

A FREE seminar...

How to feel young again!



In this free seminar, Dr Hartley begins his discussion by highlighting the five perils of ageing, and then quickly goes on to explain that these are all subject to (what he calls) "attitudinal adaptation". That is to say, that all of these five perils of ageing can be eliminated, or their effects minimised, by a shift in attitude. Then, using the acronym *A-T-T-I-T-U-D-E-S*, he explains in practical terms how this might be achieved.

**This book contains the original seminar transcript with
Overhead Transparencies**

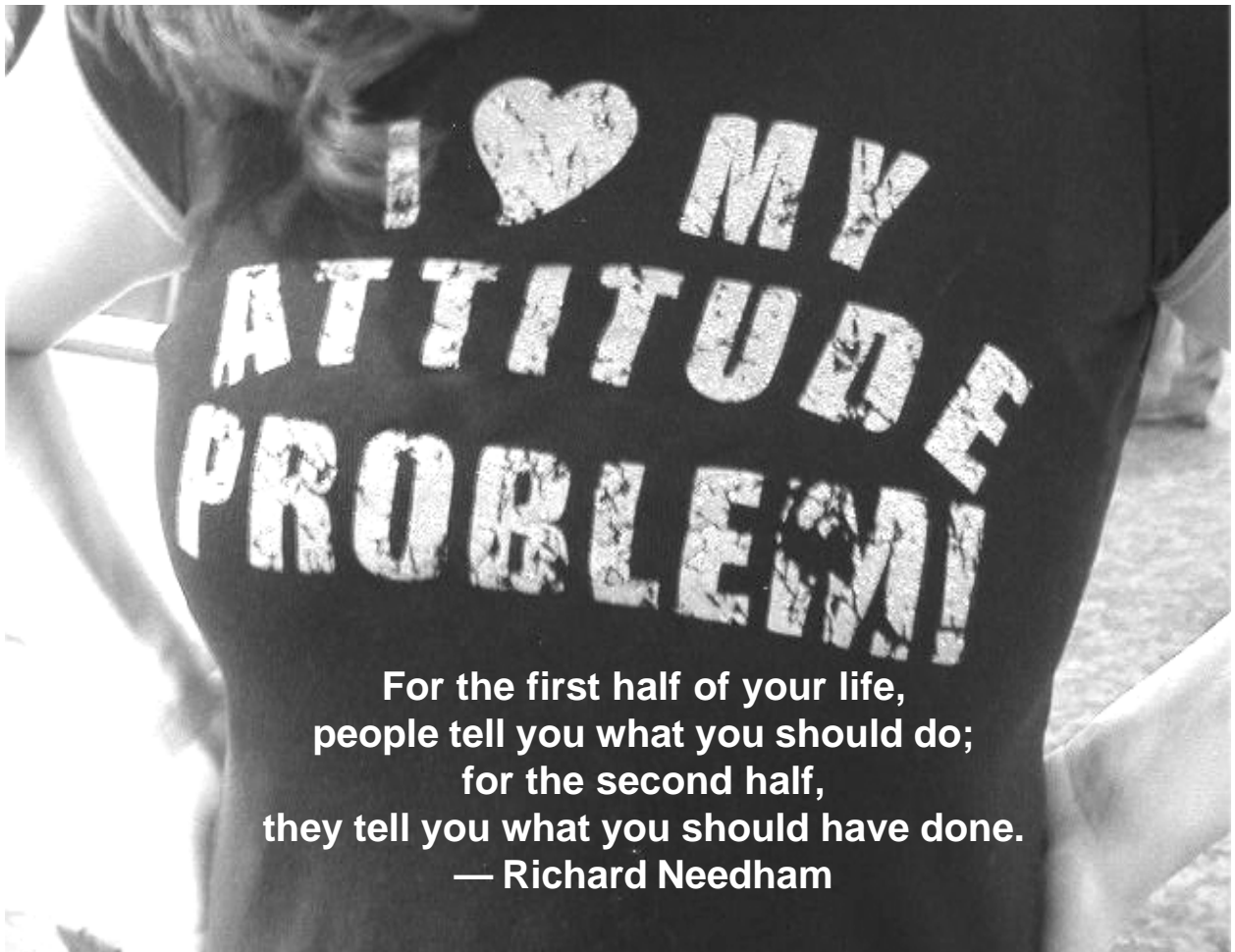
**Also the full transcript of the updated and more recent
PowerPoint version**

Plus a copy of the handouts.

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Attitudes to Ageing

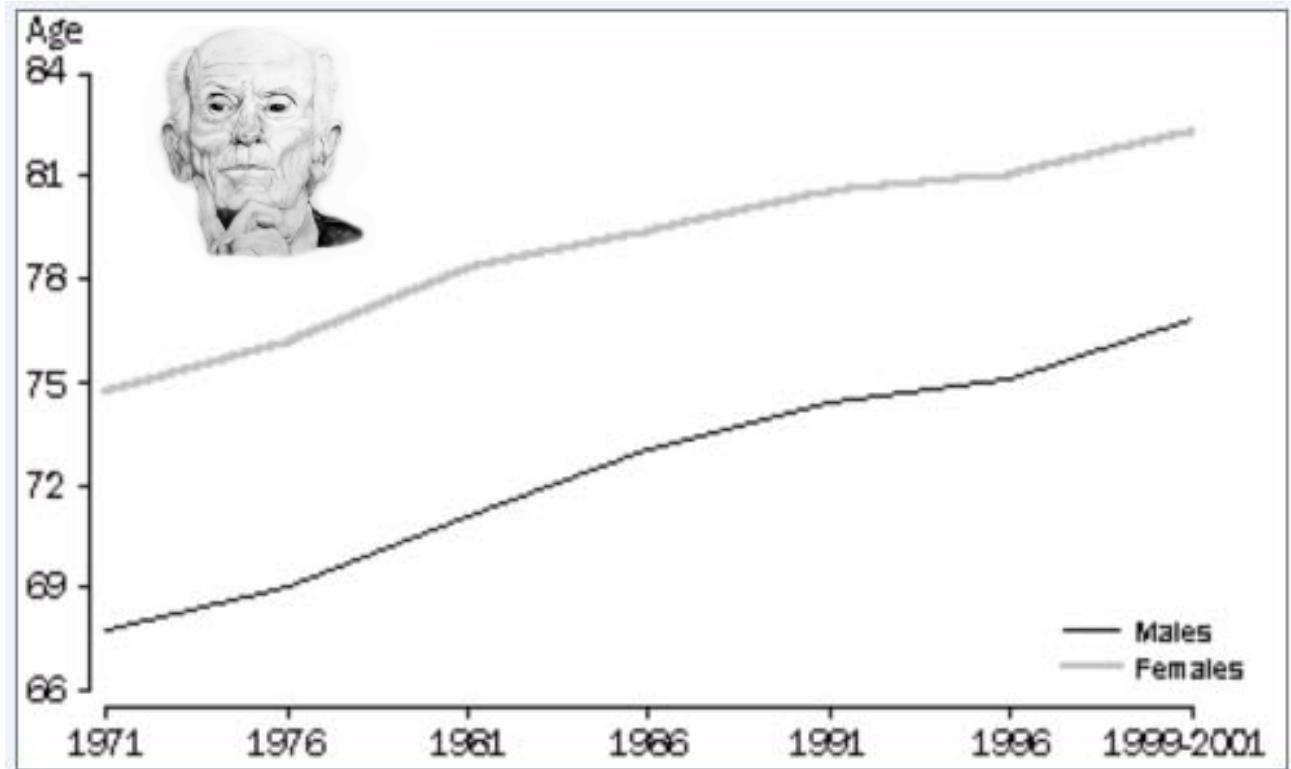
With Lionel Hartley, PhD



Age itself is not an interesting subject. Anyone can get old. All you have to do is live long enough. Leon Trotsky said, “Old age is the most unexpected of all the things that can happen to a man.”

According to writer Samuel Ullman: Whether sixty or sixteen, there is in every human being's heart the lure of wonder, the un-failing child-like appetite of what's next, and the joy of the game of living. In the centre of your heart and my heart there is a wireless station; so long as it receives messages of beauty, hope, cheer, courage and power from men and from the infinite, so long are you young.

Attitudes to Ageing



Source: Australian Demographic Trends (cat. no. 3102.0); Deaths, Australia (cat. no. 3302.0); Demography, Queensland (cat. no. 3311.3).

Is it true that 94.5% of all statistics are made up?



