

# Today's Presenter



**Wendy Pender**

Older Adults Project  
Specialist, King County  
Library System (WA)

# *Serving Older Adults in a Changing World*

Wendy Pender, MLS



What do we think of when we hear “older adult”?



Wendy's mom - on her 90<sup>th</sup> birthday!

## TYPICAL CONCERNS OF YOUNGER ADULTS :

- choosing a career
- choosing a mate
- getting/not getting pregnant
- raising children
- establishing a household
- climbing the corporate ladder

## TYPICAL CONCERNS OF OLDER ADULTS :

- children leaving home
- retirement- financing/timing
- downsizing/moving
- grandchildren
- health changes
- caregiving for parents or spouses
- what to do after retirement
- loss and grieving
- planning for the end of life
- legacy - what are we leaving behind?

The background of the slide features abstract, overlapping green geometric shapes, primarily triangles and polygons, in various shades of green, creating a modern and dynamic visual effect.

What comes to mind when  
you think about aging?

Fun fact: Census then and now



<https://www.ncoa.org/wp-content/uploads/USA15-Local-Markets-Full-Report-Denver-FINAL.pdf>

## AS I AGE, I WILL . . .

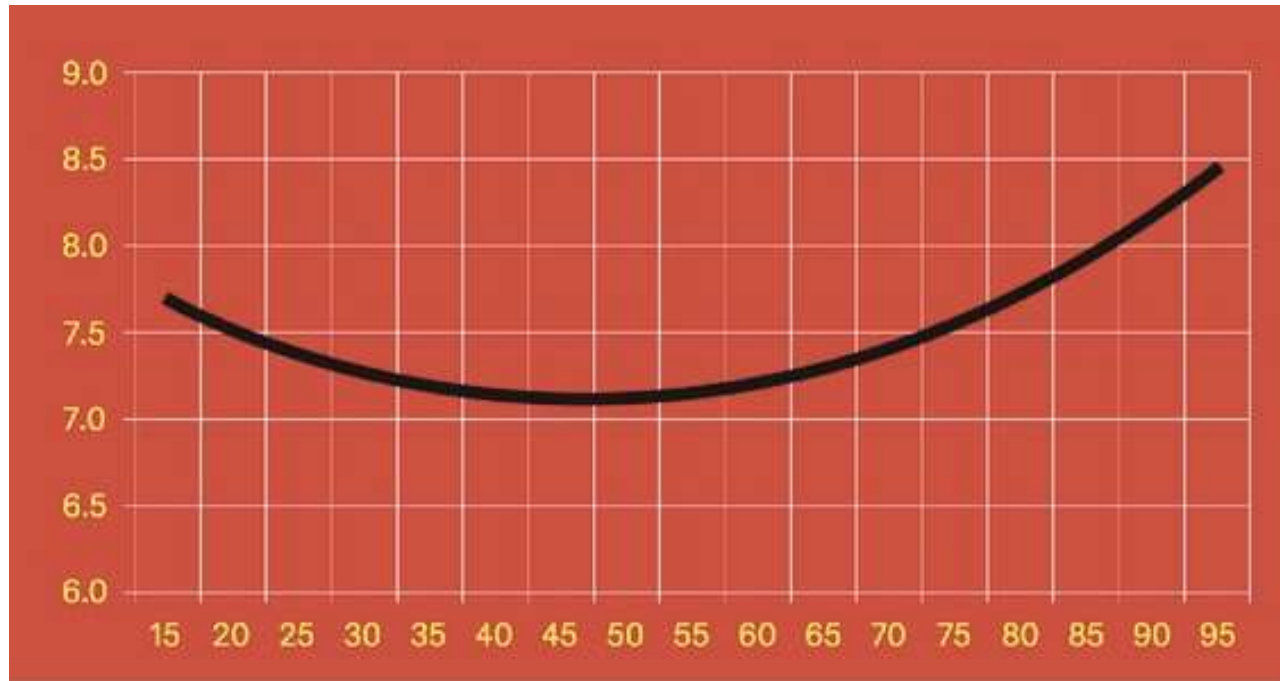
The As I Age Project at Freeway Park asked participants to muse on their aspirations for aging. Below is a cloud of the most popular words recorded from the project.



**Visit [www.FreewayParkAssociation.org](http://www.FreewayParkAssociation.org) for photos and updates on the future of this project.**



# The Happiness U-Curve

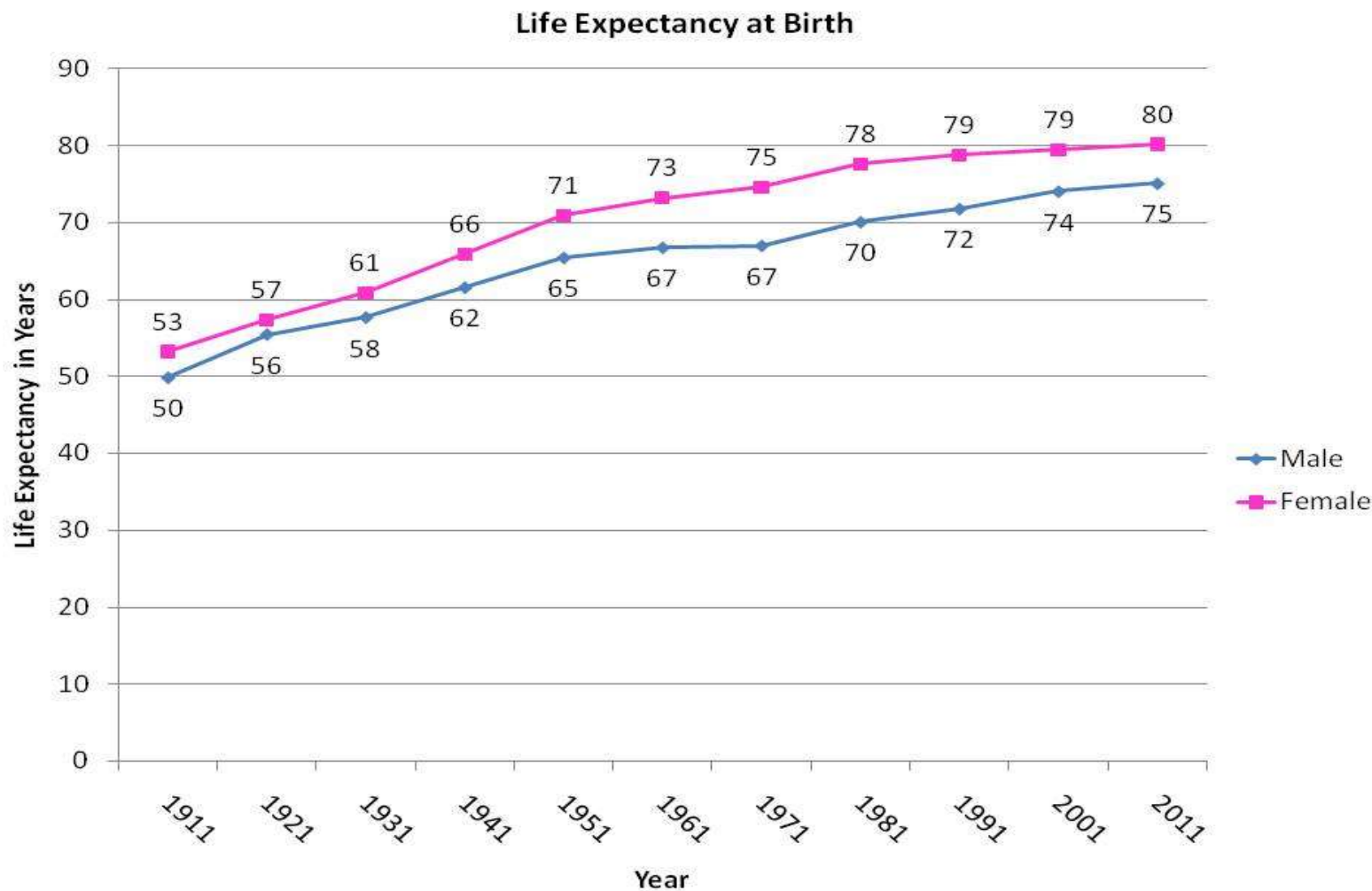


An analysis by the Brookings scholars Carol Graham and Milena Nikolova, drawing on Gallup polls, shows a clear relationship between age and well-being in the U.S.

