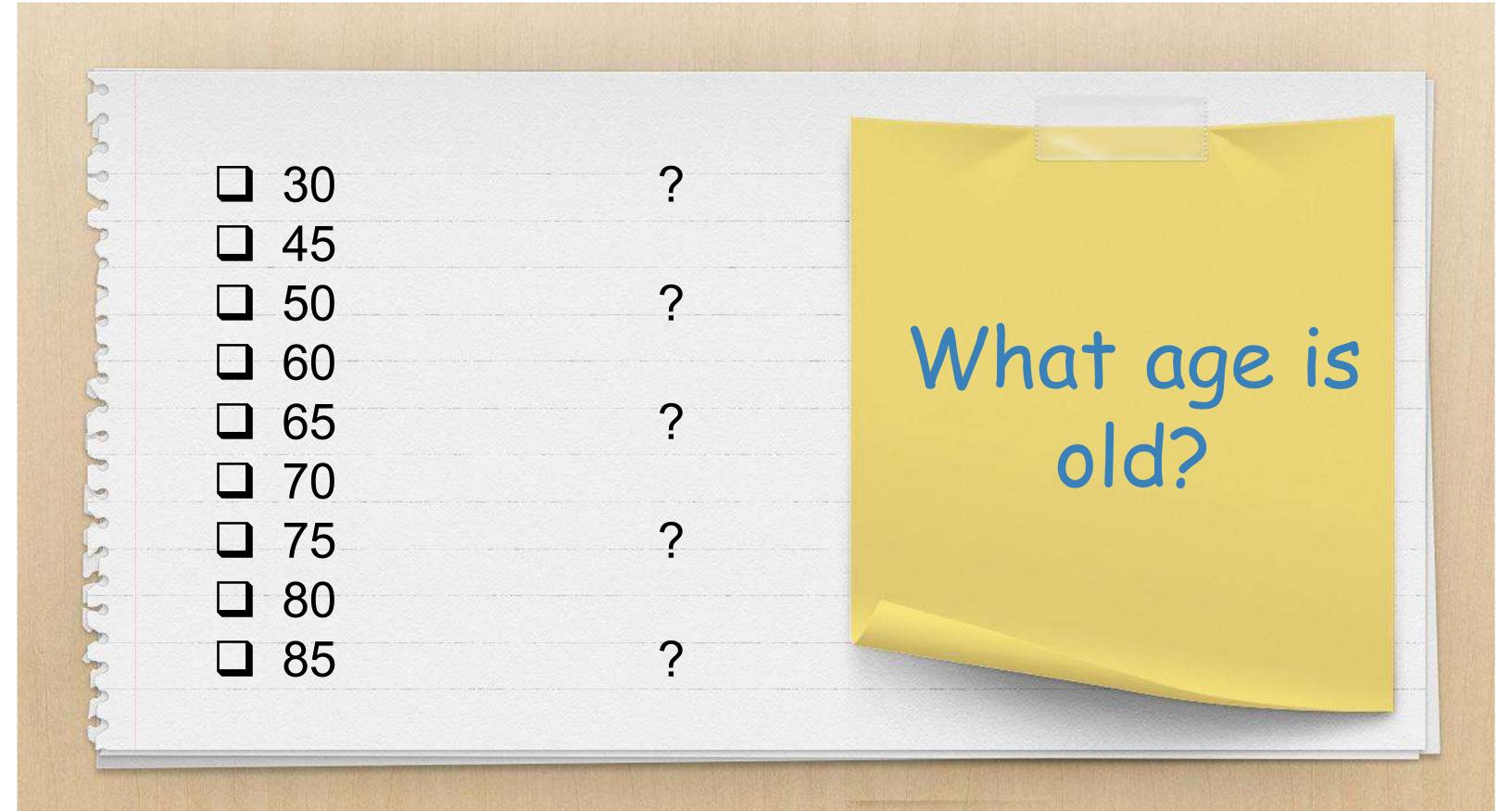
### ELDERHOOD

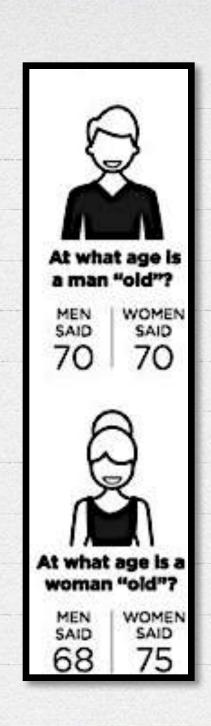
Redefining aging
Transforming medicine
Reimagining life

