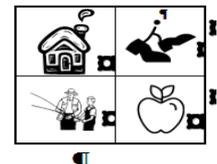




# Facts and Myths of Aging

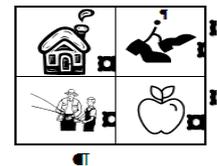
Made available by:  
Beth Gambel  
Family and Consumer Sciences  
Educator  
South Central/Crescent Region



**Aging Well:¶  
Healthier, Happier and¶  
Less Hassled¶**  
An Educational Series for Seniors and their Caregivers¶

*Anyone who stops learning is old, whether at 20 or 80. Anyone who keeps learning stays young. The greatest thing in life is to keep your mind young!*

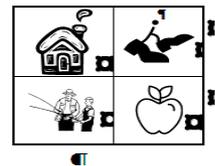
Henry Ford



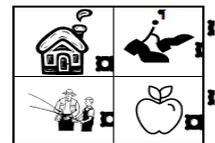
**Aging Well:¶  
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# Human Aging

- Begins at birth
- Influenced by a composite of biologic, psychological, social, functional and spiritual factors
- Varies from person to person



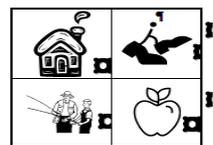
# Fact or Myth?



**Aging Well:¶  
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Less Hassled¶**

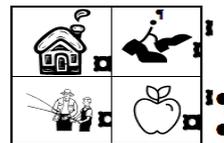
An Educational Series for Seniors and their Caregivers¶

**The majority of  
people over the age of  
65 have Alzheimer's  
disease.**



**Aging Well:¶  
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Less Hassled¶**  
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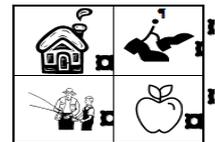
**As people grow older,  
their intelligence  
declines significantly.**



**Aging Well:¶  
Healthier, Happier and¶  
Less Hassled¶**

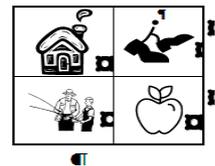
An Educational Series for Seniors and their Caregivers¶

**It is very difficult for  
older adults to learn  
new things.**



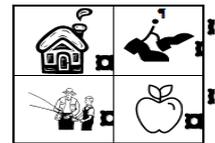
*Tell Me and I Will Forget.  
Show Me and I Will Remember.  
Involve Me and I will  
Understand.*

**David Kolb quoting Confucius**



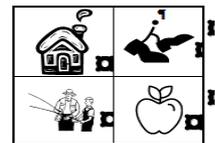
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# Personality changes with age.



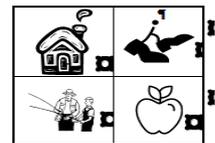
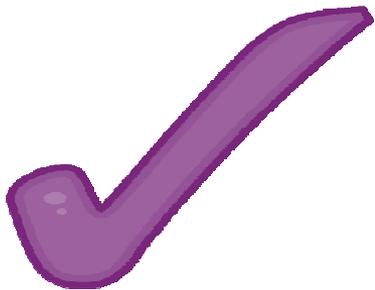
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# Memory loss is a normal part of aging



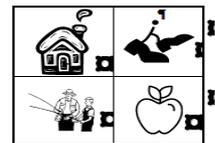
**Aging Well:¶  
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**As adults grow older,  
reaction time  
increases.**

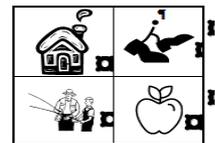
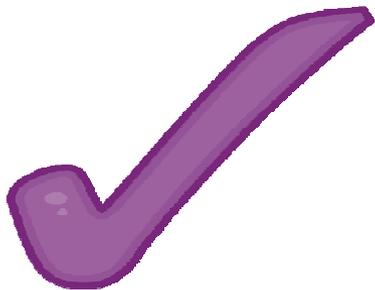


**Aging Well:¶  
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**Depression occurs  
more frequently in  
older adults than in  
young adults.**