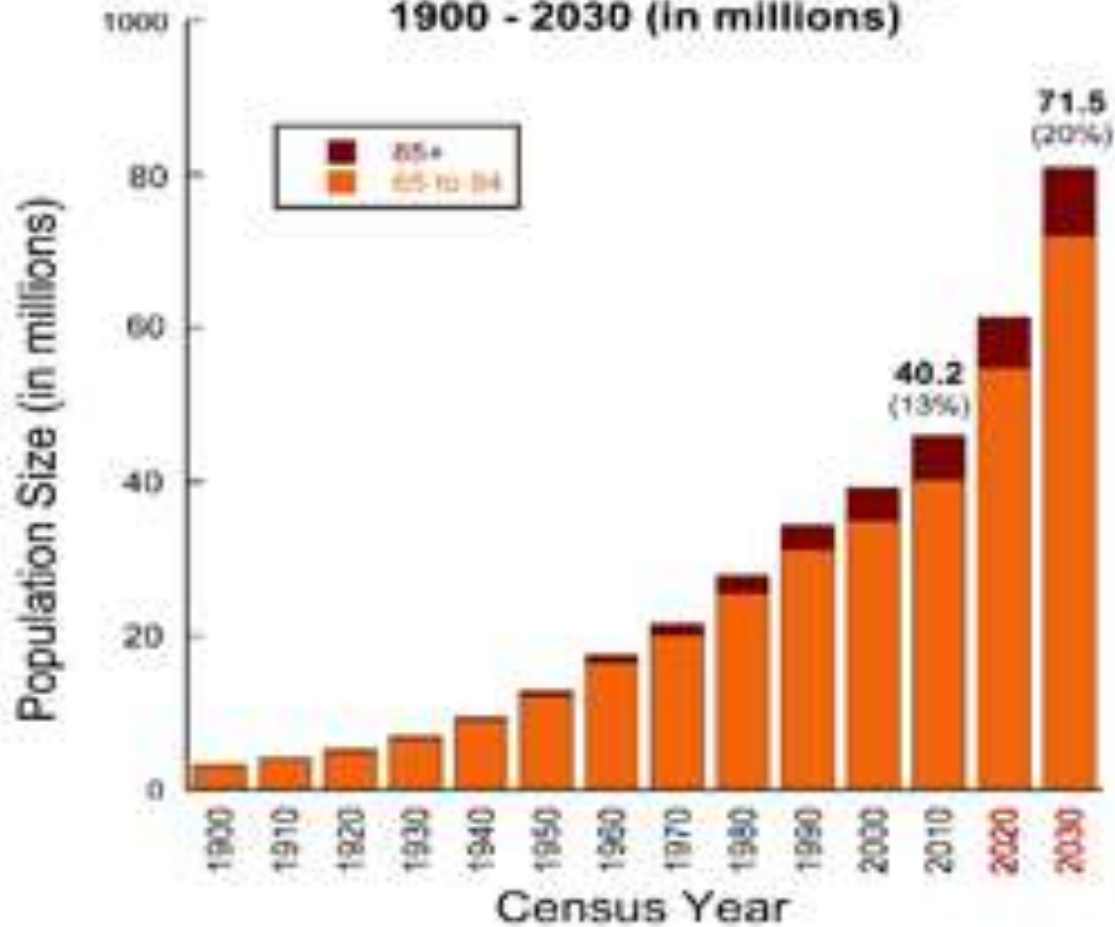
Respondents rated their life satisfaction relative to the “best possible life” for them, with 0 being worst and 10 being best.

# Trends

# Trend #1: Longer life span



## Older Population by Age 1900 - 2030 (in millions)

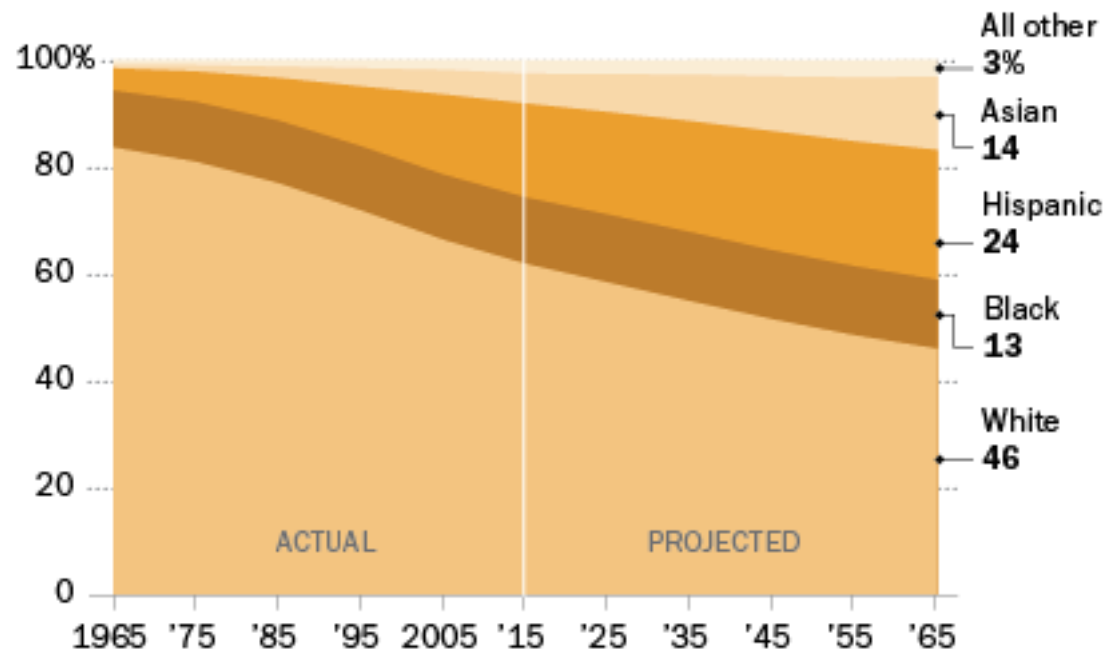


Healthy Aging Alliance, Oregon Health & Science University  
<http://www.ohsu.edu/xd/research/healthy-aging-alliance/about/>

# Trend #2: Increasing diversity

## The changing face of America, 1965–2065

*% of the total population*



Note: Whites, blacks and Asians include only single-race non-Hispanics; Asians include Pacific Islanders. Hispanics can be of any race.