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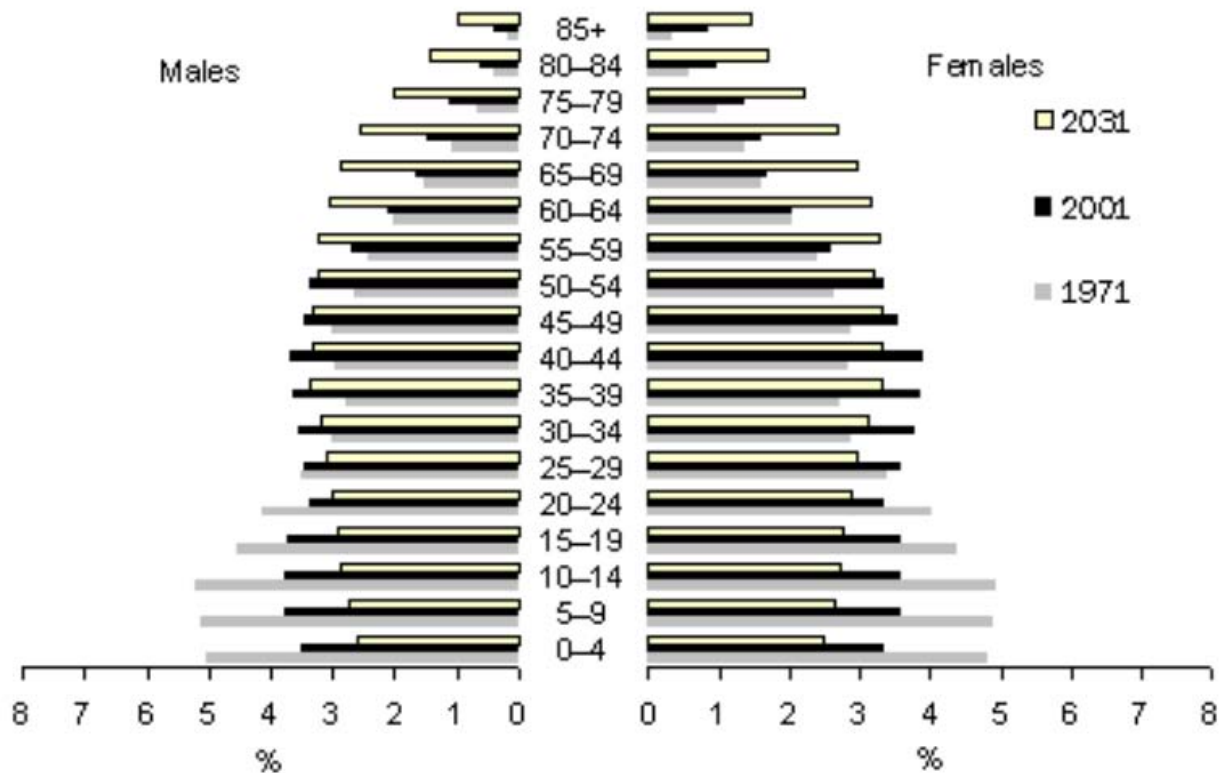
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The population of the Gold Coast is ageing, increasing the impact of disability on residents into the future. By 2031, the number of senior residents on the Gold Coast is expected to double - accounting for over 20.2 per cent of Gold Coast city's population.

Attitudes to Ageing

Australian Population Projections



Source: Population Projections, Australia (cat. no. 3222.0);
ABS 2001 Census of Population and Housing.

Live your life and forget your age. — Norman Vincent Peale



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Queensland's structural ageing is not as pronounced as most other states or territories. At the time of the 1971 census, Queensland had the highest proportion aged 65 years and over, with 8.7%. Over the 30 years to 2001, while the proportion of people aged 65 years and over in Australia increased by 4.3 percentage points, Queensland's proportion of older persons increased by only 3 percentage points to 11.7%, and now ranks fifth behind South Australia (14.7%), Tasmania (13.9%), New South Wales (13.1%) and Victoria (13.1%).

Attitudes to Ageing

The Five Perils of Ageing

These are Subject to Attitudinal Adaptation

*P*erturbation

*E*conomics

*R*espect

*I*llness

*L*oneliness



In youth we run into difficulties; in old age difficulties run into us. — Josh Billings



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The five perils of ageing are subject to **attitudinal adaptation**

Perturbation - worry and anxiety - *Never sweat petty things and never pet sweaty things.* Swedish proverb: Worry gives a small thing a big shadow.

Economics - poverty and security

Respect - value and possible elder abuse

Illness - health, degeneration, disease "Seen it all, done it all, can't remember most of it."

Loneliness - isolation, widowhood, widowerhood, the dynamic of the nuclear family

Attitudes to Ageing

Ageism

“... the discrimination against individuals based on their age”



*At twenty we worry about what others think of us;
at forty we don't care about what others think of us;
at sixty we discover
they haven't been thinking about us at all.*



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• widespread • generally accepted • largely ignored.

Writer Claude D. Pepper said, “Age-based retirement arbitrarily severs productive persons from their livelihood, squanders their talents, scars their health, strains an already overburdened Social Security system, and drives many elderly people into poverty and despair. Ageism is as odious as racism and sexism.”

What is required is a shift in people’s perceptions from a perception of older people as feeble and weak towards a recognition of older people as leaders with a considerable part to play in society. Older people, themselves, need to feel they are part of the solution and not the problem.

Attitudes to Ageing

Ageism

Talking and Listening

Story telling - *True-to-fact* vs. *True-to-life*

Hinderances to Communication

Aids to communication



“If the phone doesn’t ring, it’s me.”



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“Old age is not a disease - it is strength and survivorship, triumph over all kinds of vicissitudes and disappointments, trials and illnesses.”

Quoted by Maggie Kuhn (American social Activist, 1905-1995)

Story telling - repetition - feelings not facts - True-to-fact vs. True-to-life

Communicating - hinderances, hearing vs listening

Aids to communication - hearing, eyesight, internet, memory aids etc

Attitudes to Ageing

Ageism

Talking and Listening

Treating Yourself

“There is a fountain of youth: it is your mind, your talents, the creativity you bring to your life and the lives of people you love. When you learn to tap this source, you will truly have defeated age.”

Sophia Loren



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“Age is getting to know all the ways the world turns, so that if you cannot turn the world the way you want, you can at least, get out of the way so you won't get run over” — Miriam Makeba (South African singer, b.1932)

Clarence Darrow: The first half of our lives is ruined by our parents, and the second half by our children.

Elbert Hubbard said, The man who doesn't relax and hoot a few hoots voluntarily, now and then, is in great danger of hooting hoots and standing on his head for the edification of the pathologist and trained nurse, a little later on.

Attitudes to Ageing

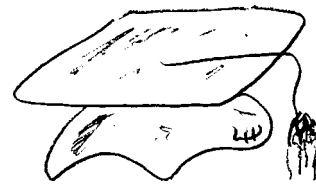
Ageism

Talking and Listening

Treating Yourself

IQ development

& lifelong learning



Crystallised thought patterns
and inflexible mind-sets
age people before their time
— Sara Paddison



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Writer Sara Paddison, in *The Hidden Power of the Heart*:

"You only hurt yourself when you're not expanding and growing. Many people can't stand the thought of ageing, but it's the crystallised thought patterns and inflexible mind-sets that age people before their time. You can break through and challenge your crystallised patterns and mind-sets. That's what evolution and the expansion of love are really about."

Attitudes to Ageing

Ageism

Talking and Listening

Treating Yourself

IQ development & lifelong learning

Temperance

“Health consists with temperance alone.”

— Alexander Pope

*Fresh Air, Water, Nutrition,
Sunshine, Activity, Rest,
Community, Faith.*



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Frances E. Willard said, Temperance is moderation in the things that are good and total abstinence from the things that are foul.

Lord Chesterfield said, Regularity in the hours of rising and retiring, perseverance in exercise, adaptation of dress to the variations of climate, simple and nutritious aliment, and temperance in all things are necessary branches of the regimen of health. / Philip Sidney said, The ingredients of health and long life, are great temperance, open air, easy labour, and little care. / Take rest; a field that has rested gives a bountiful crop. Ancient Greek poet, Ovid

Attitudes to Ageing

Ageism

Talking and Listening

Treating Yourself

IQ development & lifelong learning

Temperance

Underestimation



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Harriet Beecher Stowe: So much has been said and sung of beautiful young girls, why doesn't somebody wake up to the beauty of old women?

Lady Diana Cooper: First you are young; then you are middle-aged; then you are old; then you are wonderful. GreyPath a Senior's Job Network in USA says, that seniors have substantial skills and experience, are reliable and have no different absenteeism rates as other workers. Characteristics of seniors workers: Although productivity may be the same or may decline a little with age, however the quality of work improves with age. Corporate memory is high, job turnover - 25% less than for younger workers, reduced training costs due to reduced turnover and previous skills absenteeism is the same as for all workers, the loyalty and work ethic is usually higher, experience and interpersonal skills are much greater

Attitudes to Ageing

Ageism

Talking and Listening

Treating Yourself

IQ development & lifelong learning

Temperance

Underestimation

Diet

A healthy diet helps you:

- Meet your nutritional needs.
- Prevent and treat disease.
- Enjoy life.
- Feel energetic
- manage your weight.

General guidelines for healthy eating

- Don't skip meals.
- Learn simple ways to prepare food.
- Avoid eating more sugar.
- Listen to your body.



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What is a healthy diet for seniors?

Every year over the age of 40, our Basal Metabolic Rate (BMR) slows down. This means that even if we continue to follow our current healthy eating pattern, we are likely to gain weight as we age. In general, seniors need to consume more calcium and vitamin D for bone health, eat more fiber to prevent constipation, cut back on salt (sodium) and sugar, and make sure they get the recommended daily allowance of important vitamins and minerals.

Seniors also need to increase their water intake and participate in regular physical activity to aid digestion and metabolism.

Attitudes to Ageing

Ageism

Talking and Listening

Treating Yourself

IQ development & lifelong learning

Temperance

Underestimation

Diet

Exercise
(Activity)

He who laughs last
thinks slowest.



Balance, coordination, flexibility, mobility, strength



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One of the greatest fears of those of more senior years is that of falling. Moderate, disciplined, and regular activity is great falls prevention strategy as it improves balance, coordination, flexibility, mobility and strength.

Author Ety Hillesum said, Sometimes the most important thing in a whole day is the rest we take between two deep breaths.

