esteem in the senior years.

10:30– 10:45: Break

10:45-12:00 Other Roadblocks to consider

- Legal
- Financial
- Medical
- Mobility and Home

12:00 – 2:00 PM: LUNCH

2:00 – 3:30 Long Term Care Options

Lecture and group work

- At Home With Growing Older (Berkeley initiative)
- Co-Housing for seniors
- Facility living versus Home Care

3:30 – 3:45: Break

3:45- 6:00 Personal Will and Directives

Lecture and group work

- What is needed
- What to Do
- Designing trustees and power of attorney
- Who and why
- Review yesterday' s plans and adjust

6:00- 7:00 Dinner

7:00-9:00 Daring to Age Well II

- Reviewing your Road Map to Age Well
- Strengths and Weaknesses Analysis

Sunday 9:00 am – 4:30 pm

9:30 AM – 10:30 AM **10:30 – 10:45 AM: Break**

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10:45 AM – 12:00 PM Section Empowering Seniors to Age Well

Lecture and group work

- Self-Exploration- Internalized Ageism and Sexism
- Harnessing Personal Skills in last phase of life
- The Crone analogy
- Older and Wiser
- What's next: Engagement and mentorship

12:00 – 2:00 PM: LUNCH AND CHECK OUT

2:00 -4:30 PM: Final Planning to Age Well

Lecture and group work

- Obstacles and Assets
- Actions to take
- Accountability action/partner

4:00 – 4:30 Closing Remarks

- Personal Reflections
- Evaluation
- Adjourning
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