Source: Pew Research Center 2015 report, "Modern Immigration Wave Brings 59 Million to US, Driving Population Growth and Change Through 2065"

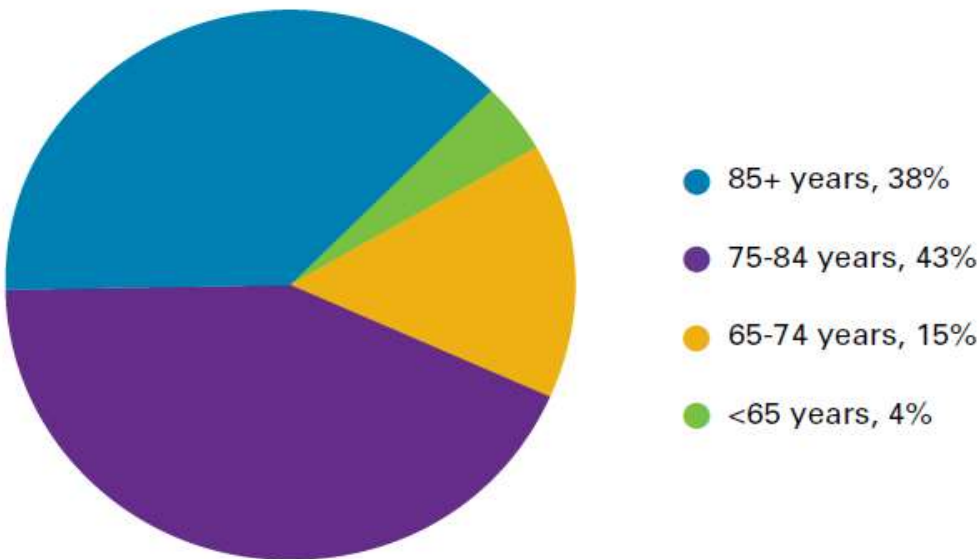
PEW RESEARCH CENTER

# Trend #3:

## Rise of dementia

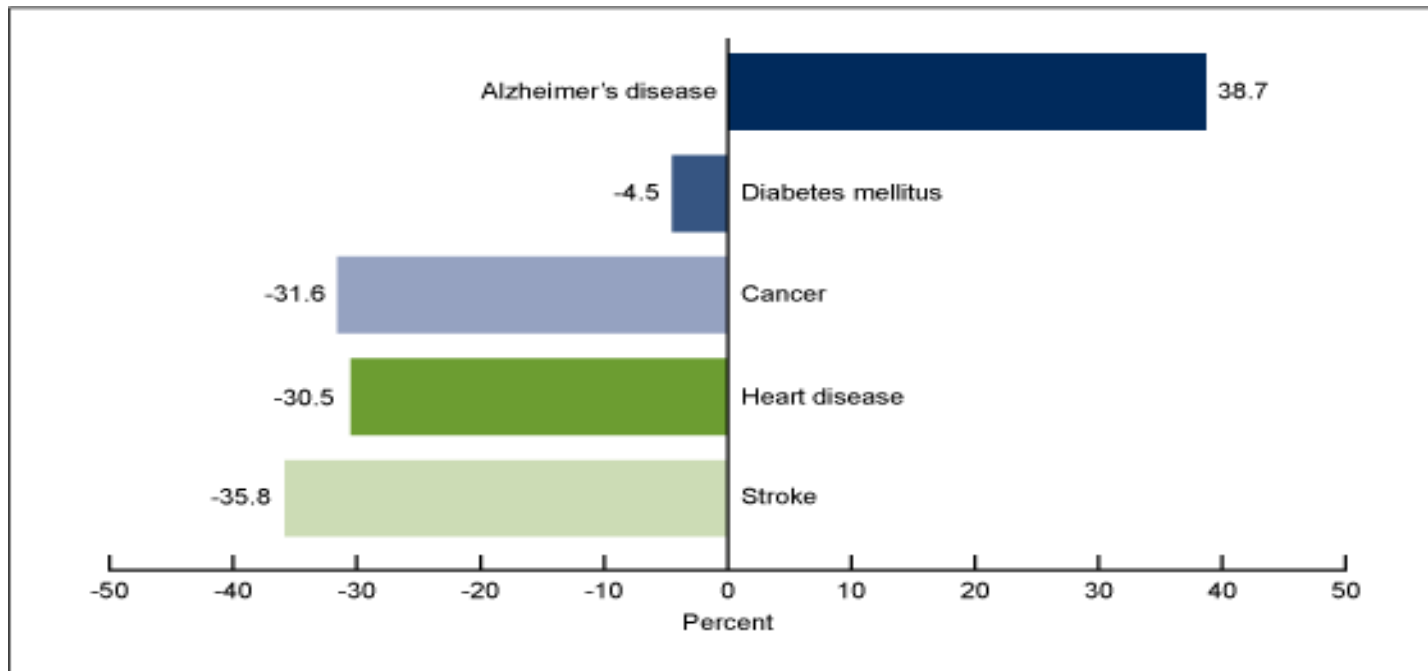
FIGURE 1

Ages of People with Alzheimer's Disease  
in the United States, 2015



Created from data from Hebert et al.<sup>120, A3</sup>

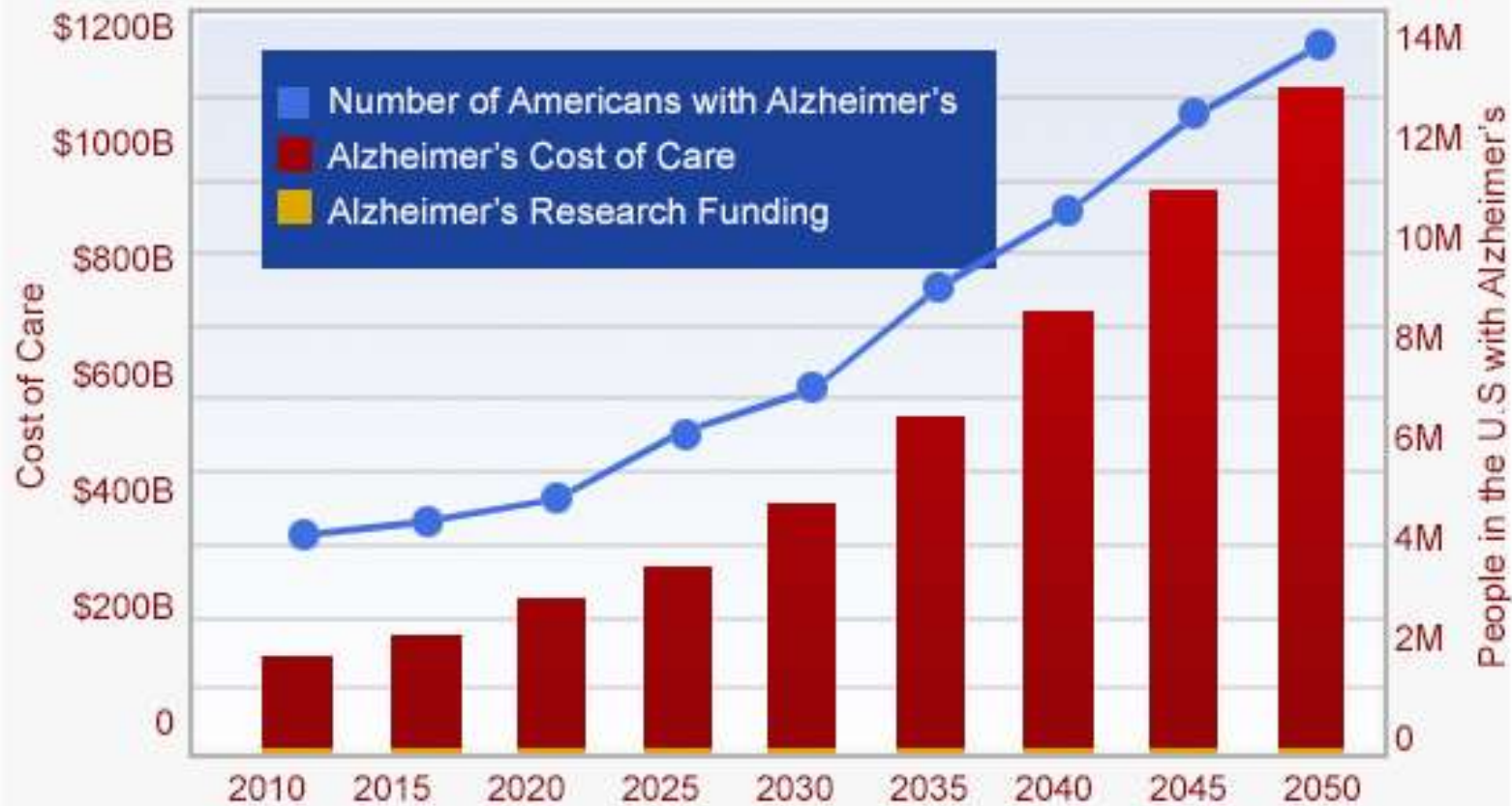
## Alzheimer's disease mortality increased compared with selected major causes of death.