Many sports for seniors also exercises our mind and social skills to keep us young at heart Both the Shire and the Health Dept have published lists of the many wonderful activities for seniors in he local area.

Throughout Seniors' week there will be displays and free literature.

Attitudes to Ageing

Ageism

Talking and Listening

Treating Yourself

IQ development & lifelong learning

Temperance

Underestimation

Diet

Exercise (Activity)

Safety

Don't learn safety by accident.

Alert today = alive tomorrow.



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In addition to falls prevention, there are many things that we can do to keep ourselves safe. Be alert for hazards and follow the advice of the safety experts in the health, fire and police departments. There are many free resources to assist us in keeping safe. Your local electricity supply authority has free brochures on electricity safety. The fire dept has info on fire safety, smoke alarms etc (they can even come and change your alarm batteries for you). The Citizen's Advice Bureau, The Dept of Fair Trading, the Health Dept, Cancer Society, your local GP and your community centre will have free brochures on many aspects of keeping safe.

Attitudes to Ageing Summary

Ageism

Talking and Listening

Treating Yourself

IQ development & lifelong learning

Temperance

Underestimation

Diet

Exercise (Activity)

Safety

**“The best is yet to be,
the last of life,
for which
the first was made.”
Robert Browning
(1812-1889)**



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Goethe said, One ought, every day at least, read a good poem, see a fine picture, and, if it were possible, to speak a few reasonable words." So let me combine these together and finish with a quote the poet Robert Browning: "Grow old along with me! The best is yet to be, the last of life, for which the first was made. Our times are in his hand who saith, 'A whole I planned, youth shows but half; Trust God [and] See all'"

Structured Problem Solving

*Turning fruitless worrying
into strategies to find solutions.*

- **Step one** - identify the problem.
- **Step two** - brainstorm every possible solution
- **Step three** - evaluate the solutions one at a time
- **Step four** - decide on the most appropriate solution or solutions.
- **Step five** - make an implementation plan
- **Step six** - review the plan as necessary



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Structured problem solving

Structured problem solving is a method of turning fruitless worrying into strategies to find solutions. It is best to practise first on small worries or problems, and limit yourself to working on one problem at a time. As you become proficient at the technique, you can tackle larger, more complex problems. You should write down all the steps. The steps of structured problem solving include:

- **Step one** - identify the problem. Be precise: for example, 'I am afraid of being alone in the house at night'.
- **Step two** - brainstorm every possible solution you can think of, without censoring any idea at this early stage. Give yourself permission to list even absurd or outlandish possibilities.
- **Step three** - evaluate the solutions one at a time, noting the advantages and disadvantages of each.
- **Step four** - decide on the most appropriate solution or solutions. It is sometimes better to choose a solution that can be implemented straight away, even though it might not be 'the best'. Avoid choosing solutions that are too ambitious or hard to fulfil.
- **Step five** - make a plan for how you intend to implement the solution. Include factors such as the required resources (for example, money), help required from other people, time limits or deadlines, possible difficulties that may be encountered along the way, coping strategies for those anticipated difficulties, rehearsal (for example, practising what to say during a job interview), and methods of monitoring and reviewing the effectiveness of the plan.
- **Step six** - review the plan as necessary, perhaps adding or deleting points.

Attitudes to Ageing

A healthy diet helps you:

- Meet your nutritional needs.
- Prevent and treat certain diseases.
- Enjoy life.
- Feel energetic and manage your weight.



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A healthy diet helps you:

Meet your nutritional needs. A varied, balanced diet provides the nutrients you need to avoid nutritional deficiencies. Non-nutrients, such as fiber, are also necessary to a healthy diet.

- **Prevent and treat certain diseases.** Healthful eating can prevent the risk of developing certain diseases such as cancer and heart disease. It is also helpful in treating diabetes and high blood pressure. Following a special diet can reduce symptoms, and may help you better manage an illness or condition.
- **Enjoy life.** Food is the mainstay of many social and cultural events. Not only does it provide nutrition, it helps facilitate connections between people. Cooking fresh, healthy meals can also be an enjoyable way to spend time, either on your own or with others.
- **Feel energetic and manage your weight.** A healthy diet can help you feel better, provide you with more energy, and help you fight stress.

Attitudes to Ageing

Some general guidelines for healthy eating

- Don't skip meals.
- Learn simple ways to prepare food.
- Avoid eating more sugar.
- Listen to your body.



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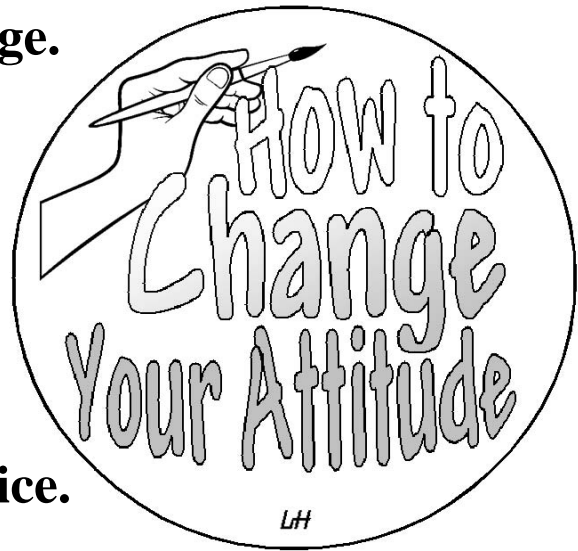
Some general guidelines for healthy eating

- **Don't skip meals.** Plan your daily meals and snacks. For healthy eating, if your weight is normal, enjoy three meals and two additional snacks if you're hungry in between mealtimes.
- **Learn simple ways to prepare food.** Healthy eating doesn't have to mean complicated eating. Keep meal preparation easy, eat more raw foods such as salads and vegetable juices, and focus on the pleasure of eating healthy food rather than the calories.
- **Avoid eating more sugar.** If you feel tired in the afternoon, reach for fruits, veggies or a high protein snack rather than sweets, which actually rob your body of energy.
- **Listen to your body.** Stop eating when you feel full. This will help you remain alert, relaxed and feeling your best.

Attitudes to Ageing

How to Change Your Attitude...

1. Believe that you can change.
2. Stop focusing on yourself.
3. Be honest with yourself.
4. Face your flaws.
5. Look on the bright side.
6. Count your blessings.
7. Realize optimism is a choice.
8. Befriend optimistic people.
9. Seek help from others.
10. Ask the right questions.
11. Have an attitude of gratitude.
12. Practice Acceptance.
13. Use positive words.
14. Say a daily affirmation or Bible promise.
15. Reframe your struggles as growing pains.



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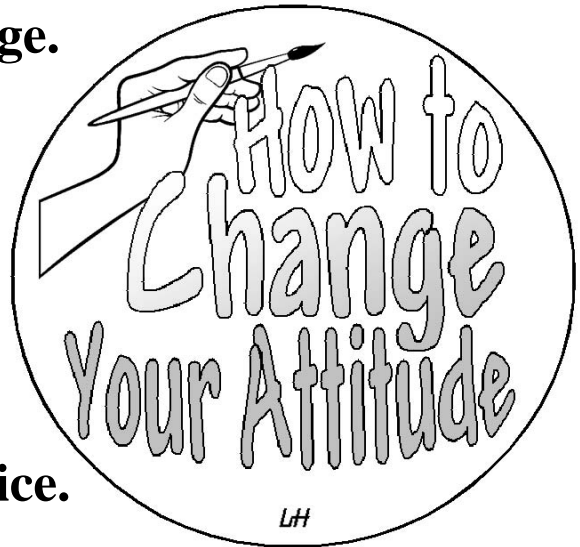
1. Believe that you can change. The first thing, and the most important, is that you must believe that you can change your attitude. Without this belief, the tools are all on shaky ground. They may work, but they will be far less efficient.

2. Stop focusing on yourself. A lot of pessimism arises from false or unreasonable expectations, especially when those expectations involve yourself. Make an effort to reach out and help at least one person every day without expecting anything in return. Over time, you may find more joy in giving rather than receiving.

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16. Change your case (Exercise).
17. Change your face (Smile).
18. Change your pace (Meditate, pray).
19. Change your space (Clear clutter).
20. Change your actions (Do something different)
22. Volunteer for a cause you believe in.
23. Have goals and goal reminders.
24. Find something to do every day that you enjoy.
25. Learn something new.
26. Look for a new beginning in every ending.