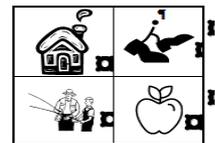


# Older adults are at high risk for HIV/AIDS.

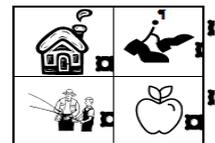


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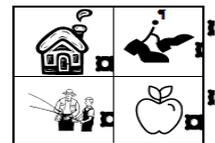
**Alcoholism and alcohol abuse are greater problems in those over the age of 65.**



**Older adults have more  
trouble sleeping than  
younger adults do.**

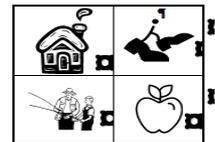
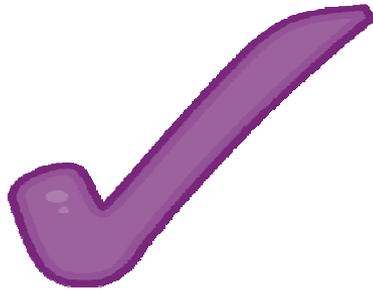


**Older adults have the  
highest suicide rate of  
any age group.**



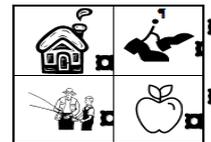
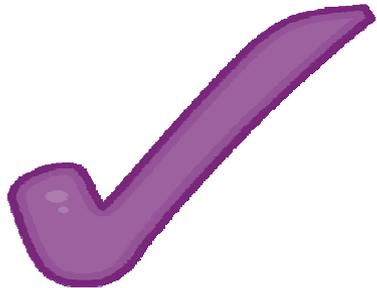
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# High blood pressure increases with age.

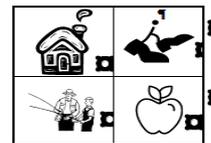


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**Older people perspire less, so they are more likely to suffer from hyperthermia.**

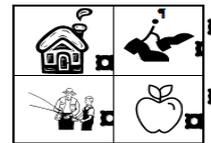
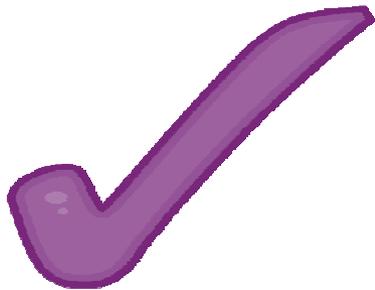


**Osteoporosis is a  
normal part of the  
aging process for  
women.**

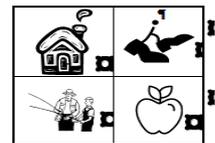
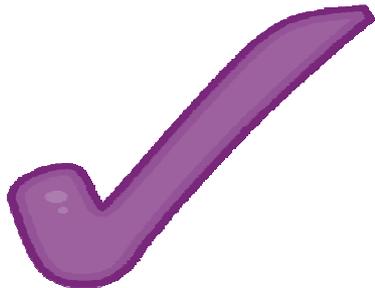


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# A person's height tends to decline in old age.



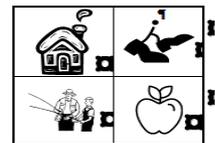
# Physical strength declines in old age.



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*It is better to wear out  
than to rust out!*

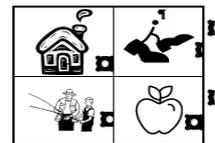
**Richard Cumberland**



**Aging Well:¶  
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Less Hassled¶**

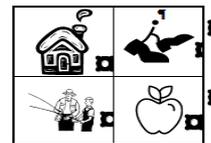
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**Most older adults lose  
interest in and capacity  
for sexual relations.**

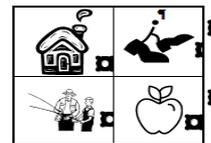


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**All five senses tend to decline with advancing age.**

