



**Inland Coalition
on Aging**

Monthly Meeting

April 23, 2024

Inlandaging.org

Agenda

Welcome

Key Points from Last Meeting

Let's Talk About Ageism, Dr. Ben Jauregui

IE-MPA Updates

Next Meeting

Post-meeting survey

Last ICA Meeting

Ben Jauregui, DSW

ICA Chair

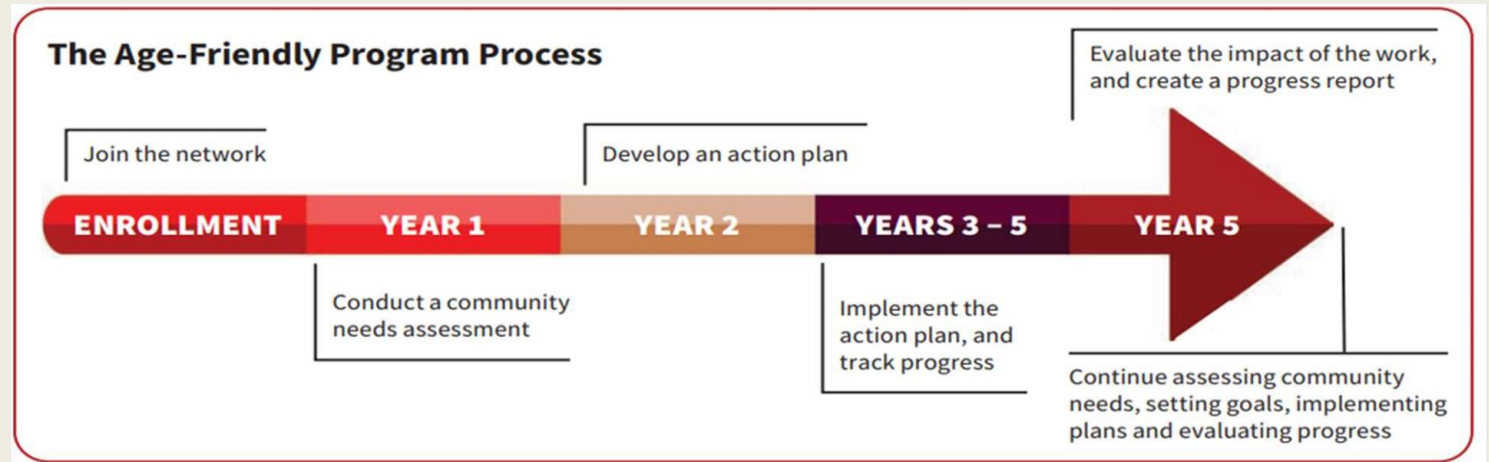
Key Points

AARP Network of Age-Friendly States and Communities

- By 2060, about 1 in 4 people in the U.S will be at least 65 years old.
- AARP Study: (67%) of all adults — and 79% of those 50+— want to stay in their current communities. Adults primarily value communities that foster good health, promote street safety, and provide good opportunities for community engagement and social interaction
- **Membership in the network:**
 - Serves as an organizing structure for making community improvements
 - Fosters partnerships among community groups and local stakeholders
 - Provides resources for identifying and assessing community needs
 - Enables community improvements that benefit people of all ages

AARP Key Points (cont.)

- **The Age-Friendly Program Process:**



- **NAFSC Member Benefits:**

- Access to expert-led webinars and technical assistance from livability professionals.
- Connections to a national network of more than 700 enrolled communities.
- Support, guidance and resources from AARP about creating an action plan and documenting progress.
- Support in reaching AARP members.
- A private group forum for discussions, asking questions and finding.

Let's Talk About Ageism

Dr. Ben Jauregui,

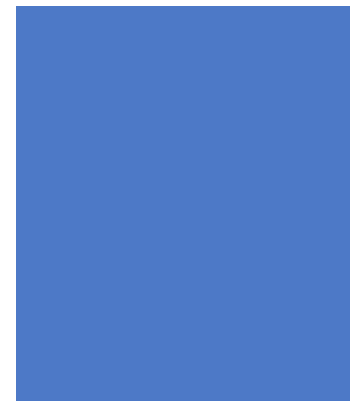
DSW, Manager, Integrated Transitional
Care Team, Inland Empire Health Plan,
Commissioner for the San Bernardino
County Senior Affairs Commission

Let's Talk About Ageism.



**Inland Coalition
on Aging**

Ben Jauregui, DSW



Objectives

Attendees will...