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16. Change your case (Exercise).
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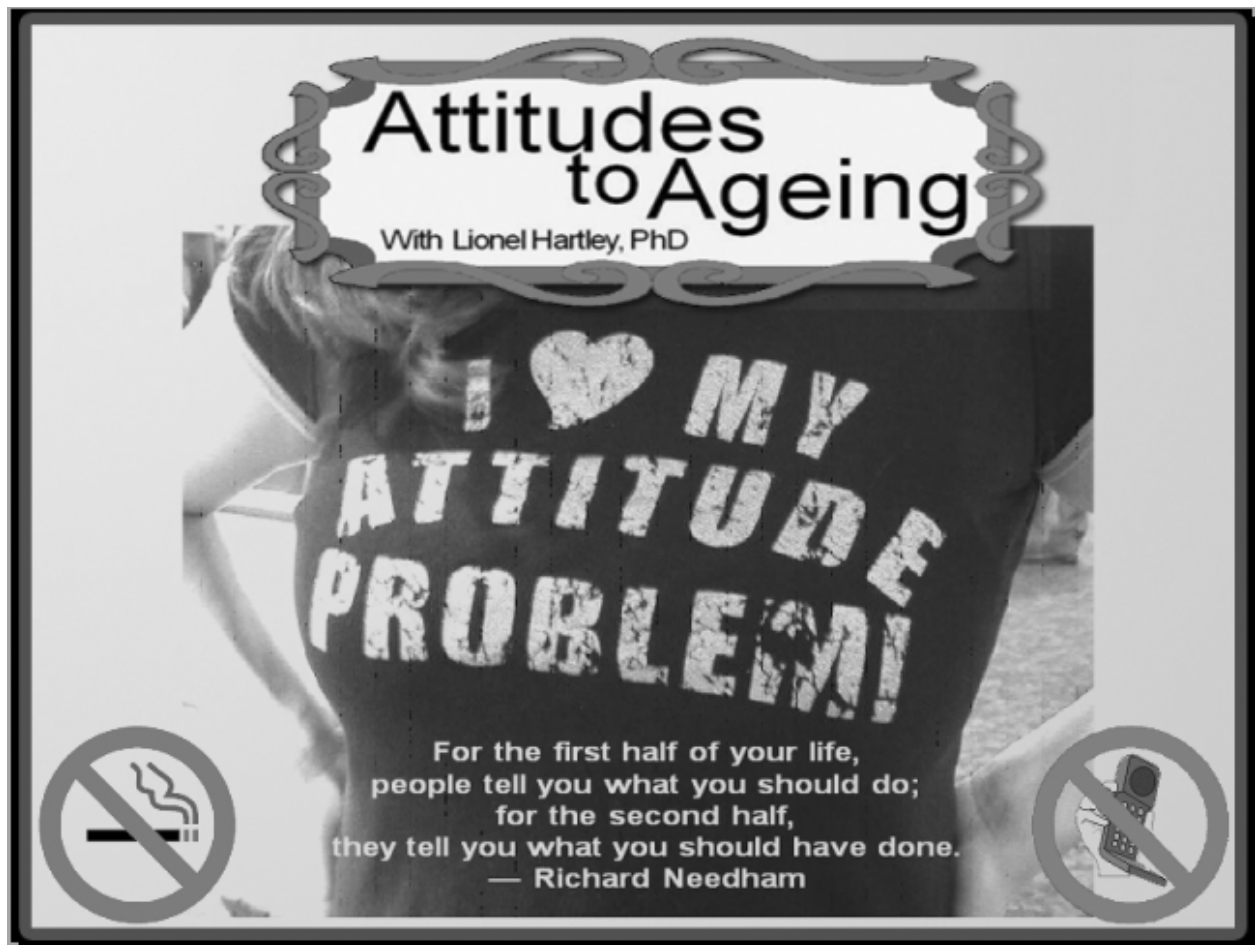
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26. Look for a new beginning in every ending. Everything in life has to come to an end sometime. It's important to acknowledge and accept the end of an era – to walk away sensibly when something has reached its conclusion. Closing the door, turning the page, moving on, etc. It doesn't matter what you call it; what matters is that you leave the past where it belongs so you can enjoy the life that's still available to be lived. This ending is not the end, it's just your life beginning again in a new way. It's a point in your story where one chapter fades into the next. Take a look at the first page of this new chapter; it's a beautiful one.

Attitudes to Ageing – PowerPoint version



-Notes- Slide – Title

Slide Change Slide – Who is your seminar author?

Age itself is not an interesting subject. Anyone can get old. All you have to do is live long enough.

Leon Trotsky said, “Old age is the most unexpected of all the things that can happen to a man.”

According to writer Samuel Ullman:
Whether sixty or sixteen, there is in every human being’s heart the lure of wonder, the unfailing child-like appetite of what’s next, and the joy of the game of living.

Attitudes to Ageing Seminar (1) Lionel Hartley

-Notes- In the centre of your heart and my heart there is a wireless station; so long as it receives messages of beauty, hope, cheer, courage and power from men and from the infinite, so long are you young.

Slide Change Slide Statistics

According to the Australian Bureau of Statistic's 2011 Census of Population and Housing, senior residents (aged over 65 years) comprised 14.4 per cent of the Gold Coast population (71,363 residents).

The population of the Gold Coast is ageing, increasing the impact of disability on residents into the future. By 2031, the number of senior residents on the Gold Coast is expected to double - accounting for over 20.2 per cent of Gold Coast city's population.

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-Notes- persons increased by only 3 percentage points to 11.7%, and now ranks fifth behind South Australia (14.7%), Tasmania (13.9%), New South Wales (13.1%) and Victoria (13.1%).

Slide Change Slide The five perils of ageing

The five perils of ageing are subject to **attitudinal adaptation**

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Never sweat petty things and never pet sweaty things. Swedish proverb: Worry gives a small thing a big shadow.

Economics - poverty and security

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Slide Change Slide Ageism

• *widespread* • *generally accepted* • *largely ignored.*

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-Notes-

based retirement arbitrarily severs productive persons from their livelihood, squanders their talents, scars their health, strains an already overburdened Social Security system, and drives many elderly people into poverty and despair. Ageism is as odious as racism and sexism.”

What is required is a shift in people’s perceptions from a perception of older people as feeble and weak towards a recognition of older people as leaders with a considerable part to play in society.

Older people, themselves, need to feel they are part of the solution and not the problem.

Slide Change Slide Talking & Listening

“Old age is not a disease - it is strength and survivorship, triumph over all kinds of vicissitudes and disappointments, trials and illnesses.”

Quoted by Maggie Kuhn (American social Activist, 1905-1995)

Story telling by seniors may involve repetition, but remember that when a senior person tells a story the narrative is loaded more with feelings than facts. He or she does not need to recall the minutia of facts

-Notes-

to share a plethora of feelings. Every telling will be loaded with different feelings and emotions and, from the teller's point-of-view, it may not be repetition but reinforcement.

Telling for many is often more important that listening to see if the narrative has been told before. Sometimes an oft-repeated story is less taxing on the memory than delving into the recesses of the mind to gather sufficient information to make a story fresh.

Bear in mind also that truth is like a two-sided coin, there is truth that is 'true-to-fact' which requires a good memory and truth that is 'true-to-life' which requires mere observation.

Communicating for everyone, seniors included can be a challenge as there are many hindrances.

There is a difference between hearing and listening:

Hearing is passive. Listening is interactive.

Hearing is static. Listening is dynamic.

Hearing is face-to-place. Listening is person-to-person.

Hearing is speech-to-screen. Listening is soul-to-soul.

Hearing is a meeting of words. Listening is a meeting of persons.

Hearing receives words. Listening

-Notes-

receives the meaning of the words.

Hearing receives the medium. Listening receives the message.

Hearing creates the initiative for listening to be industrious.

Hearing is undisciplined reception. Listening is disciplined understanding.

There are also available any aids to communication – there are learned skills, aids to assist with hearing and eyesight there are resources such as the internet and memory aids, etc.

Slide Change Slide **Treating yourself**

“Age is getting to know all the ways the world turns, so that if you cannot turn the world the way you want, you can at least, get out of the way so you won’t get run over” — Miriam Makeba (South African singer, b.1932)

Clarence Darrow: The first half of our lives is ruined by our parents, and the second half by our children.

Elbert Hubbard said, The man who doesn’t relax and hoot a few hoots voluntarily, now and then, is in great danger of hooting hoots and standing on his head for the edification of the pathologist and trained nurse, a little later on.

-Notes-

Slide IQ development

Writer Sara Paddison, in *The Hidden Power of the Heart*: “You only hurt yourself when you’re not expanding and growing. Many people can’t stand the thought of ageing, but it’s the crystallised thought patterns and inflexible mind-sets that age people before their time. You can break through and challenge your crystallised patterns and mind-sets. That’s what evolution and the expansion of love are really about.”

Slide Structured problem solving

Structured problem solving is a method of turning fruitless worrying into strategies to find solutions. It is best to practise first on small worries or problems, and limit yourself to working on one problem at a time. As you become proficient at the technique, you can tackle larger, more complex problems. You should write down all the steps. The steps of structured problem solving include:

- Step one - identify the problem. Be precise: for example, ‘I am afraid of being alone in the house at night’.
- Step two - brainstorm every possible

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solution you can think of, without censoring any idea at this early stage. Give yourself permission to list even absurd or outlandish possibilities.

- Step three - evaluate the solutions one at a time, noting the advantages and disadvantages of each.

- Step four - decide on the most appropriate solution or solutions. It is sometimes better to choose a solution that can be implemented straight away, even though it might not be 'the best'. Avoid choosing solutions that are too ambitious or hard to fulfil.

- Step five - make a plan for how you intend to implement the solution. Include factors such as the required resources (for example, money), help required from other people, time limits or deadlines, possible difficulties that may be encountered along the way, coping strategies for those anticipated difficulties, rehearsal (for example, practising what to say during a job interview), and methods of monitoring and reviewing the effectiveness of the plan.

- Step six - review the plan as necessary, perhaps adding or deleting points.

Slide Temperance

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Frances E. Willard said, Temperance is moderation in the things that are good and total abstinence from the things that are foul.

Lord Chesterfield said, Regularity in the hours of rising and retiring, perseverance in exercise, adaptation of dress to the variations of climate, simple and nutritious aliment, and temperance in all things are necessary branches of the regimen of health. / Philip Sidney said, The ingredients of health and long life, are great temperance, open air, easy labour, and little care. / Take rest; a field that has rested gives a bountiful crop. Ancient Greek poet, Ovid

Slide Change Slide Underestimation

Harriet Beecher Stowe: So much has been said and sung of beautiful young girls, why doesn't somebody wake up to the beauty of old women?