SOURCE: National Vital Statistics System, Mortality.

Compared with other selected causes, Alzheimer's disease has been on the rise since the last decade. For 2000 and 2010, the age-adjusted death rate for Alzheimer's disease increased by 39 percent, whereas death rates for other major causes of death decreased (Figure 1(<http://www.cdc.gov/nchs/data/databriefs/db116.htm>)). The largest decreases in death rates among selected major causes of death were observed for Stroke (36 percent), Heart disease (31 percent), and Cancer (32 percent).

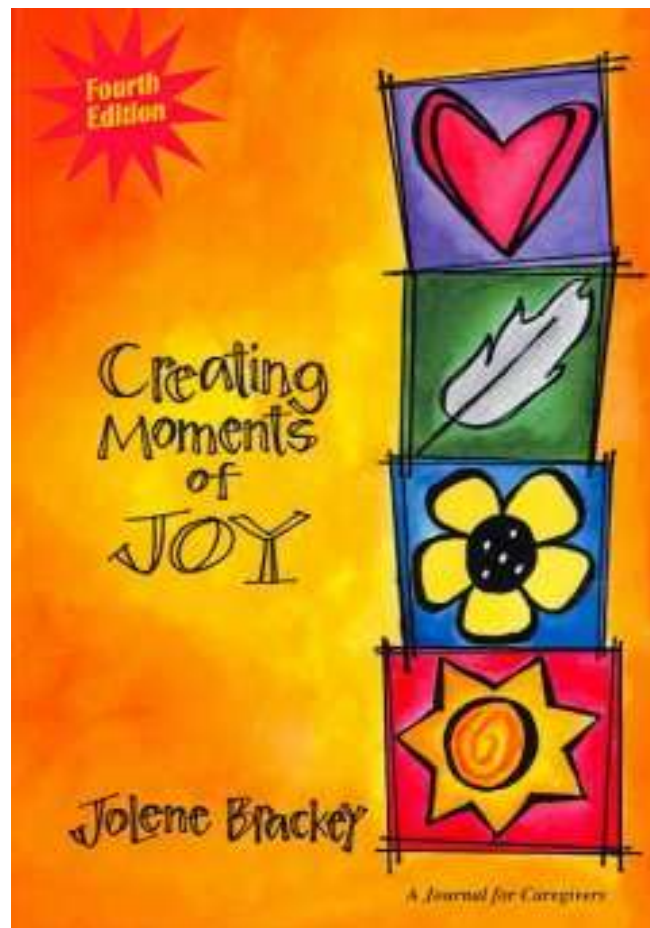
## Alzheimer's Cost and Funding 2010 -2050



Source: Alzheimer's Study Group, A National Alzheimer's Strategic Plan: The Report of the Alzheimer's Study Group (March 2009); Alzheimer's Association, Changing the Trajectory of Alzheimer's Disease: A National Imperative (May 2010); National Institute of Health Office of the Budget website.

<http://www.usagainstalzhimers.org/crisis>

# “MUST KNOW” BOOK



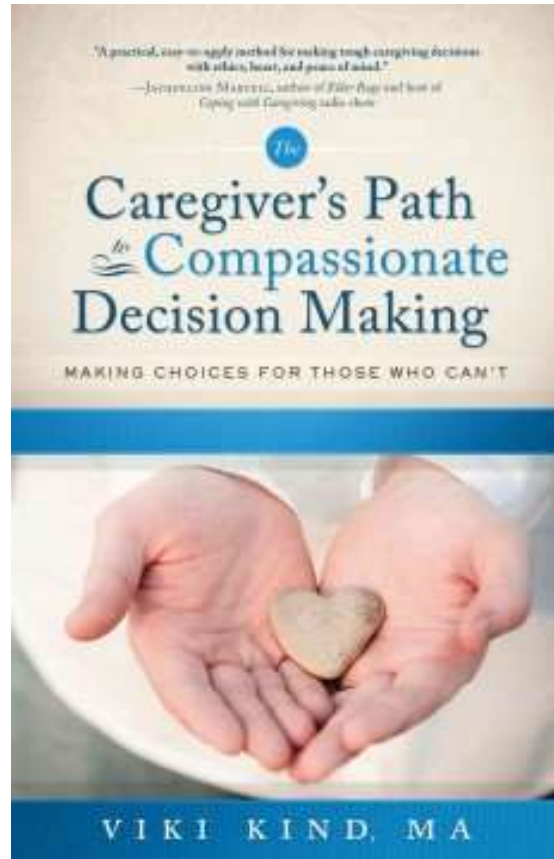
***Creating Moments of Joy for the Person with  
Alzheimer's or Dementia***  
by Jolene Brackey

## Trend #4:

**More caregiving (most often by adult daughters - who may also have children at home - the “sandwich” generation)**

- ▶ Longer lives = more care needed = more caregiving (usually unpaid or low pay)
- ▶ Education and a decent wage for caregiving was one of the top concerns identified by the White House Conference on Aging in 2015 (every 10 years the U.S. formulates a National Plan on Aging)

