

# The Art of Ageing

U3A Brisbane Winter School 2015

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- **Art** (an ability or skill that you can develop with training and practice)
- **Ageing** (the process of growing old)  
[oxforddictionaries.com](http://oxforddictionaries.com)
- **Mindful Self Compassion** (being aware in the present moment and responding with kindness and understanding) [mindfulnesscompassion.org](http://mindfulnesscompassion.org)

# What do we want as we age?

- ‘to maintain our independence’
- ‘to feel valued in society and connected to others in a way that we choose’
- ‘continue to adjust to change and maintain health’

(class discussion from Term 2)



## **Maintaining some independence**

Margery , Christmas Day 2009, three weeks before she died peacefully at home surrounded by family and familiar things

# More Mindful as we age?

- Learning to practice being mindful moment to moment
- Adopting lifestyle changes: reduce stress, eat well, exercise to our ability
- Advocating for ourselves and learning to find reliable health information online
- Dying to know: palliative care and dying

# Stress and our brain

- <https://www.youtube.com/watch?v=aNCB1MZDgQA>
- Mindfulness and how the brain works  
smilingmind.com.au

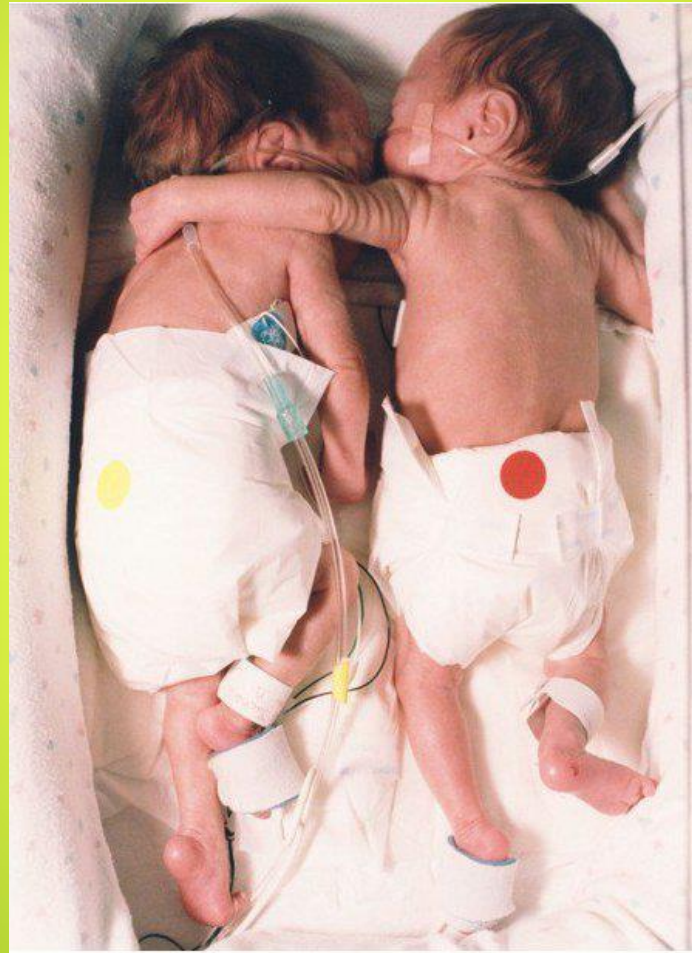
# Loving kindness practice

- Benefit to ourselves through Mindful Self Compassion practices
- Vagus nerve
- <https://www.psychologytoday.com/blog/the-athletes-way/201302/the-neurobiology-grace-under-pressure>
- Oxytocin release: soothing, calming, creating a sense of safety, protecting immune system

# Soothing touch

- A handout from [mindfulnesscompassion.org](http://www.mindfulnesscompassion.org)
- <http://www.mindfulnesscompassion.org/handouts/SoothingTouch.pdf>

# Touch for life





# Ageing and our telomeres

- Dr Elizabeth Blackburn explaining the science of Telomeres and ageing
- <https://www.youtube.com/watch?v=ECeA-WkXLeQ>
- Interesting and free ways to forestall degeneration of ageing
- Exercise, good sleep pattern, stress reduction

# Shared decision making

- Communicating our needs to our GP
- <https://www.nhmrc.gov.au/health-topics/talking-your-health-professional>
- Exploring health interventions with specialists.  
Make use of the time we are billed for.
- Medicare Chronic disease self management  
and access to allied health professionals



## **Shared decision making develops with www**

Computers changed the way health information was shared . Patients began to research online for themselves after 1991 with the advent of the world wide web. Patients engaged in discussion about health issues instead of accepting doctors and nurses opinions and treatment recommendations blindly.

