

The background features abstract, overlapping geometric shapes in various shades of green, ranging from light lime to dark forest green. The shapes are primarily triangles and polygons, creating a dynamic, layered effect. The overall composition is clean and modern, with the text centered on a white background.

Dementia: what it looks like and how to help

The changing face of aging - things to consider...

Birthdays
are good for you.



**Statistics show
that the people who
have the most,
live the longest.**

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*In youth
we learn...*



*In old age
we understand...*

-Marie von Eschenbach-

"I look forward to being older, when what you look like becomes less and less an issue and what you *are* is the point."

- Susan Sarandon



<i>Generation name</i>	<i>Births start</i>	<i>Births end</i>	<i>Youngest age today</i>	<i>Oldest age today</i>
<i>The Lost Generation</i>	1890	1915	102	127
<i>The Interbellum Generation</i>	1901	1913	104	116
<i>The Greatest Generation</i>	1910	1924	93	107
<i>The Silent Generation</i>	1925	1945	72	92
<i>Baby Boomer Generation</i>	1946	1964	53	71
<i>Generation X / Baby bust</i>	1965	1979	38	62
<i>Generation Y / Millenials</i>	1980	1995	22	37
<i>Generation Z</i>	1996	2010	7	21

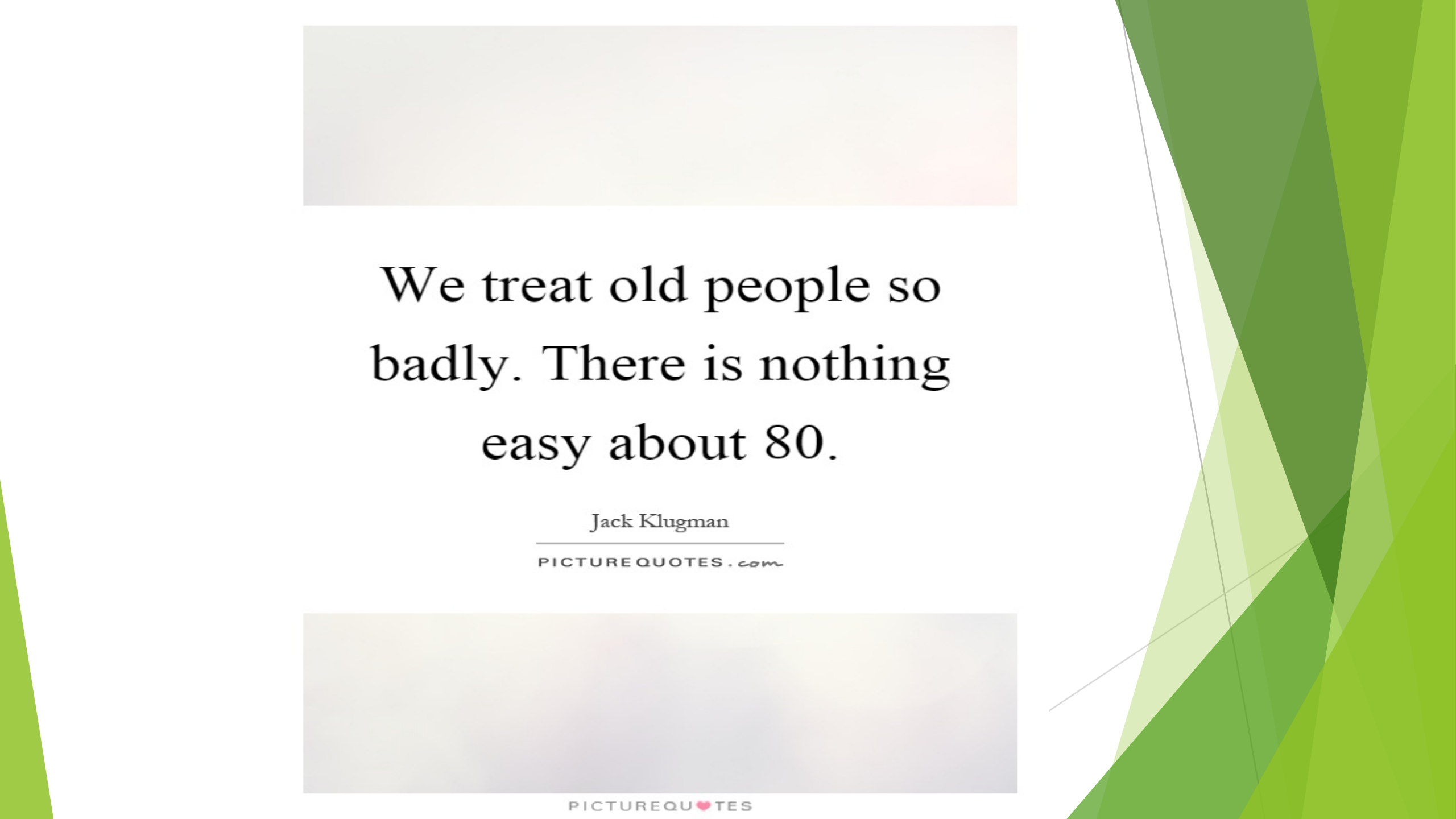
Who you are...