# “MUST KNOW” BOOK



## ***The Caregiver's Path to Compassionate Decision Making***

by Viki Kind

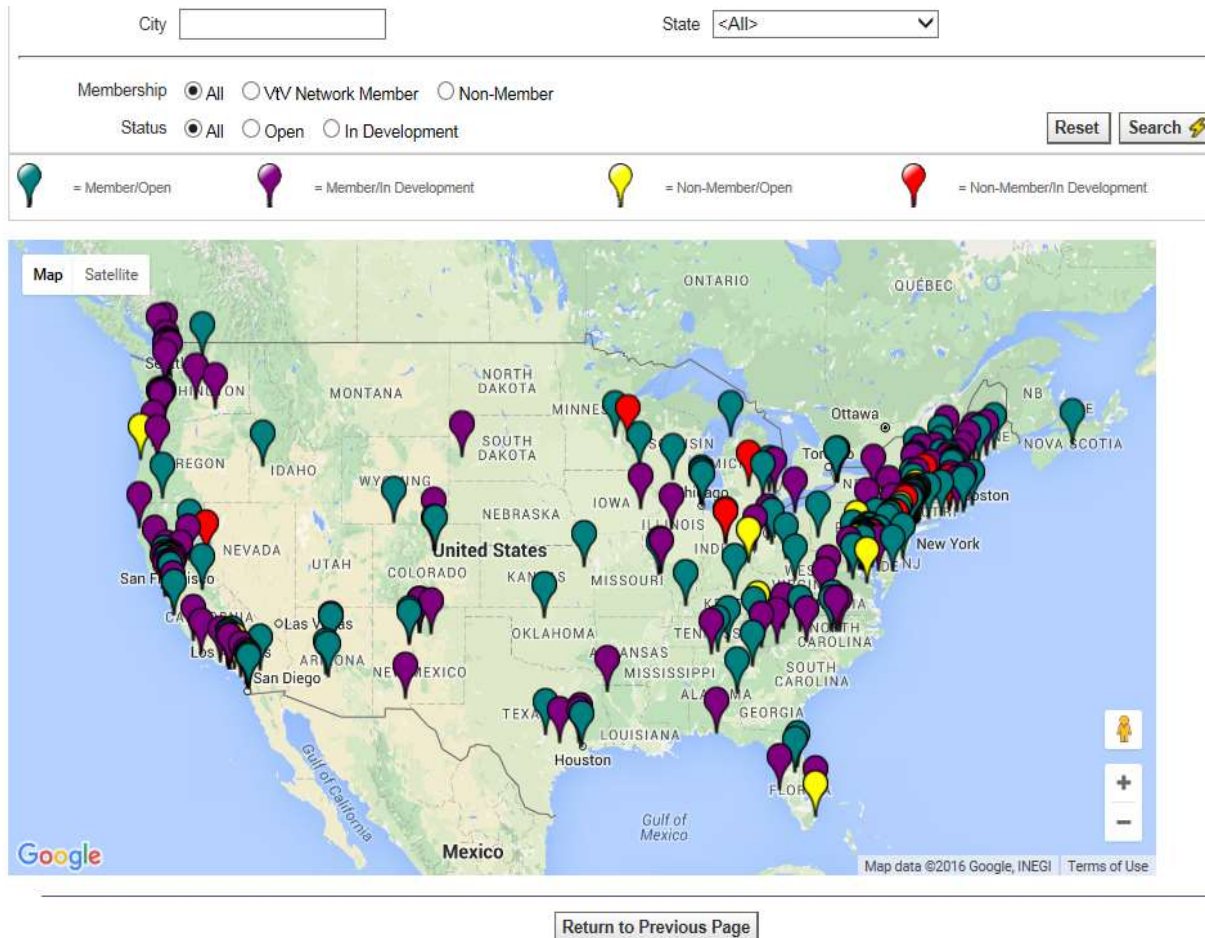
Her website [KindEthics.com](http://KindEthics.com) (weekly kindness reminders, especially helpful for remote caregivers)

## Trend #5:

# Rising expectations & innovation!

- ▶ Older adults are changing the world, inventing this new life phase!
- ▶ Desire for lifelong learning (not “retire”)
- ▶ Desire to live independently, “age in place”
- ▶ Innovations abound! Assistive technologies, Village movement, Senior Homeshares, and more

# Village to Village Network



Contact Us: 617-299-9638; [vtv@vtvnetwork.org](mailto:vtv@vtvnetwork.org)

From Sun City to the Village Movement ...  
started in 2002, quickly growing!  
[www.vtvnetwork.org](http://www.vtvnetwork.org)

# Senior Homeshares



Online matching service for seniors with more house than they need with seniors who need a home  
[www.seniorhomeshares.com](http://www.seniorhomeshares.com)

# More Innovations!



[www.aging2.com](http://www.aging2.com)

# Impacts

# Impact #1:

## Need to accommodate wide range of technical knowledge

- ▶ Continuing need for beginner tech classes (worldwide web is only 22 years old!)



## Impact #2: Desire/need for personalized services

- ▶ bookmobile
- ▶ personalized reader's advisory
- ▶ mailed books
- ▶ live one-on-one assistance
- ▶ talking with a person!

# Impact #3:

## Competing priorities

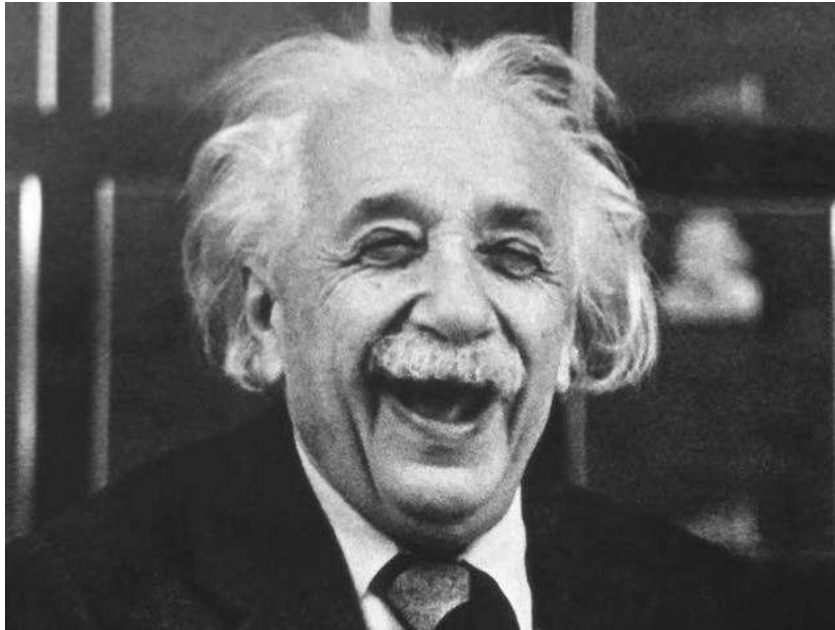
- ▶ Beginner classes AND cutting-edge technology
- ▶ Quiet space (silent study) AND community (louder) space (meeting rooms, after school hours & activities)
- ▶ Need to keep old formats (cassettes and VHS) AND provide CD's, DVD's, Blu-ray and streaming
- ▶ Need for “easy” volunteer tasks AND challenging tasks to keep older adults engaged

# Resources for more trends and statistics

- ▶ Legislation regarding the preservation of Social Security, e.g., “scrap the cap” initiatives
- ▶ Pew Research - Older Adults
- ▶ National Council on Aging (demographics)
- ▶ White House Conference on Aging final report (every 10 years our country develops a plan on aging - most recent in 2015)
- ▶ Aging.gov to stay up on latest news
- ▶ Your local Area Agency on Aging (they’re everywhere, thanks to the Older Americans Act of 1965)
- ▶ An Aging Nation: The Older Population in the United States (Census.gov)

# Strategies

# Strategy #1: Asset-based thinking



“We cannot solve our problems with the same level of thinking that created them” ~Albert Einstein



[BUDDHADOODLES.com](http://BUDDHADOODLES.com)

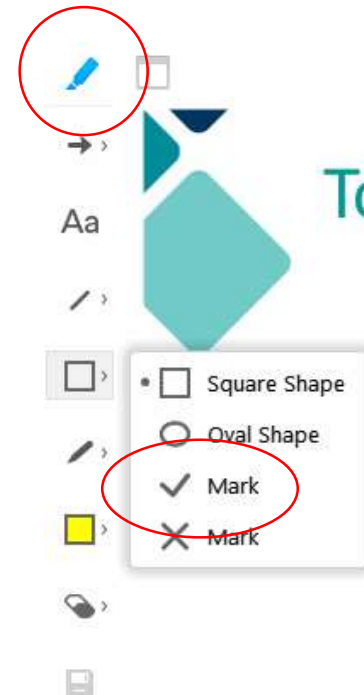
Beware the stiffening tendencies of aging ... be it our lungs or our ideas

# Annotation Tools

The tool buttons will open in a row on the left side of your screen, once you [click on the marker icon](#).