# Micromonitoring

- <http://www.bbc.com/news/health-21841829>
- Other researchers have been working on similar implantable monitoring devices, but Prof Giovanni de Micheli and lead scientist Sandro Carrara say their under-the-skin test is unique because it can measure many different markers at the same time.
- They say it will be particularly useful for monitoring chronic conditions such as high cholesterol and diabetes as well as tracking the impact of drug treatments such as chemotherapy.

# Health information online

- <https://www.nia.nih.gov/health/publication/online-health-information>
- Where to look
- Reliability
- Sharing with our health providers
- Trials, research and forums

# Health information online

- <http://csn.cancer.org/>
- <http://www.sjogrens.org/>
- <http://www.betterhealth.vic.gov.au/bhcv2/bhcsite.nsf?open>
- <https://www.beyondblue.org.au/>
- <http://www.nhs.uk/NHSEngland/AboutNHSservices/doctors/Pages/expert-patients-programme.aspx>

# Health information online

- Aged care information online
- <http://www.myagedcare.gov.au/>
- <http://www.arthritisresearchuk.org/arthritis-information/arthritis-and-daily-life.aspx>
- Lab tests
- <http://www.labtestsonline.org.au/about>
- Medications
- <http://www.nps.org.au/>

# Empowered patients





# Palliative care

Palliative Care information

<http://palassist.org.au/about-us/>

2015 Palliative care funding

<http://www.healthdirect.gov.au/news/funding-boost-and-social-media-guide-supporting-palliative-care>

# Bassam's story

- <http://palliativecare.org.au/bassams-story/>
- Physical aspect
- Emotional aspect

# End of life

- <https://www.ehospice.com/australia/en-gb/home.aspx>
- Dying at home: support and help
- <http://www.myagedcare.gov.au/help-home/end-life-care-home>
- Admission to hospital or residential care

# Funerals and bereavement



# Funerals and bereavement

- Planning your funeral
- <http://www.thegroundswellproject.com/dyingtoknowday/>
- A new kind of undertaker, Zenith Virago
- <https://www.youtube.com/watch?v=roV481MGZDA>
- 'High Tea with the Heavenly Messengers' in term 3 Art of Ageing class

# Grief and loss

Unique for each of us

- What helps us deal with grief and loss?
- Staying connected with others
- Journalling/keeping a diary
- Spiritual and psychological support
- Music
- Exercise, sleep and good nutrition

# End of life or gerotranscendence?

- Prof Lars Tornstam and Dr Joan Erikson theorise
- <https://www.youtube.com/watch?v=PsHXIPyG6yl>
- Frank Ostaseski of Metta Institute talks about what caregivers can offer to the dying person
- <https://www.youtube.com/watch?v=b0UK9HK9mgk>

# Let go

(photo [www.surfersjournal.com](http://www.surfersjournal.com))





# Links and resources

- <http://www.mindfulselfcompassion.org/>
- <http://www.naturaldeathcarecentre.org/>
- <https://www.quarterlyessay.com/author/karen-hitchcock>
- <https://www.youtube.com/watch?v=roV481MGZDA>
- <http://pcwww.liv.ac.uk/~aging/>
- <http://www.grief.org.au/>

# Links and resources

- <http://www.humanservices.gov.au/customer/services/medicare/chronic-disease-management-plan>
- [https://www.nia.nih.gov/sites/default/files/online\\_health\\_information\\_can\\_you\\_trust\\_it\\_1.pdf](https://www.nia.nih.gov/sites/default/files/online_health_information_can_you_trust_it_1.pdf)
- <http://www.continence.org.au/>