Baby Boomers (53-71)

Baby Bust (38-62)

Millennials (22-37)

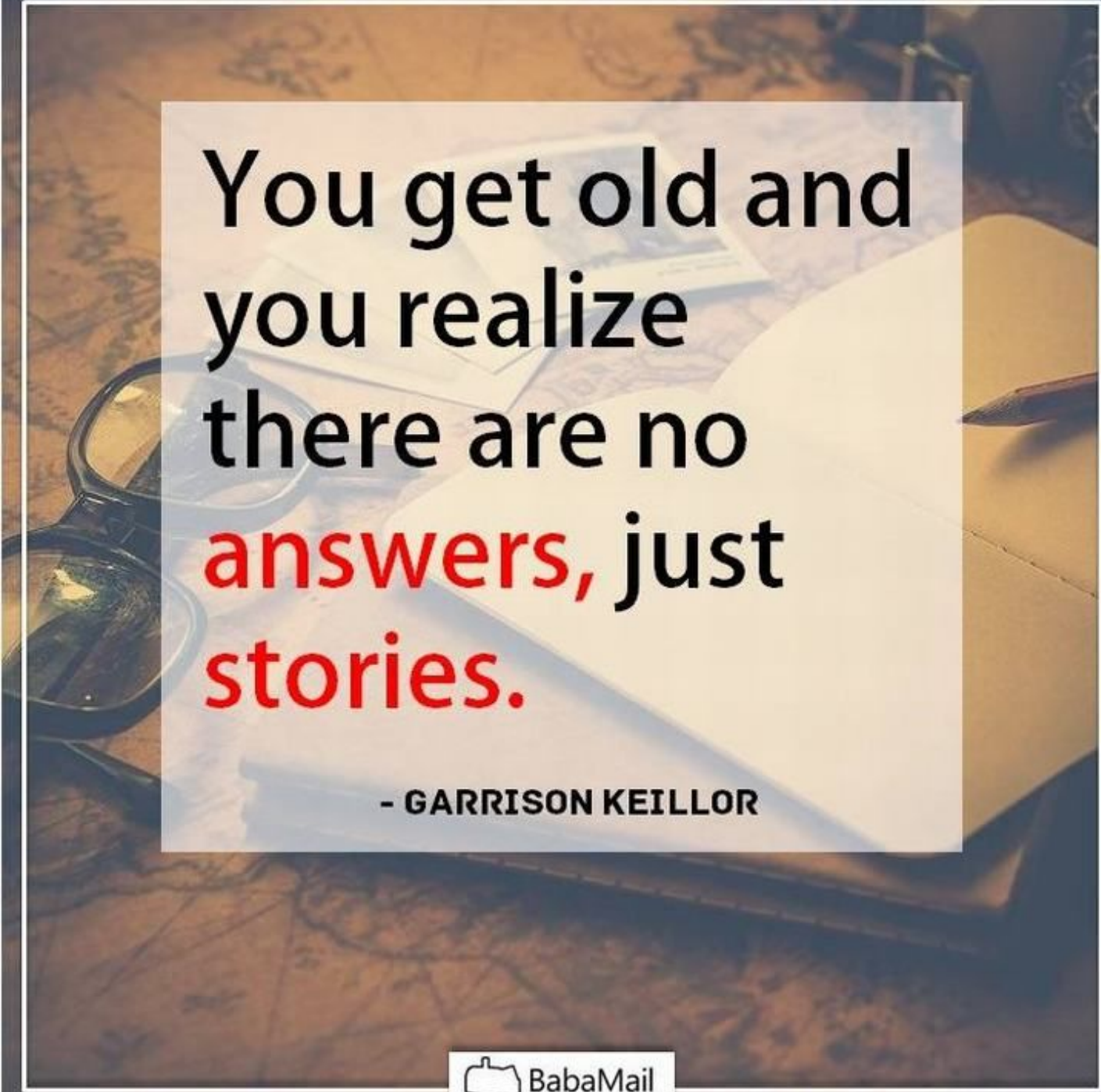
<i>Ages/conditions</i>	<i>Percentage of US population</i>
55 and above	28%
35-54	26%
26-34	12%
19-25	10%
0-18	25%
Mental illness	18%
Dementia	12.4% (2000) - 19.6% (2030)