## Check mark

- Click on square, half-way down.
- Use the drop-down menu and choose the check mark tool.
- Click on the slide to indicate your choice.



# What's your library's most pressing need with regard to serving older adults?

convincing others of the priority for older adult programs/services

dementia-friendly programming

free/low-cost program ideas

getting started

# Reduce barriers and create easier access to information

Some possibilities:

- **Telephone town hall** (mass phone call utilizing technology) connecting with experts
- **App night** - invite the public to demonstrate their favorite app, “each one teach one”
- Provide “**share**” space for seniors (DO space, MAKER space, etc.) for people to teach each other

## Strategy #2:

# Partner, partner, partner = expand our reach and **IMPACT!**

- ▶ Alzheimer's Association, American Heart Association, etc.
- ▶ Hospital education departments
- ▶ Senior Centers - go there *and* have them come to you (like a school tour - remember personalized service!)
- ▶ Parks & Rec departments
- ▶ Arts groups, especially ones reaching out to people with dementia (see [LifetimeArts.org](http://LifetimeArts.org), [AliveInside.org](http://AliveInside.org), [CreativeAging.org](http://CreativeAging.org), Meet Me at the Movies, etc.)
- ▶ Veterans' Associations
- ▶ Local colleges and universities

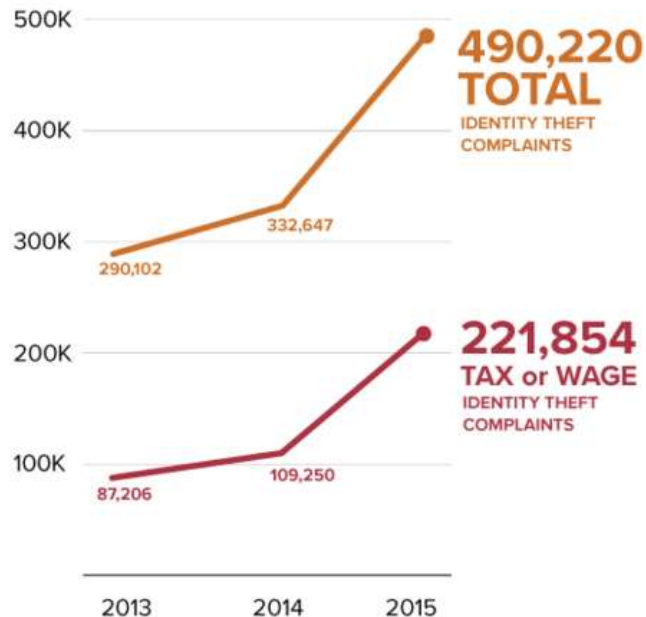
## More partners ...

- ▶ Immigrant groups such as Refugee Women's Alliance, Asian Counseling & Referral Service
- ▶ U.S. Department of Labor, Social Security Administration, FTC
- ▶ Social service agencies, local food banks
- ▶ Activity directors at older adult communities
- ▶ Service clubs (Rotary, Lions)
- ▶ Trade associations (Master Builders, Senior Care Coalition) & faith-based organizations
- ▶ Talking Book & Braille Library
- ▶ AARP - utilize their strength in marketing



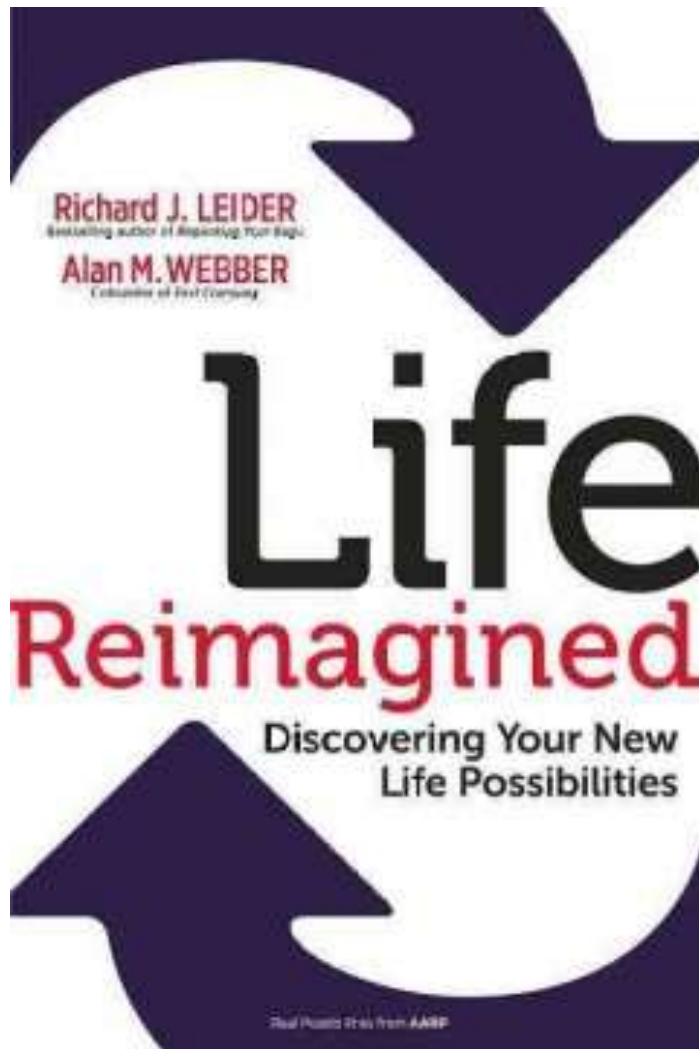
## Identity Theft Complaints on the Rise

### Identity Theft REPORTED TO THE FTC



Infographic created by the Federal Trade Commission

To host a free Fraud Watch class taught by an AARP volunteer, call your local AARP office



<https://lifereimagined.aarp.org/>

*“I take my grandkids to the library all the time; I never thought of it as a place for me. Now I know different!”*

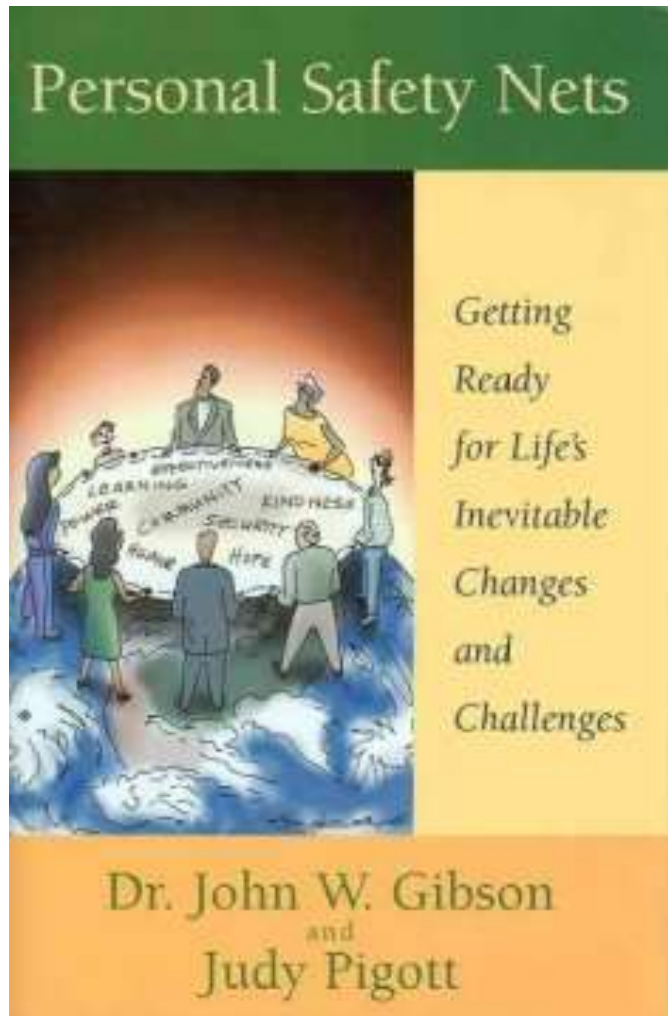
# Use technology (don't reinvent the wheel or do it all yourself)