Lady Diana Cooper: First you are young; then you are middle-aged; then you are old; then you are wonderful.

GreyPath, a Senior's Job Network in USA, says that seniors have substantial skills and experience, are reliable and have no different absenteeism rates as other workers.

Characteristics of senior workers:

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Although productivity may be the same or may decline a little with age, however the quality of work improves with age. Corporate memory is high, job turnover - 25% less than for younger workers, reduced training costs due to reduced turnover and previous skills absenteeism is the same as for all workers, the loyalty and work ethic is usually higher, experience and interpersonal skills are much greater

Slide Change Slide Diet

What is a healthy diet for seniors?

Every year over the age of 40, our Basal Metabolic Rate (BMR) slows down.

This means that even if we continue to follow our current healthy eating pattern, we are likely to gain weight as we age.

In general, seniors need to consume more calcium and vitamin D for bone health, eat more fibre to prevent constipation, cut back on salt (sodium) and sugar, and make sure they get the recommended daily allowance of important vitamins and minerals.

Seniors also need to increase their water intake and participate in regular physical activity to aid digestion and metabolism.

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Slide Change

Slide A healthy diet helps you:

Meet your nutritional needs. A varied, balanced diet provides the nutrients you need to avoid nutritional deficiencies. Non-nutrients, such as fibre, are also necessary to a healthy diet.

Prevent and treat certain diseases. Healthful eating can prevent the risk of developing certain diseases such as cancer and heart disease. It is also helpful in treating diabetes and high blood pressure. Following a special diet can reduce symptoms, and may help you better manage an illness or condition.

Enjoy life. Food is the mainstay of many social and cultural events. Not only does it provide nutrition, it helps facilitate connections between people. Cooking fresh, healthy meals can also be an enjoyable way to spend time, either on your own or with others.

Feel energetic and manage your weight. A healthy diet can help you feel better, provide you with more energy, and help you fight stress.

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Slide Change

Slide Some general guidelines for healthy eating

Don't skip meals. Plan your daily meals and snacks. For healthy eating, if your weight is normal, enjoy three meals and two additional snacks if you're hungry in between mealtimes.

Learn simple ways to prepare food. Healthy eating doesn't have to mean complicated eating. Keep meal preparation easy, eat more raw foods such as salads and vegetable juices, and focus on the pleasure of eating healthy food rather than the calories.

Avoid eating more sugar. If you feel tired in the afternoon, reach for fruits, veggies or a high protein snack rather than sweets, which actually rob your body of energy.

Listen to your body. Stop eating when you feel full. This will help you remain alert, relaxed and feeling your best.

Slide Change **Slide Exercise**

One of the greatest fears of those of more senior years is that of falling. Moderate,

-Notes-

disciplined, and regular activity is great falls prevention strategy as it improves balance, coordination, flexibility, mobility and strength.

Author Etty Hillesum said, Sometimes the most important thing in a whole day is the rest we take between two deep breaths.

Many sports for seniors also exercises our mind and social skills to keep us young at heart. Both the Council and the Health Dept have published lists of the many wonderful activities for seniors in he local area.

Throughout Seniors' week there will be displays and free literature.

Slide Change

Slide Safety

In addition to falls prevention, there are many things that we can do to keep ourselves safe.

Be alert for hazards and follow the advice of the safety experts in the health, fire and police departments.

There are many free resources to assist us in keeping safe.

Your local electricity supply authority has free brochures on electricity safety. The fire dept has info on fire safety, smoke alarms

-Notes- etc (they can even come and change your alarm batteries for you).

The Citizen's Advice Bureau, The Dept of Fair Trading, the Health Dept, Cancer Society, your local GP and your community centre will have free brochures on many aspects of keeping safe.

Slide Change Slide Summary of A T T I T U D E S

Goethe said, "One ought, every day at least, read a good poem, see a fine picture, and, if it were possible, to speak a few reasonable words."

So let me combine these together and finish with a quote the poet Robert Browning: "Grow old along with me! The best is yet to be, the last of life, for which the first was made. Our times are in his hand who saith, 'A whole I planned, youth shows but half; Trust God [and] See all'"

Slide Change Slide How to Change Your Attitude

1. Believe that you can change. The first thing, and the most important, is that you must believe that you can change your attitude. Without this belief, the tools are all on shaky ground. They may work, but they will be far less efficient.

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2. Stop focusing on yourself. A lot of pessimism arises from false or unreasonable expectations, especially when those expectations involve yourself.

Make an effort to reach out and help at least one person every day without expecting anything in return. Over time, you may find more joy in giving rather than receiving.

3. Be honest with yourself. If you're feeling bad or down and your attitude towards life or work is quite poor, then admit it to yourself. Don't live in denial. Accept there is an issue because only once you've accepted something for the way it is can you make a change.

4. Face your flaws. We all have something upon which we can improve, so whether you're at work, at home, or anywhere else, be open to learning more.

Make a list of all your weaknesses and flaws. At the beginning of every week, take one of those listed flaws and think about what you could learn concerning that weakness. Use the remainder of the week to learn even more.

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5. Look on the bright side. In every undesirable circumstance, there is always a way to look on the brighter side.

This isn't to say that you should live your life dishonestly, always ignoring the bad in favour of a fake smile.

Instead, accept the bad things but also think about how much worse it could have been.

For example, maybe you just got into a car accident and need to pay a lot of money for repairs and medical bills.

One way to look on the bright side is to be grateful that you are still alive without permanent damage to your body or your brain.

6. Count your blessings. Post up a blank sheet of paper on your wall, or use a journal.

Every morning, as soon as you've woken up, think of one blessing in your life that hasn't already been written on the paper and write it down.

Counting your blessings will help you see that your life isn't all doom and gloom, that you have reasons to be happy and joyful.

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7. Realize optimism is a choice. You are not born with a positive or negative attitude. It is something you become through your perspective of experiences.

Very few situations are completely bad. Always try to come up with three to five positives of any challenging situation and write them down so you can remember them.

8. Befriend optimistic people. Sometimes a poor attitude is a result of being surrounded by others with poor attitudes. As it has been said, “Bad company corrupts good character.”

Consider befriending new people, especially people who are optimistic and have a healthy attitude towards life. Hang out with friends who have a happy vibe and exude positive energy.

Pay attention to the words they use when they talk to you about their day. You will be amazed how simple it is to ascertain if they are a positive or negative influence.

9. Seek help from others. Try asking your friends what they hate or dislike about you and try asking them if they could help you change these things.

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Ask your friends to point out in the future when you are negative or pessimistic. This will help you to see how often your pessimism arises and in what situations it tends to arise.

10. Ask the right questions. When you're in a situation where you feel your unwanted attitude forcing its way through, take the time to ask a few questions of yourself to help you change your outlook.

Some examples of questions that may help change your attitude include:

What can I do to change the way I feel?

Is there another meaning I can discover from this situation?

What could I do to make this situation more interesting or appealing? What could I do to benefit from this?

What is that person's story? How did they come to behave like this? Could that be me, or someone I love?

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11. Have an attitude of gratitude. When Sir John Templeton was interviewed and he was asked what the definition of wealth is, he replied, “Live with an attitude of gratitude”.

Everyday, look for things to be grateful for. I don't care how tough things get, there is always something to be grateful for, whether it is as simple as the fact that you have eyes to see things with, a roof over your head or a bed to sleep in.

Look for five things to be grateful for everyday, seek to live with an attitude of gratitude and watch your entire attitude towards life change.

What we must realize is that we don't really need more; we just need to appreciate what you have. It's a beautiful and bittersweet way of thinking all at once.

If we don't have what we want now, we may not have what we want, but we still have enough. Be thankful for what is, and also be thankful for what has not yet come to you. For that means there are still many possibilities available.

Find peace in the thought that we can't ever have it all or know it all either. We are always just a fraction of the whole.

For if we weren't, there would be nothing

-Notes-

more to experience. Value what we know, and also value the countless things we don't yet understand.

For in what we don't understand, there is the joy of growth. Life will always be incomplete and a bit asymmetrical.

Realize this and embrace it. Be happy and sad at the same time, be hungry and thankful at the same time, be nervous and excited at the same time, and be okay with it.

12.Practice Acceptance. Nearly as important as monitoring your thoughts is cultivating an attitude of acceptance.

Like gratitude, this one has to be practiced and learned, but it is well worth the effort. In addition, it will make monitoring your thoughts and replacing them with more positive ones much easier.

We live in a highly judgmental society. We judge our neighbours, our co-workers, our politicians, our celebrities and the random people on the street. More than any of that, though, we probably judge ourselves.

Judgment of ourselves or others, that critical vicious voice, is never going to lead to a positive, happy attitude. It is only going to foster negativity.

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We must come to see others and ourselves as we are, and beyond that, to accept each other as we are, flaws and all. We must look beyond the surface irritants to the people below.

Recognize in the annoying co-worker the single parent who's trying to get by and is afraid of losing his or her job.

See in the strident cashier the girl who feels like her dreams passed her by and is just trying to make ends meet.

Look in the mirror and see not just your flaws, but also your attractiveness.

Be forgiving. Accept people as they come. Accept yourself as you are. This doesn't mean we don't strive to improve, or be our best, but if you can accept that you are flawed, that people are flawed, and still love yourself and them, you'll find a much greater peace in your day and your life.