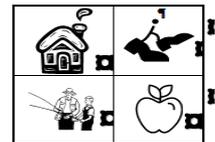
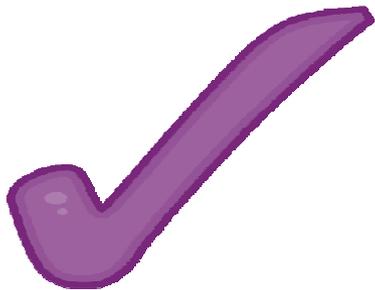


**As Americans age,  
many have trouble  
eating well.**



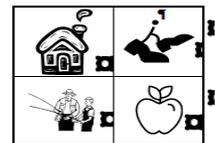
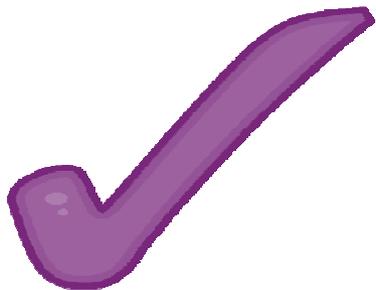
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**Older people are increasingly targets for fraud and scams.**



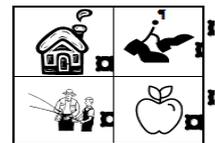
**Aging Well:¶  
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**As people live longer,  
they face fewer acute  
health conditions.**

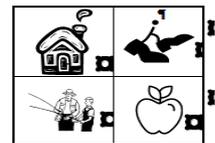


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**Retirement is often detrimental to health—  
i.e., people seem to become ill or die soon after retirement.**

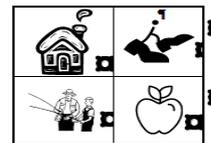
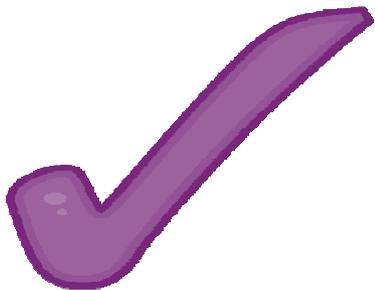


**Older adults are less  
anxious about death  
than are younger  
adults.**



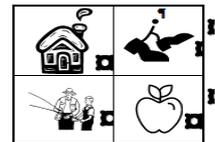
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**Older adults should  
have the opportunity to  
discuss their final  
wishes and plan their  
funeral.**



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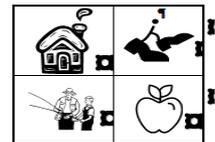
**People 65 years of age  
and older currently  
make up about 20% of  
the U.S. population.**



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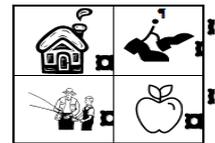
# Most older people are living in nursing homes.



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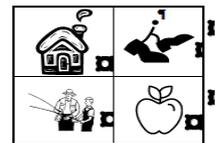
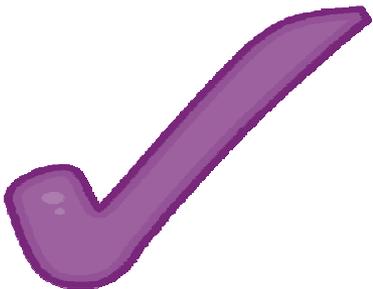
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# The modern family no longer takes care of its elderly.



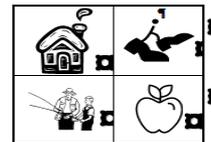
**Aging Well:¶  
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**Social security benefits  
automatically increase  
with inflation.**



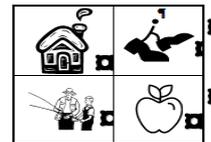
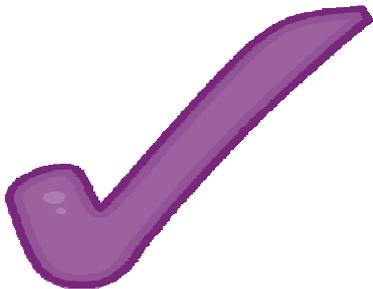
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Less Hassled¶**  
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**Living below or near the poverty level is no longer a significant problem for most older Americans.**