- Define Ageism
- Discuss examples of ageism in health, social, employment, and economic context
- Explore practical solutions to avoid bias



Let's talk about Aging Stereotypes

Appearance/physical abilities: _____

Health: _____

Employment: _____


Driving: _____

Technology: _____

Caring for an older adult: _____

Let's Define Ageism

Ageism: the stereotypes (how we think), prejudice (how we feel) and discrimination (how we act) towards others or ourselves based on age.¹



“Ageism is discrimination against older people due to negative and inaccurate stereotypes”²

1 World Health Organization https://www.who.int/health-topics/ageism#tab=tab_1

2 www.reframingaging.org



Ageism: the “ism” everyone ages into.

- Ageism is pervasive, affects people of all ages from childhood onwards and has serious and far-reaching consequences for people’s health, well-being and human rights.
- Ageism is everywhere, yet it is the most socially “normalized” of any prejudice and is not widely countered – like racism or sexism.

Ageism

- Nearly 80 percent of respondents reported experiencing ageism--such as other people assuming they had memory or physical impairments due to their age.
- The most frequent type of ageism reported by 58 percent of respondents--was being told a joke that pokes fun at older people.
- Thirty-one percent reported being ignored or not taken seriously because of their age.



Ageism
touches
all
aspects
of life.

- Health
- Education
- Social aspects
- Employment
- Long-term care
- Independence
- Recreation/Entertainment
- Worship/Religion
- Full Participation in life.

Let's Talk About the Health Impact of Ageism.



Ageism has been shown to cause cardiovascular stress, lowered levels of self-efficacy and decreased productivity.



Negative attitudes are also widely present even within the health and social-care settings where older adults are at their most vulnerable.



Some of this prejudice arises from observable biological declines and may be distorted by awareness of disorders such as dementia, which may be mistakenly thought to reflect normal ageing.

Let's Talk About the Health Impact of Ageism.

Socially ingrained ageism can become self-fulfilling by promoting in older people stereotypes of social isolation, physical and cognitive decline, lack of physical activity and economic burden.

Let's Talk About the Social Impact of Ageism.



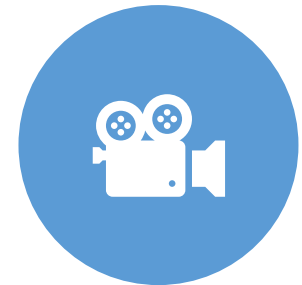
ABUSE AND
NEGLECT



ISOLATION



LIMITED
OPPORTUNITIES



UNDERREPRESENTED
TYPECAST AND
PRECLUDED

Language
contributing to
Ageism?

- I'm having a senior moment.

- _____

- _____

- _____

- _____

- _____

- _____

- _____

- _____



Let's Talk about Language

*“The difference between
the right word and the
almost right word is the
difference between
lightning
and the lightning bug.”
Mark Twain*



Let's Talk About Language: Independence

- Independence is not about doing it by yourself, it's about being able to have a choice and preferences about where we live, work, and play.
- Dependence is not a bad word – think about how you depend on family, spouses, and coworkers.



Reframe Aging

| Do: | Try the following: |
|---|---|
| Use neutral and inclusive terms: | Older Adults, Older Americans, Us and We |
| Talk affirming about changing demographics: | “As American’s live longer and healthier lives...” |
| Emphasize how to improve social context: | “Let’s find creative solutions to ensure we can all thrive as we age.” |
| The Building Momentum metaphor: | “Aging is a dynamic process that leads to new abilities and knowledge we can share with our communities.” |
| Define ageism: | “Ageism is discrimination against older people due to negative and inaccurate stereotypes.” |

What society tells me....



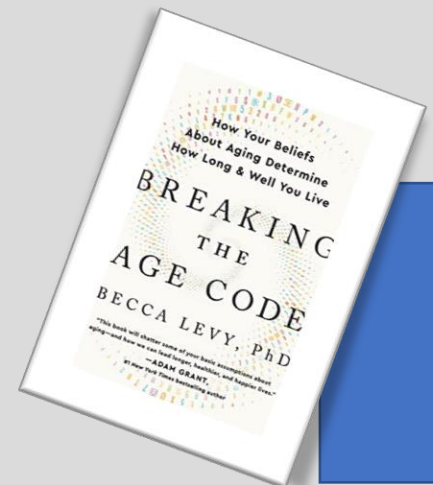
"I'm not 'confined' to a wheelchair.
I'm confined to what society tells
me I'm confined to."

– Max Starkloff



Change your *attitude*, live longer.

- Studies by Dr. Becca Levy, Yale University
- Negative attitude about aging can have a negative impact on your health.
- People with low expectations participate less in preventative activities.
- People with positive perceptions
 - have better health
 - Engage in preventative health behaviors
 - 44% more likely to recover from a severe disability
 - **Live 7.5 years longer!**



Happiness is a Choice you make.

