TALK OF AGES TEACHING BRIEF

Misconceptions of Aging and Strategies for American Society

Contributed by
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Activity Description: During one class period (75 minutes), I showed 4 TED talks from the Talk of Ages new media resource list: How societies can grow old better; Life’s third act; Older people are happier; Prepare for a good end of life. These then served as the basis for group discussion.

Instructions: To begin, students take notes using the TED Viewing Notes below as they watch each talk. Afterwards, students break into groups of 3 or 4 and respond to the following prompts:

Drawing on the information you now know about late adulthood, answer these questions:

1) What were the misconceptions you had about aging before this class?

2) How have your views changed?

3) What do you think are important steps that we (American society) should take next regarding aging?
TED Viewing Notes

I. How societies can grow old better

Most older people in the US end up living separately from their children and from most of their friends from their earlier years. In traditional societies, old people live with ________________.

Four ways that traditional societies get rid of older people:

1) ________________
2) ________________
3) ________________
4) ________________

Filial piety is ________________

Age-based allocation of healthcare resources states that if hospital resources are limited, preference is given to ________________ over ________________.

Reasons for low status of older adults in the US:

1) ________________
2) ________________
3) ________________

What can we do to improve lives of older adults in the US?

1) Usefulness: ________________
2) Value: ________________
3) Increased abilities: ________________
II. Life’s third act

Longevity revolution: living __ years longer than our great-grandparents.

Third act: last __ decades of life.

The staircase represents the upward ascension of ________________

Age as potential, not ________________

When you’re inside aging, ______ subsides

___ of how well we do in the 3rd act is controllable (not genetic)

______________: can give new significance and clarity and meaning to life. Who were you? Where are you going? You can change your relationship to your past.

Viktor Frankl stated that the one freedom that cannot be taken away is the freedom to ________________ on experiences makes us wise; not just having the experiences

The largest demographic in the world is __________________________

III. Older people are happier

More years were added to life expectancy in the ____ century than were added across all millennia combined

The pyramid of population is being reshaped into a ________________

________, __________, and __________ decrease with age

Older adults are more likely to experience ______ emotions and engage with ________________ more comfortably

Older people remember more ______ than ______ images.

As we age, we ______ life, we are more open to ________________, and are ________________.

We also have less tolerance for ________________.

By 2015, there will be more people over ___ than under ___
IV. Prepare for a good end of life

_______________ can remain high, even when independence and bodily functions decline

5 steps to prepare for a good end of life:

1) 

2) 

3) 

4) 

5)