Everyone has a story. Everyone has their own set of troubles.

When we try to see the world through eyes of acceptance, a lot of anger we've been carrying evaporates into a feeling of compassion and that is one of the ultimate attitude adjustments you can have.

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13. Use positive words. Use statements like, “I am hopeful,” or, “We will find a resolution,” throughout the day. The words you use when you talk have a major impact on your attitude and emotional outlook.

14. Say a daily affirmation or Bible promise. Find a quote or Bible promise that is meaningful to you and say it aloud every morning. “In all things God works for the good of those who love him” (Rom 8:28) sends your energy in an expectant and positive direction.

I know it sounds a bit mystical, but it is actually a very simple and effective method for retraining your subconscious mind — and advocated by both ancient and scientific research.

15. Reframe your struggles as growing pains. Remind yourself that there’s scarcely any happiness, passion or success without struggle. If the road is easy, you’re likely going the wrong way.

Everything that happens helps you grow, even if it’s hard to see right now.

Circumstances will direct you, correct you, and perfect you over time. Sometimes these circumstances knock you down, hard.

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There will be times when it seems like everything that could possibly go wrong is going wrong.

And you might feel like you will be stuck in this rut forever, but you won't.

When you feel like quitting, remember that sometimes things have to go very wrong before they can be right. Sometimes you have to go through the worst, to arrive at your best.

Because our most significant opportunities are often found in times of great difficulty. Thus, you will face your greatest opposition when you are closest to your biggest miracle.

16. Change your case (Exercise).

Endorphins are your friends. Runner's highs are very good things.

Not only can a good workout give you an immediate lift, but people who work out are healthier in general, and less stressed, which helps greatly with maintaining a good attitude.

When you have a regular outlet for your stress and bad moods, it's easier to maintain an even keel.

Besides, if you do hit the pavement for a

-Notes-

long walk when you feel like snapping someone's head off – you get multiple benefits: better relationships for getting out the door without snapping, and an endorphin rush to make you feel instantly better and a you end up with a healthier body.

17. Change your face (Smile). Our body reacts to physical cues. If you are frowning, you automatically tense up and your emotions will follow those cues.

When you smile, even if you don't feel like it, your body starts to relax and follow those cues instead.

Happiness really is something you can sometimes fake until you feel, but I'm not really suggesting that. While making yourself smile should start to make you feel better, it's even better if you have something to smile about.

Watch something funny, read a funny book, hang out with friends who make you laugh, pet a furry animal, watch children laugh – whatever it is that gets you smiling, do it.

This will help reduce the stress in your body and help lift your attitude. The more you do it, the more often you are happy, the more your overall attitude in life starts to

-Notes- lift.

18. Change your pace. Meditate, pray or at least, spend some time breathing deeply.

Being aware of your body helps you stay present. Being aware of your thoughts helps you monitor them and change them. Being aware of your breath helps you lower your stress levels.

Taking some time to breathe can keep you from saying or doing things that you'll regret later.

Whenever you feel the need for an attitude adjustment, it's always a good idea to step away and breathe.

Even if it's just 5-10 deep breaths, even if it's just a moment of pausing to calm you so that you can re-evaluate what you're thinking.

That time for re-evaluation will almost always help you adjust your attitude to at least something calmer. And from calm you can work your way toward happy.

19. Change your space. It's hard to have a positive attitude when you're living in squalor or overwhelming clutter or dark,

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depressing rooms. So change things up. Clean. Organize. Get some colour in the room.

You don't have to spend a whole lot of money redecorating (though if you feel the urge and have the cash, by all means have fun.

Simple things like a blanket you got at a thrift store, or a vase of bright flowers can do wonders for a room.

Definitely clean and organize. Get rid of things that are tying you down and holding you back. Do you really need all that stuff that reminds you of the ex who broke your heart?

Do you really want all that junk that you have to dust every week that you keep out of guilt, but not because you love it?

Take a look around your space—what do you love? What do you use? What do you need?

Get rid of anything that doesn't fit those three questions. Organize what's left. Clean it all thoroughly.

Open the windows and let fresh air in.

You'll feel a lot better every time you step into your home, and just the act of setting your life in order can do wonders for your

-Notes- attitude.

20. Change your actions – Do something different than what you’ve been doing.

There’s a common saying in the personal development arena of “If you do what you’ve always done, you’ll get what you’ve always got.”

It’s very true when it comes to attitude, as well. One way to effect an attitude adjustment is to shake things up.

Drive to work a different way. Get something different for lunch. Go to a different gym. Try a different tactic with a supervisor.

Start a new conversation with a friend or loved one. Do your work in the opposite order that you usually do it.

If what you’ve been doing has resulted in you living in a negative attitude – you need to change it.

While changing your attitude can often effect the outside change, and that is probably ideal, sometimes we really do need to change our outside circumstances.

I don’t mean that you need to change your life or have your ideal life before you can be happy or have a better attitude. Start small.

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Sometimes just shaking things up a little bit is enough to jar your brain into a new thought pattern and force it out of its usual pathways.

It helps you see things from a different perspective and can shed new light where you only saw darkness before.

22. Volunteer for a cause you believe in.

Giving back to others is one way to reinforce the good in your life. The act of giving generates a feeling of goodwill in most people.

It helps to connect you to other people who believe in the same things you do, and it lets you feel like you're doing something with a purpose in the world.

The key is finding something you care about. Don't go and be a babysitter if you really can't stand kids. Don't volunteer at the animal shelter if you're afraid of dogs. There are lots of causes out there that need people's help.

So, find a group that needs your help in an area you care about and donate your time. It doesn't have to be a huge chunk if you're working 60 hours a week – just give them a few hours a month.

By helping those less fortunate, or giving

-Notes-

back to the community in some ways, we foster a sense of connection to a world outside ourselves and this helps us step out of the isolation that bad attitudes can bring.

23. Have goals you are working toward and a physical reminder of them around you. A life without purpose or meaning is one that is directionless and one that can leave someone feeling lost and adrift. It's hard to find motivation to do anything or to change your attitude if you do not have anything that you are working toward.

Everyone should have goals they want to achieve, whether big or small. These can be wild dreams of our heart's desire (which we should all have, but that's another seminar) or simple things that we feel that will make our lives a little better.

Whether big or small, you need to have something you are working toward and you need to have a visual reminder of it somewhere around you. This can be a vision board or post-it notes on your mirror or pictures on your refrigerator or little sayings and reminders that pop up on your iPhone® – whatever works best for you to keep your goal at the forefront of your mind.

When you are focused on achieving something, it is far more difficult to let

-Notes-

yourself slide toward depression and hopelessness. Frustration, yes, but there are ways to work around that attitude with other tactics. You must have something meaningful in your life, though, some rudder to guide you.

Then, when you feel your attitude start to take a nosedive, it helps to refocus on your goals and do something toward them, however small, and the productivity and glow that comes from that is guaranteed to help you shift your attitude.

24. Find something to do every day that you enjoy and that makes you feel good about yourself. When we are doing things we enjoy and feeling good about ourselves, it is difficult to slump into a bad attitude.

Furthermore, when things do not go our way and bad attitudes come upon us, the positive feelings generated by our fun activity will give us something to conjure up and strive for.

Memory is a positive force, and if you make sure to inject something fun into each day, then the memory of pleasure is always at your fingertips.

You do not have to stretch back far for it, or try to remember when was the last time

-Notes- that you smiled.

Scheduling daily time for you also gives you something to look forward to, and the sense of anticipation for an enjoyed activity can be the lift that you need to get you through a moment when things are less than pleasant with a more positive attitude.

Like your goals, these things do not necessarily have to be big. They can be something different every day.

Maybe a craft class one day, or a particular workout. Perhaps you schedule time for yourself for a relaxing bath and a book three times a week.

Maybe girls or guys night out once a week. Possibly it's something as simple as walking the dog, or making your favourite meal for dinner.

It can be something routine, or something new. Most likely it will be a mixture of both. Either way, make that time for you. Hold it sacred.

Give yourself something to look back on and forward to with a smile and enjoy your life that bit much more.

25. Learn something new. Some of the happiest people in the world are those who

-Notes- learn something new everyday.

That's because they approach life with an air of curiosity. It's hard to let the bad attitudes creep in if you maintain that curiosity toward everything.

If you keep yourself open to new experiences, you will see new opportunities everywhere.

Even in potential adversity, you have the chance to learn, if you look at it as a learning experience.

Ask yourself after something doesn't go your way, "What can I learn from this?"

How can I do it differently next time?

How can I handle my reaction better next time?"

Take classes. Expand your horizons. Keep learning and opening your mind toward new things around you.

It's the same attitude of openness and curiosity whether you're examining a moment in your day for a lesson or whether you're seeking one out.

And while curiosity may have killed the cat, it can only enrich your life and decrease your bad attitude days.

-Notes-

26. Look for a new beginning in every ending.

Everything in life has to come to an end sometime. It's important to acknowledge and accept the end of an era – to walk away sensibly when something has reached its conclusion.

Closing the door, turning the page, moving on, etc. It doesn't matter what you call it; what matters is that you leave the past where it belongs so you can enjoy the life that's still available to be lived.

This ending is not the end, it's just your life beginning again in a new way. It's a point in your story where one chapter fades into the next.

Take a look at the first page of this new chapter; it's a beautiful one.