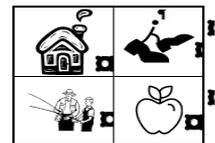


**Aging Well:¶  
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Less Hassled¶**  
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**Most 80 year-old drivers  
are quite capable of  
safely operating a  
motor vehicle.**

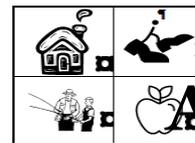


**Older workers cannot  
work as effectively as  
younger workers.**

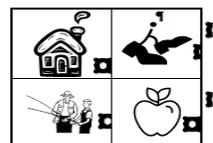


**Aging Well:¶  
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Less Hassled¶**  
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*It is not the years in your  
life but the life in your  
years!*

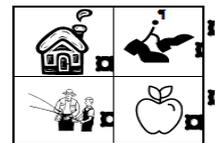


**Most older adults  
become set in their  
ways and are resistant  
to change.**



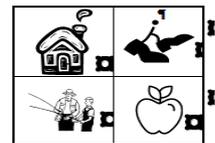
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Less Hassled¶**  
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**Older adults (65+) have  
higher rates of criminal  
victimization than  
younger adults.**

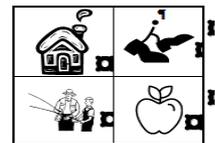


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**Older people tend to  
become more religious  
as they grow older.**

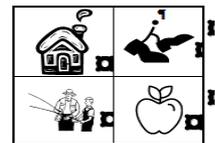


**Older people do not  
adapt as well as  
younger age groups  
when they relocate to a  
new environment.**

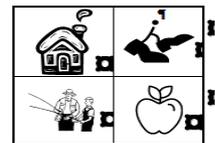


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# Volunteering in the community tends to decline as we grow older.

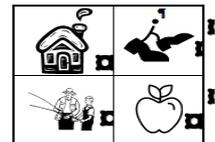


# Geriatrics is a specialty of American medicine.



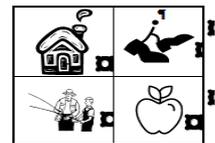
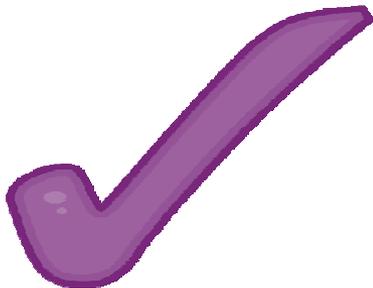
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Less Hassled¶**  
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**Abuse of the frail  
elderly is not a  
significant problem in  
the U.S.**



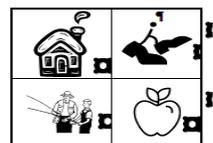
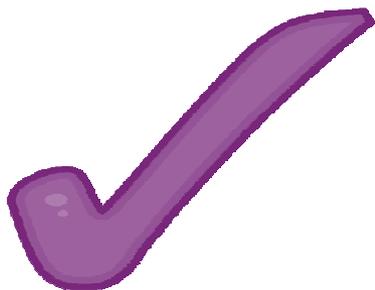
**Aging Well:¶  
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**Older adults take longer  
to recover from  
physical and  
psychological stress.**



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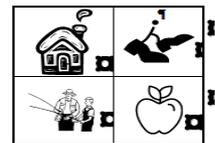
**Most older adults  
consider themselves to  
be in good health.**



**Aging Well:¶  
Healthier, Happier and¶  
Less Hassled¶**

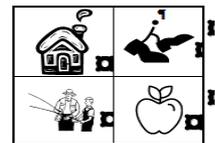
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**Older females exhibit  
better health care  
practices than older  
males.**



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**Research has shown  
that old age begins  
around age 65.**



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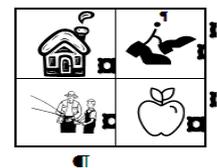
*Listen to the aged.....*

*For they will tell you about living and dying.*

*For they will enlighten you about problem-solving,  
sexuality, grief, sensory deprivation, and survival.*

*For they will teach you how to be courageous, loving and  
generous.*

Irene Burnside, 1975



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