Prepare to Care
Family Caregivers

- Emotional support and companionship
- Household tasks (cleaning, laundry, yard work)
- Personal care (bathing, dressing)
- Help with medications
- Pay bills
- Cook or buy food
- Communicate with health professionals
- Coordinate care
- Drive to appointments
Five Steps to a Caregiving Plan

1. Start the Conversation
2. Form Your Team
3. Make a Plan
4. Find Support
5. Care for Yourself
Tips to Make a Plan

Hold a team meeting:

• Meet with your caregiving team

• Assess the goals and needs of your plan

• Delegate responsibilities
Resources

www.aarp.org/caregiving or

try our resource line 1-877-333-5885
NORMAL COGNITIVE AGING
AND SUPER-AGING

Felicia Goldstein, PhD
Neurology Department (Neuropsychology Program)
ADULTS 45 YEARS AND OLDER WITH SUBJECTIVE COGNITIVE DECLINE WHO LIVE ALONE
NORMAL COGNITIVE AGING

• Our brain changes as we age
• Speed of processing, making decisions, remembering may slow
• **Increase in wisdom, expertise, vocabulary**
• Normal part of aging
CRYSTALLIZED INTELLIGENCE

• Knowledge that is acquired through experience and education (e.g., general information; wisdom);

• Facts, skills, and information previously learned or built up from experience (e.g., vocabulary, reading)
• Ability to **manipulate** knowledge and acquire **new** skills (e.g., problem solving, working memory, dual task performance)
AREAS MOST AFFECTED IN NORMAL AGING

PROCESSING SPEED

EVERYTHING S L O W S

Slower in responding to environment
Slower in talking
Slower in recalling memories
Decreased information processing speed

WORKING MEMORY
“I call her ‘sweetie pie’ because I forgot her name about 15 years ago”
Memory

- Active recall is compromised; recognition is not
- Know they know, cannot find it
NEUROPSYCHOLOGICAL ASSESSMENT

• Paper and pencil or computer administered tests that assess cognitive and emotional functioning.
• Testing procedures are standardized (instructions, stimuli, scoring).
• There are normative data for different age groups and educational levels.
MECHANISMS?

- Sensory Changes
- Medical Conditions
- Brain Atrophy (loss of .5 to 1% in volume each year)
SUPER-AGERS
SUPER-AGERS

“Super-agers”: a subgroup of cognitively resilient older adults 80 years and older with cognitive performance (memory) at the level of 50 to 60-year-old persons
CHARACTERISTICS OF SUPER-AGERS

- Going outside one’s comfort zone
- Healthy Lifestyle
- Positive Outlook
- Social Stimulation
- Cognitive Stimulation
Successful Aging

- productivity and employment
- independence
- optimistic outlook
- Involvement
  - activities with people who bring meaning and support

Ruth Bader Ginsburg
CONCLUSIONS

• Changes in our thinking abilities are a normal part of aging. BUT if you are noticing changes that are troubling you and interfering with your ability to perform daily tasks such as cooking, bill payment, medication management, etc., then consult with your clinician and discuss whether further workup is needed to confirm that these changes are within normal limits.
The Cognitive Empowerment Program is continuing to offer free programs every month, which promote joy, purpose, health and wellness.

In September, you are invited to participate in yoga, physical activity, tai chi, and cognitive education.

For more information call 404.712.5565 or email us at empowerment@emory.edu

Join us for Virtual Programming

SEPTEMBER SCHEDULE

Every Wednesday

Physical Activity with Ayotomi
(10:00 - 10:45 am)

Yoga with Megan
(12:00 - 12:45 pm)

Tai Chi with Tina
(1:30 - 2:15 pm)

Special Session:
Cognitive Education
September 16th, 2020
(2:30 - 3:16 pm)

This session will also take place on
@14/07/20

Join through the link below:
PSYCHOLOGICAL AND EMOTIONAL EFFECTS OF LIVING IN ISOLATION DURING COVID-19

KALISHA BONDS JOHNSON, PHD, RN, PMHNP-BC
EMORY UNIVERSITY NELL HODGSON WOODRUFF SCHOOL OF NURSING
ISOLATION

HTTPS://PIXABAY.COM/PHOTOS/GAME-CHARACTERS-ISOLATION-ISOLATED:3649936/
PSYCHOLOGICAL EFFECTS
EMOTIONAL EFFECTS

- amusing
- doubtful
- uncomfortable
- vengeful
- panicked
- mad
- pride
- terrified
- disapproving
- frustrated
- offended
- love
- relieved
- anxious
- confused
- lost
- contentment
- loathing
- contrary
COVID-19 GUIDELINES

• WASH YOUR HANDS
• AVOID CLOSE CONTACT
• WEAR A MASK AROUND OTHERS
• COVER COUGHS AND SNEEZES
• CLEAN AND DISINFECT
• MONITOR YOUR HEALTH DAILY

COVID-19 ISOLATION

HTTPS://WWW.MAXPIXELS.NET/CORONA-CORONAVIRUS-QUARANTINE-4939242
HOW TO COMBAT ISOLATION

• TAKE TIME TO UNWIND
• CONNECT WITH OTHERS
• CONNECT WITH COMMUNITY ORGANIZATIONS & FAITH-RELATED
• TAKE CARE OF YOUR PHYSICAL BODY
• MENTAL HEALTH CARE PROVIDER
• CRISIS HOTLINE

THANK YOU!