## ► Senior Center Without Walls

an award-winning program of Episcopal Senior Communities offering activities, education, friendly conversation, and an assortment of classes, support groups, and presentations to seniors. Each week, seniors can access over 70 groups **by phone or online**, all from the comfort of home.



# “MUST KNOW” BOOK



## ***Personal Safety Nets: Getting Ready for Life's Inevitable Changes and Challenges***

by Dr. John W. Gibson and  
Judy Pigott  
(free downloads at  
[personalsafetynets.org](http://personalsafetynets.org))

# Speaking of Dying



*Living Deeply ... Dying Well*

The last taboo: See [www.speakingofdying.com](http://www.speakingofdying.com)

30 minute film and discussion guide on all aspects of planning for end of life (good follow-up to Atul Gawande's *Being Mortal*). DVD or streaming online via Amazon Pay-per-view.

*"I'm so incredibly impressed at the comprehensive compassionate film you all created - full of beauty, amazing artistry, love of life, and love and care for our loved ones and ourselves."*

# Strategy #3:

## Ask for help! Your partners and others

- ▶ Design robust job descriptions for skilled volunteers, e.g., docents to lead library tours, tech tutors to teach classes, resume-reviewers to assist with editing resumes.
- ▶ **Seek wisdom from within** - look at what the children's librarians are doing. Movement, singing, story-telling, circle-dancing. Repetition assists learning and memory.
- ▶ Ask your board, teen advisory board, community leaders and FOL to **help promote your programs**. Give them a call to action! Be a champion and an advocate for the older adults in your community!

# More Resources for Older Adults

- ▶ King County Library System's 50+ page:  
[www.kcls.org/browse/50](http://www.kcls.org/browse/50)
- ▶ [ChangingAging.org](http://ChangingAging.org) (Dr. Bill Thomas' website - check out his book *Second Wind* and "Disrupt Ageism" national tour)
- ▶ [ThisChairRocks.com](http://ThisChairRocks.com) (author Ashton Applewhite's site)
- ▶ [NextAvenue.org](http://NextAvenue.org) (PBS's newsletter for older adults)
- ▶ [www.buddhadoodles.com](http://www.buddhadoodles.com) (for whimsy and those "take a breath" moments) (Doodle drawings used by permission in this presentation)
- ▶ [www.nextdoor.com](http://www.nextdoor.com) to publicize local events

The background features abstract, overlapping green geometric shapes, primarily triangles and polygons, in various shades of green, creating a modern and dynamic visual effect.

**What's the most effective  
strategy or best idea  
you've thought of/heard  
about/seen implemented?**

(Write in chat box to share!)



Stay Curious. <sup>mollicules</sup>

[www.buddhadoodles.com](http://www.buddhadoodles.com) (used by permission)

The background features abstract, overlapping green geometric shapes, primarily triangles and polygons, in various shades of green, creating a modern and dynamic visual effect.

**What's next?**

UNATTRACTIVE OLD FEEBLE UNSURE  
CROTCHETY **The Wall** CONFUSED  
AILING FORGETFUL  
NURSING HOME CRANKY INVISIBLE  
STIFF GRUMPY WEAK WORTHLESS  
BORING ALONE LIFELESS WRINKLED  
SENILE



Video - The Wall: How the Arts Can Improve Aging

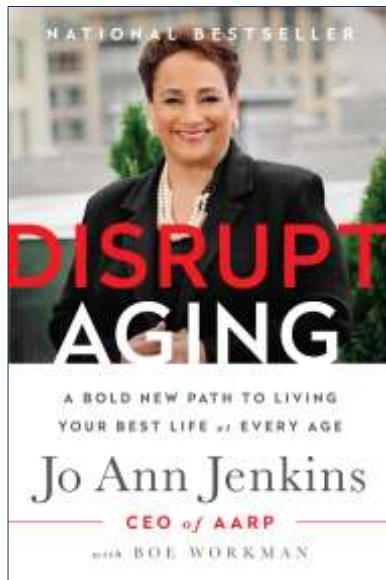
<http://arohaartfulaging.org/about-aroha/> Artful Aging & Aroha Productions

# Thorndike Press Mini-Collection on Aging

The following books were share in the recent webinar  
Wendy presented with others, for *Library Journal*,  
Aging in the 21st Century

# Disrupt Aging: A Bold New Path to Living Your Best Life at Every Age

by Jo Ann Jenkins, CEO, AARP with Boe Workman



THORNDIKE PRESS®

- *Publishers Weekly*, *USA Today*, and *Washington Post* bestseller
- “This book will appeal to an extensive audience, especially those interested in what’s possible when all of us live longer, healthier lives that connect us to our families and communities.” — *Library Journal*
- “With a positive outlook and many creative suggestions, this straightforward book will be an inspiration to boomers and millennials.” — *Booklist*

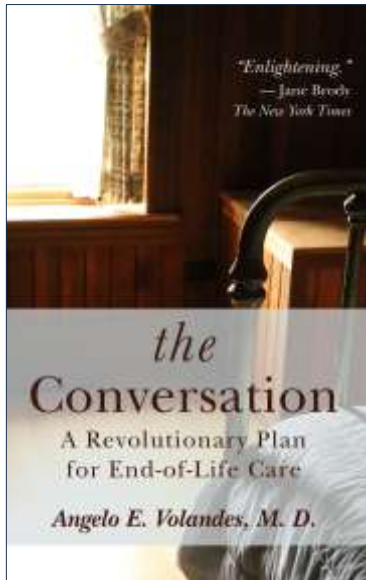
Written to “alter the mindset around aging,” this forthright book by AARP CEO Jo Ann Jenkins is part memoir, part social treatise and part wake-up call to plan for, prepare for, and make the most of our years of experience. ISBN: 9781410495433

## SUGGESTIONS ON USING THIS BOOK IN THE LIBRARY:

- Part of a book display on social change, including diversity, anti-discrimination, or inspiring biographies of older adults, or re-careering
- Book discussion including cultural norms
- Recommended reads on self-determination, AARP-produced books

# The Conversation: A Revolutionary Plan for End-of-Life Care

by Angelo E. Volandes, M.D.