Slide Change Slide Question & Answer Session



Attitudes to Ageing Seminar (33) Lionel Hartley

Attitudes to Ageing

With Lionel Hartley, PhD

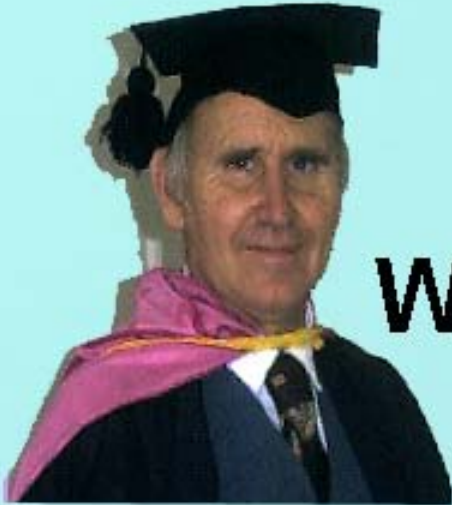


I ♥ MY
ATTITUDE
PROBLEM!

For the first half of your life,
people tell you what you should do;
for the second half,
they tell you what you should have done.
— Richard Needham



Attitudes to Ageing



Who is your seminar author?

Lionel Hartley, author, radio broadcaster, public speaker and retired sociologist.

He was a Lifestyle Educator and Family-life Counsellor for over three decades.

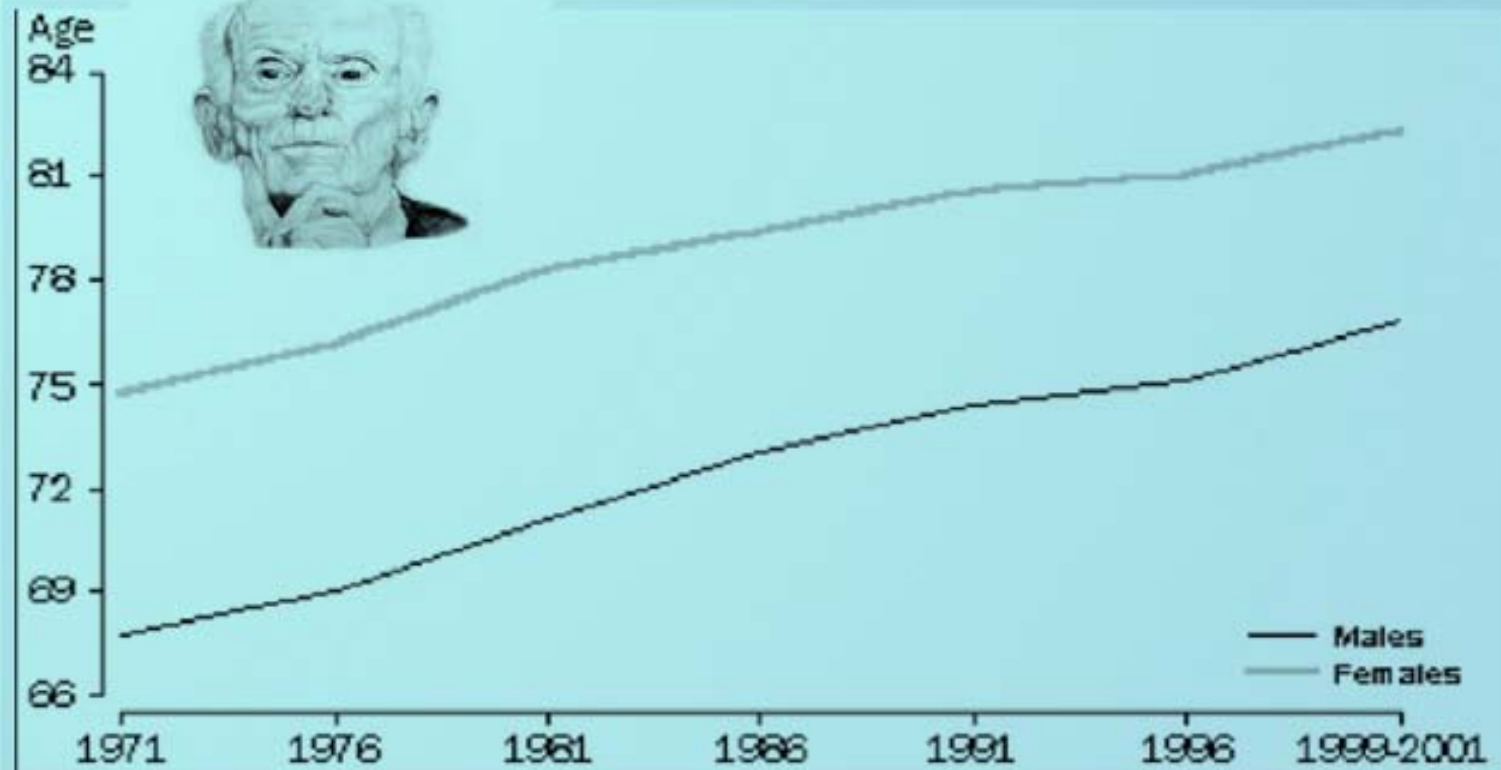
He is a grandparent, married to Rosemary with three grown children.

***Lionel D C Hartley**, DipAdmin(NZIM), HonDip (DramArt), DipTheol (SDB), RGN (Psy, PsyPaed, Admin, Nutn), DipBusLaw, DipEcon, DipAccy, BA (Lit), MA, PhD [etc.]*

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**We welcome your participation in today's seminar.
Time may be allowed at the end for your questions.**

Attitudes to Ageing

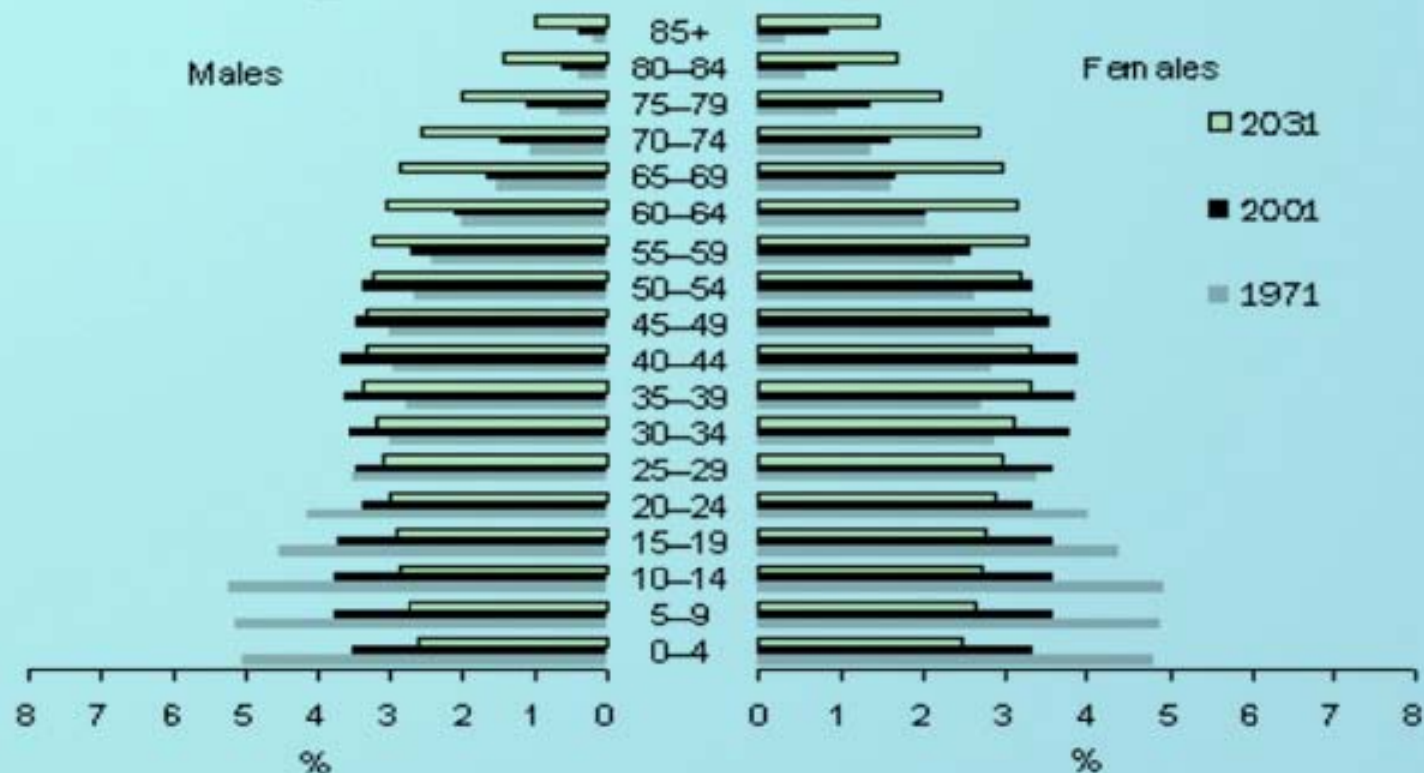


Source: Australian Demographic Trends (cat. no. 3102.0); Deaths, Australia (cat. no. 3302.0); Demography, Queensland (cat. no. 3311.3).

Is it true that 94.5% of all statistics are made up?

Attitudes to Ageing

Australian Population Projections



Source: Population Projections, Australia (cat. no. 3222.0);
ABS 2001 Census of Population and Housing.