“The elders I spent time with, like the vast majority of older people...lived with loss and disability but did not define themselves by it, and got up each morning with wants and needs, no less so because their knees hurt, or they couldn’t do the crossword puzzle like they used to. **Old age wasn’t something that hit them one day when they weren’t careful. It also wasn’t a problem to be fixed. It was a stage of life like any other, one in which they were still making decisions about how they wanted to live, still learning about themselves and the world.**”

“If you want to be happy, you have to think like an old person.”

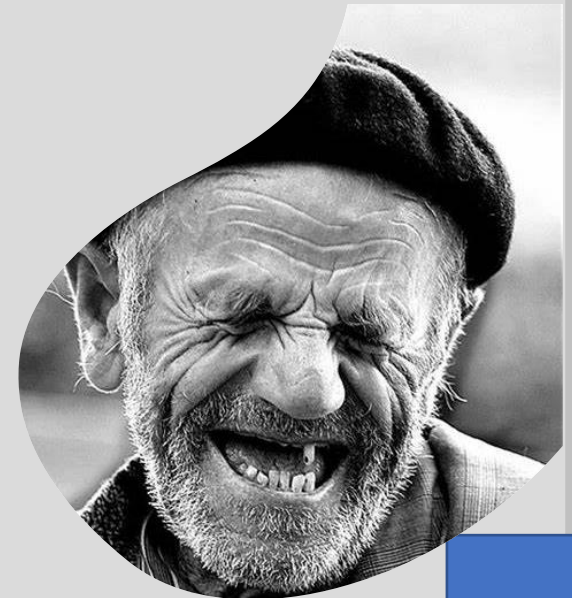
Source: Perry, K. (2018). Happiness Is a Choice You Make: Lessons from a Year Among the Oldest Old. *Library Journal*, 143(11), 46.



Happiness is a Choice you make.

Older Adults...

- report a greater sense of well-being and fewer negative emotions than younger people
- Are more content, less anxious, or fearful
- Are less afraid of death
- Are more likely to see good side of things
- are more likely to accept the bad



Source: Perry, K. (2018). Happiness Is a Choice You Make: Lessons from a Year Among the Oldest Old. *Library Journal*, 143(11), 46.

Enjoy happiness, right now!

- Happiness is what is happening today.
- You don't know what the world will bring tomorrow.
- Take satisfaction in what is available right now.
- Find fulfillment in the present.

Socioemotional selectivity – knowing you face a limited time in front of you, focus your energies on things that give you pleasure in the moment.

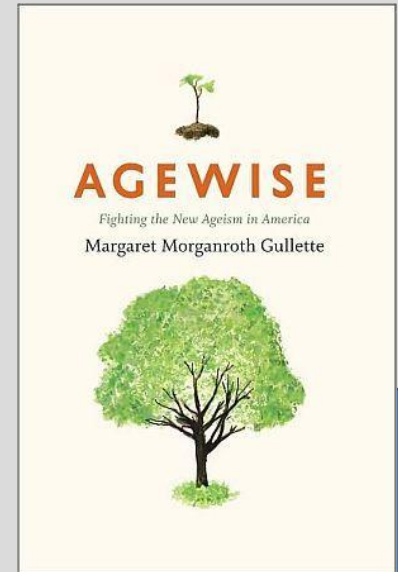
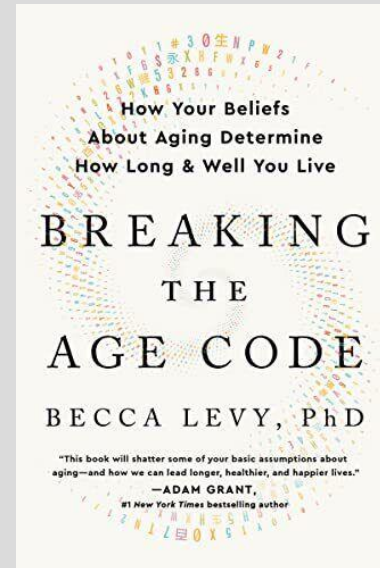
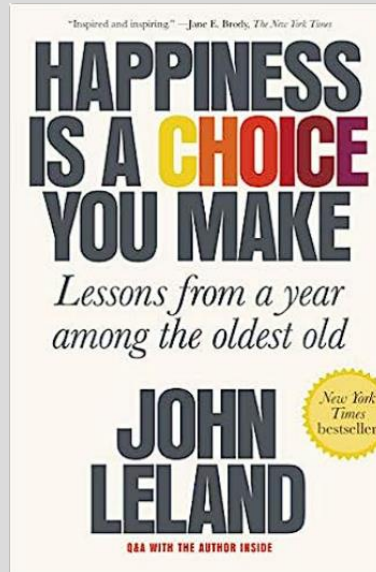
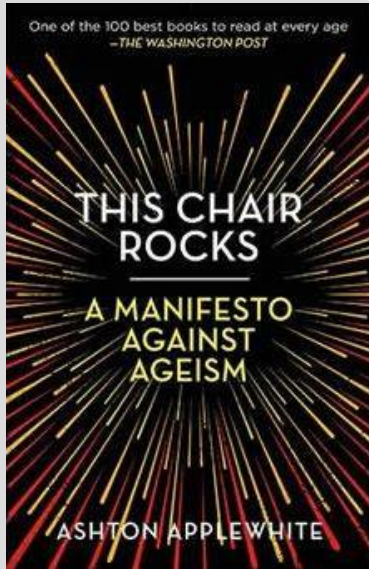
Source: Perry, K. (2018). Happiness Is a Choice You Make: Lessons from a Year Among the Oldest Old. *Library Journal*, 143(11), 46.