THORNDIKE PRESS®

- “Written with passion and clarity, this book moves beyond others on the topic by including empirical evidence of how to make such conversations about end-of-life care most effective.” — *Library Journal*
- “Worth the price of the book alone is Volandes’ easy-to-follow guide for determining and making known one’s end-of-life wishes.” — Booklist

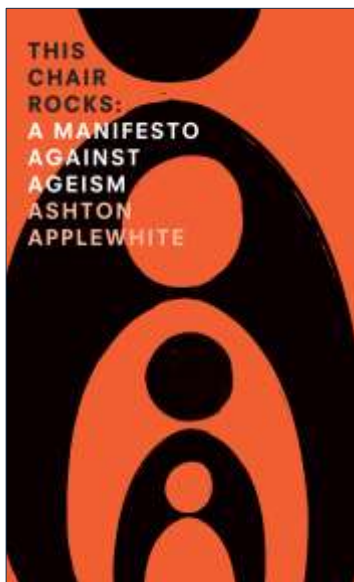
A bold book which illuminates the questions and possibilities at the end of life. It is how we want to live, not just how we want to die, that we must examine and discuss with our loved ones and health care team. This book shows us how these conversations can take place and the different routes seven people chose while navigating these options. ISBN: 9781410494788

## SUGGESTIONS ON USING THIS BOOK IN THE LIBRARY:

- Part of a book display on end-of-life or difficult conversations or health care concerns
- Book discussion including end-of-life issues, health care industry
- Read in conjunction with the website [www.personalsafetynets.com](http://www.personalsafetynets.com) and utilize the downloadable guidebooks
- Recommended reads on community conversations, health care

# This Chair Rocks: A Manifesto Against Ageism

by Ashton Applewhite



THORNDIKE PRESS®

- a lively, entertaining book . . . (Applewhite's) humor, high-energy writing, and emphasis on positive ways to view and experience age contribute to making this a valuable resource, an agent for social change, and an enjoyable read."  
— starred, Publishers Weekly
- “Smart, sassy and oh so wise.” — AARP

This book examines our deeply held belief system that “old = bad.” Ageism is a “prejudice against our future selves” and the last acceptable form of discrimination in our society. Language, policy, and social norms get scrutinized via the stereotypes of aging and what we can do to fight back — for, after all, embracing aging is simply embracing living. ISBN: 9781410494863

## SUGGESTIONS ON USING THIS BOOK IN THE LIBRARY:

- Part of a book display or book list on social change, including diversity, anti-discrimination, cultural beauty standards
- Book discussion including cultural norms
- Recommended reads on diversity from a new angle

# Second Wind: Navigating the Passage to a Slower, Deeper, and More Connected Life

by Dr. Bill Thomas



THORNDIKE PRESS®

- “[Thomas’] advice, honed by his work with the AARP’s Life Reimagined Institute, is grounded and useful.”  
— Publishers Weekly
- “A beautifully crafted narrative on the forces that have shaped the Baby Boom generation and a road map for how this massive group can now use their accumulated wisdom and elderhood as a potent force for cultural renewal, connection, and deep healing.” — Christiane Northrup, M. D. and New York Times bestselling author

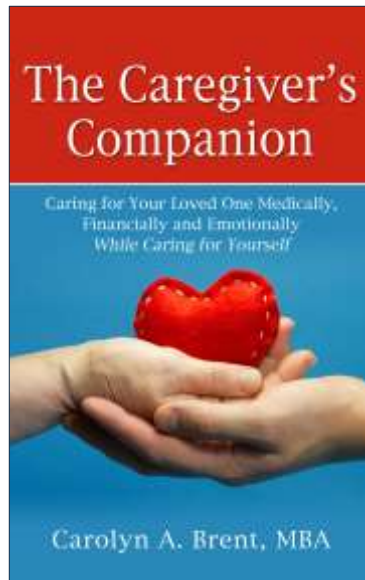
Dr. Bill Thomas, founder of the Eden Alternative, brilliantly dissects the post- WWII generation and the achievements and failures of the current age. Daring to question such maxims as “begin with the end in mind” and challenging the current youth-centric culture, he reinvigorates a vision of elderhood and respect for the wisdom of our years. ISBN: 9781410495426

## SUGGESTIONS ON USING THIS BOOK IN THE LIBRARY:

- Part of a book display on post-WWII cultural change (The Greatest Generation, Baby Boomers, hippies, Vietnam, etc.)
- Book discussion including elderhood and youth-centrism; compare and contrast with Stephen Covey’s works
- Recommended reads on social history, role of elders, questioning cultural norms (such as efficiency and independence)

# The Caregiver's Companion: Caring for Your Loved One Medically, Financially and Emotionally While Caring for Yourself

by Carolyn A. Brent, MBA



THORNDIKE PRESS®

- “An excellent, comprehensive guide to everything both new and seasoned caregivers need to know.” – *Library Journal*
- “(Brent’s) common-sense take is solid and helpful for the many people looking for caregiving resources.” – *Booklist*

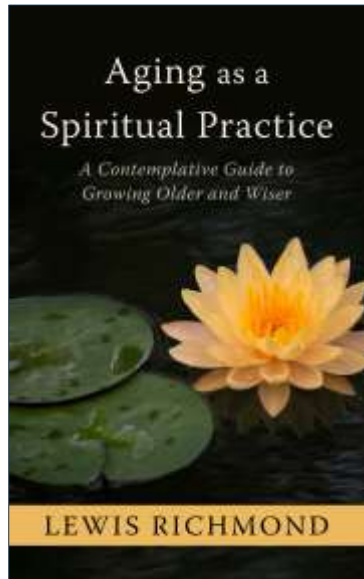
A myriad of questions faces the caregiver – how shall I decide on the best care? How will I know my loved one's wishes? How shall I navigate financial, legal, and health challenges? This clear book provides the blueprint for many “crucial conversations” which face caregivers. This is the must-have reference for the caregiver’s bookshelf you’ll refer to time and again. ISBN: 9781410494771

## SUGGESTIONS ON USING THIS BOOK IN THE LIBRARY:

- Part of a book display on caregiving, wills/guardianship/estate planning, end-of-life planning
- Book discussion on caregiving, end of life concerns
- Support group for caregivers – a chapter a month
- Recommended reads on caregiving, legal & financial checklists

# AGING AS A SPIRITUAL PRACTICE: A Contemplative Guide to Growing Older and Wiser

by Lewis Richmond



THORNDIKE PRESS®

- “you don’t have to be a Buddhist or, for that matter, Christian, Jewish, Muslim, Hindu, or even a believer to appreciate its very helpful reflections. Included are stories of ordinary people, some of whom like growing old and others who do not. In addition, Richmond offers examples of contemplative Buddhist practices. An effective primer.” — *Booklist*
- “This compassionate, hopeful book is a valuable resource for the inquiring adult coping with the passages of aging.” — *Publishers Weekly*

This guidebook for “gracious aging” is based on gentle Buddhist practices and contemplative reflections rooted in the concept “everything changes.” It focuses on our internal narrative, how to make friends inside ourselves with the newer (older) self that is emerging as we age, and how to find the enjoyment in each moment despite the difficulties which may arise. ISBN: 9781410494764

## SUGGESTIONS ON USING THIS BOOK IN THE LIBRARY:

- Part of a book display or booklist on meditation, spiritual practices, rituals
- Book discussion on aging, spirituality
- Meditation group
- Recommended reads for growth in later life, psychology of aging

## Closing Activity - take what you've learned:

Write in your notes some nuggets from today to remember

One thing for yourself: I will \_\_\_\_\_

One thing for your family: I will \_\_\_\_\_

One thing for your organization: I will \_\_\_\_\_

One thing for your community: I will \_\_\_\_\_

I'd love to hear from you!  
[www.kcls.org/browse/50](http://www.kcls.org/browse/50)

Wendy Pender  
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960 Newport Way NW  
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[wgpender@kcls.org](mailto:wgpender@kcls.org)