Live your life and forget your age. — Norman Vincent Peale

Attitudes to Ageing

The Five Perils of Ageing

These are Subject to Attitudinal Adaptation

*P*erturbation

*E*conomics

*R*espect

*I*llness

*L*oneliness



In youth we run into difficulties; in old age difficulties run into us. —Josh Billings

Attitudes to Ageing

Ageism

“... the discrimination
against individuals
based on their age”

*At twenty we worry about what others think of us;
at forty we don't care about what others think of us;
at sixty we discover
they haven't been thinking about us at all.*

Attitudes to Ageing

Ageism

Talking and Listening

Story telling - *True-to-fact* vs. *True-to-life*

Hinderances to Communication

Aids to communication



“If the phone doesn’t ring, it’s me.”

Attitudes to Ageing

Ageism

Talking and Listening

Treating Yourself

“There is a fountain of youth: it is your mind, your talents, the creativity you bring to your life and the lives of people you love. When you learn to tap this source, you will truly have defeated age.”

Sophia Loren



Attitudes to Ageing

Ageism

Talking and Listening

Treating Yourself

IQ development

& lifelong learning



Crystallised thought patterns
and inflexible mind-sets
age people before their time
— Sara Paddison

Attitudes to Ageing

Structured Problem Solving

*Turning fruitless worrying
into strategies to find solutions.*

Step one - identify the problem.

Step two - brainstorm every possible solution

Step three - evaluate the solutions one at a time

Step four - decide on the most appropriate solution or solutions.

Step five - make an implementation plan

Step six - review the plan as necessary

Attitudes to Ageing

Ageism

Talking and Listening

Treating Yourself

IQ development & lifelong learning

Temperance

“Health consists with temperance alone.”

— Alexander Pope

Fresh Air, Water, Nutrition,

Sunshine, Activity, Rest,

Community, Faith.

Attitudes to Ageing

Ageism

Talking and Listening

Treating Yourself

IQ development & lifelong learning

Temperance

Underestimation



Attitudes to Ageing

Ageism

Talking and Listening

Treating Yourself

IQ development & lifelong learning

Temperance

Underestimation

Diet



More info at www.lrhartley.com/attitudes

Attitudes to Ageing

A healthy diet helps you:

Meet your nutritional needs

Prevent and treat certain diseases

Enjoy life

Feel energetic and manage your weight

More info at www.lrhartley.com/attitudes



Attitudes to Ageing

Some general guidelines for healthy eating

Don't skip meals

Learn simple ways to prepare food

Avoid eating more sugar

Listen to your body



More info at www.lrhartley.com/attitudes

Attitudes to Ageing

Ageism

Talking and Listening

Treating Yourself

IQ development & lifelong learning

Temperance

Underestimation

Diet

Exercise
(Activity)

He who laughs last
thinks slowest.

Balance, coordination, flexibility, mobility, strength

Attitudes to Ageing

Ageism

Talking and Listening

Treating Yourself

IQ development & lifelong learning

Temperance

Underestimation

Diet

Exercise (Activity)

Safety

Don't learn safety by accident.

Alert today = alive tomorrow.



Attitudes to Ageing Summary

*A*geism

*T*alking and Listening

*T*reating Yourself

*I*Q development & lifelong learning

*T*emperance

*U*nderestimation

*D*iet

*E*xercise (Activity)

*S*afety

**“The best is yet to be,
the last of life,
for which
the first was made.”**

*Robert Browning
(1812-1889)*

More info at www.lrhartley.com/attitudes

Attitudes to Ageing

How to Change Your Attitude...

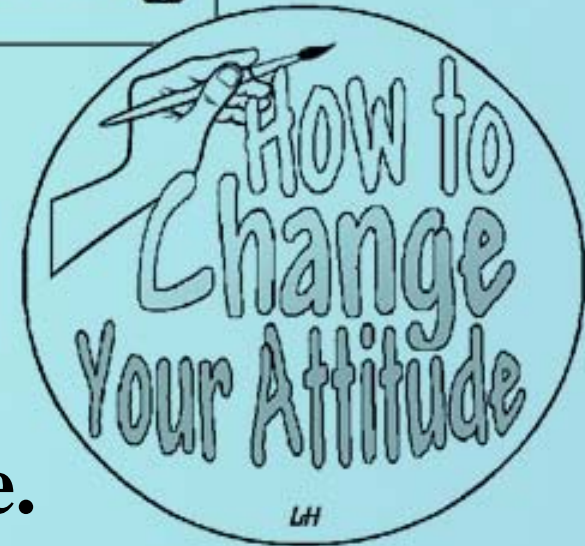
- 1. Believe that you can change.**
- 2. Stop focusing on yourself.**
- 3. Be honest with yourself.**
- 4. Face your flaws.**
- 5. Look on the bright side.**
- 6. Count your blessings.**
- 7. Realize optimism is a choice.**
- 8. Befriend optimistic people.**
- 9. Seek help from others.**
- 10. Ask the right questions.**



Attitudes to Ageing

How to Change Your Attitude...

1. Believe that you can change.
2. Stop focusing on yourself.
3. Be honest with yourself.
4. Face your flaws.
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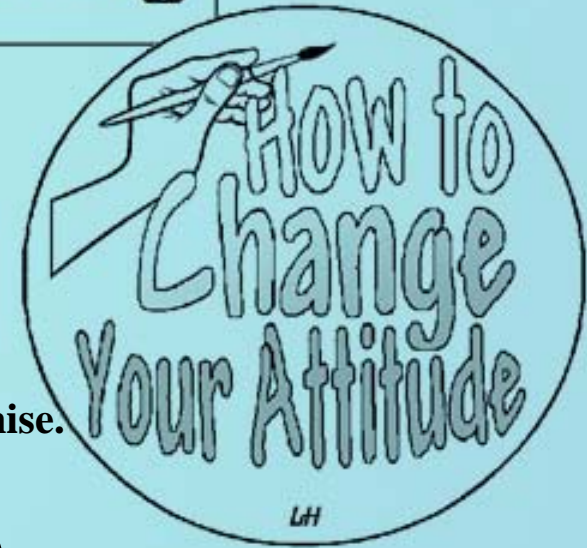


11. Have an attitude of gratitude.
12. Practice Acceptance.
13. Use positive words.
14. Say a daily affirmation or Bible promise.
15. Reframe your struggles as growing pains.

Attitudes to Ageing

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16. Change your case (Exercise).
17. Change your face (Smile).
18. Change your pace.
19. Change your space.
20. Change your actions – Do something different than what you've been doing.

Attitudes to Ageing

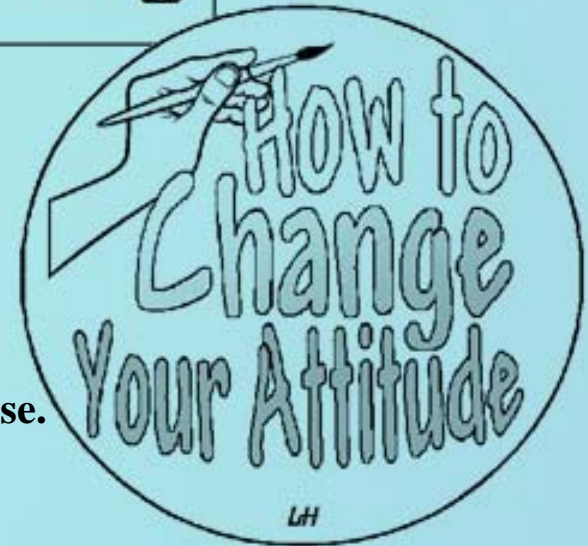
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21. Volunteer for a cause you believe in.

22. Have goals you are working toward and a physical reminder of them around you.

23. Find something to do every day that you enjoy and that makes you feel good about yourself.



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24. Learn something new.

25. Look for a new beginning in every ending.

More info at www.lrhartley.com/attitudes



Question Time

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Attitudes to Ageing

With Lionel Hartley, PhD



Participant Workbook

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Youthful Ageing

(Growing Older Gracefully)



Attitudes to Ageing

A _____

T _____ and _____

T _____

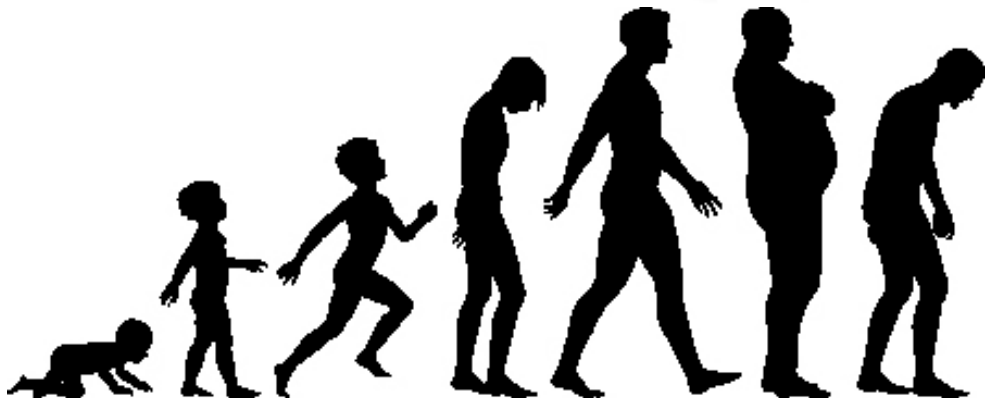
I _____ & _____

T _____

U _____

D _____

E _____ (_____)



How to Change Your Attitude

1. B_____ that you can change.
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6. C_____ your blessings.
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