We treat old people so
badly. There is nothing
easy about 80.

Jack Klugman

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You get old and
you realize
there are no
**answers, just
stories.**

- GARRISON KEILLOR



How are our views about aging formed?

- ▶ *Family*
- ▶ *Movies/TV*
- ▶ *Social interactions - such as...*
- ▶ *Jobs*
- ▶ *Friends*
- ▶ *Neighbors*
- ▶ *Other people's experiences*

Have your views changed over time? Why? How?

- ▶ *My own age*
- ▶ *My family's ages*
- ▶ *Social experiences*
- ▶ *Movies/TV*
- ▶ *Neighbors*
- ▶ *Friends experiences*

What to really expect from aging

- ▶ *Aging: What to expect*
- ▶ *Wonder what's considered a normal part of the aging process? Here's what to expect as you get older – and what to do about it.*
- ▶ *By Mayo Clinic Staff*
- ▶ *You know that aging will likely cause you to develop wrinkles and gray hair. But do you know how the aging process will affect your teeth, heart and sexuality? Find out what kind of changes you can expect in your body as you continue aging*

Your cardiovascular system

What's happening

- ▶ As you age, your heart rate becomes slightly slower, and your heart might become bigger. Your blood vessels and your arteries also become stiffer, causing your heart to work harder to pump blood through them. This can lead to high blood pressure (hypertension) and other cardiovascular problems.

Your bones, joints and muscles

What's happening

- ▶ *With age, bones tend to shrink in size and density – which weakens them and makes them more susceptible to fracture. You might even become a bit shorter. Muscles generally lose strength and flexibility, and you might become less coordinated or have trouble balancing.*

Your digestive system

What's happening

- ▶ *Constipation is more common in older adults. Many factors can contribute to constipation, including a low-fiber diet, not drinking enough fluids and lack of exercise. Medications – such as diuretics and iron supplements – and certain medical conditions – such as diabetes and irritable bowel syndrome – also might contribute to constipation*

Your bladder and urinary tract

What's happening

- ▶ *Loss of bladder control (urinary incontinence) is common with aging. Certain medical conditions, such as diabetes, might contribute to incontinence – as can menopause, for women, and an enlarged prostate, for men.*

Your memory What's happening

- ▶ *Memory might naturally become less efficient with age. It might take longer to learn new things or remember familiar words or names.*

Do not resent growing old.
Many are denied the privilege.



Irish Proverb