What are you looking forward to as you age?

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____



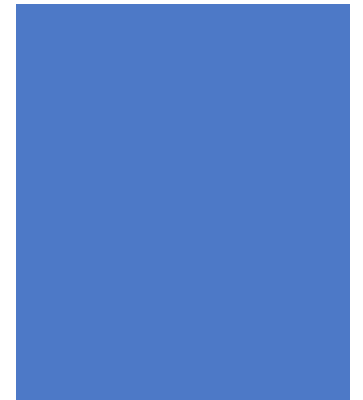


Questions or Comments



**Inland Coalition
on Aging**

Ben Jauregui, DSW



IE-MPA Updates

Carmen Estrada, MPA

IE-MPA Co-Chair

Advocacy Day

- [Advocacy Day Registration](#)
- We need your help advocating for senior services.
- Meetings with legislators are being coordinated for May 9th. Let us know if you would like to participate.
info@InlandAging.org



2024 VIRTUAL  Day

MAY 8-9, 2023
REGISTRATION NOW OPEN



2024 VIRTUAL SENIOR RALLY DAY
CALIFORNIA • SENIOR • LEGISLATURE

WED, MAY 8

.....

CCLTSS is this year's Premier Sponsor of the annual Senior Rally Day, hosted by California Senior Legislature. Sign-up to receive exclusive access to an exciting program and on-demand content on May 8!

All are welcome, but space is limited.

2024 VIRTUAL Advocacy Day

THU, MAY 9

.....

Building off of the momentum of Senior Rally Day, CCLTSS members are invited to join small group meetings with key policymakers to discuss critical issues facing older and disabled Californians. Be sure to register for Advocacy Day on May 9 to reserve your spot!

CCLTSS membership required for participation.

REGISTER TO RESERVE YOUR SPOT
[HTTPS://WWW.CCLTSS.ORG/ADVOCACY-DAY/LANDING/](https://www.ccltss.org/advocacy-day/landing/)



Workgroups

Behavioral Health (2nd Wednesday of month 3pm-4pm)

- Dr. Georgina Yoshioka, DSW, MBA, LCSW, Director Behavioral Health San Bernardino County
- Tony Ortego , LMFT, Behavioral Health Services Administrator, Older Adult Integrated System of Care, Riverside University Health System - Behavioral Health

Transportation (2nd Wednesday of month 11am-12pm)

- Heather Menninger, President AMMA Transit Planning Inc.

Caregiving & Alzheimer's and all other Dementias (2nd Wednesday of month 9am-10am)

- Susan Howland, MSG, Senior Director of Programs, Alzheimer's Association Southland
- Carmen Estrada, Executive Director, Inland Caregiver Resource Center

Housing (4th Wednesday of month 2:30pm – 3:30pm)

- Tanya Torno, MSW, Deputy Director, Continuum of Care, Housing and Workforce Solutions
- Dr. Ben Jauregui, DSW, Manager, Integrated Transitional Care, UM - Transition of Care, Inland Empire Health Plan

Awareness

Resource Tables

- 36th Annual Adult Protective Services Multi-Disciplinary Team Conference May 22nd
- 2024 Riverside County Elder & Dependent Adult Abuse Symposium June 13th

Presentations

- San Bernardino County Older Adults Awareness Subcommittee May 23rd
- 36th Annual Adult Protective Services Multi-Disciplinary Team Conference May 22nd

Content

- New content will be on our website: [InlandAging.org/media](https://www.inlandaging.org/media)

ICA Annual Conference

- September 27, 2024. More information TBA

ICA Linked In – Follow us!

<https://www.linkedin.com/company/inland-coalition-on-aging/>

Next Meeting

Tuesday

May 28, 2024

11:00 am - 12:00 pm



**Inland Coalition
on Aging**

**Remember to complete the post-meeting survey to let us
know how we did.**

Thank You!

For more information, please visit: **[Inlandaging.org](https://www.inlandaging.org)**