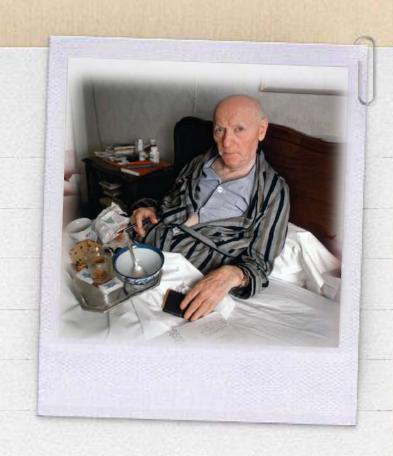
Louise Aronson MD MFA University of California, San Francisco



## What age is old?

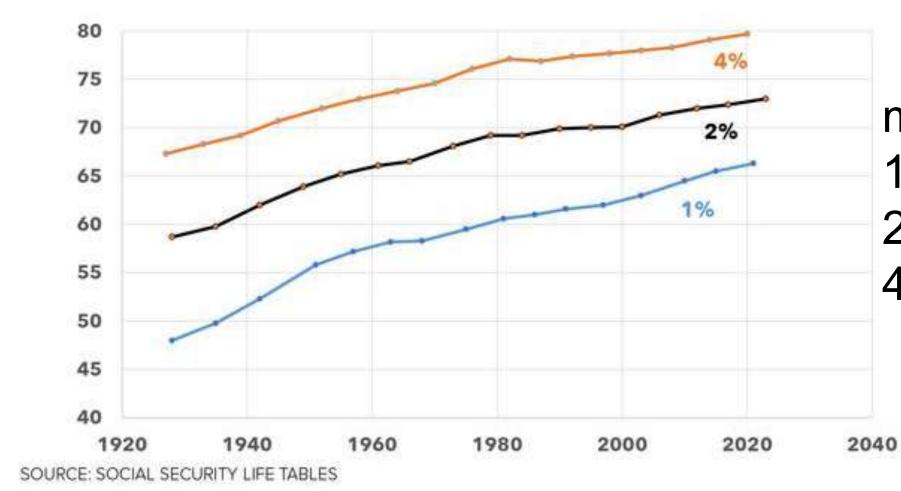
Age of respondents	Age of becoming old
18-29	60
30-49	69
50-64	72
65-plus	74
Source: Pew Research Center telephone survey	





#### Is old getting older?

AGE AT WHICH FEMALES REACH 1%, 2% AND 4% MORTALITY



mortality of

1% = middle-aged

2% = old

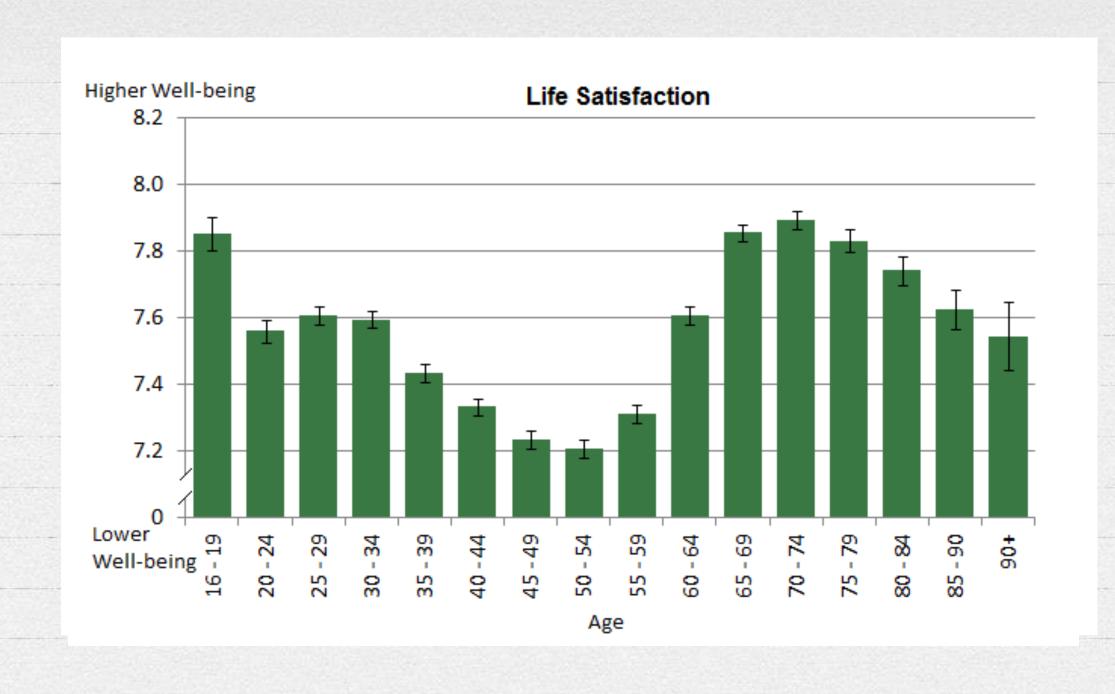
4% = elderly

Shoven 2010

# Redefining Aging

Elder





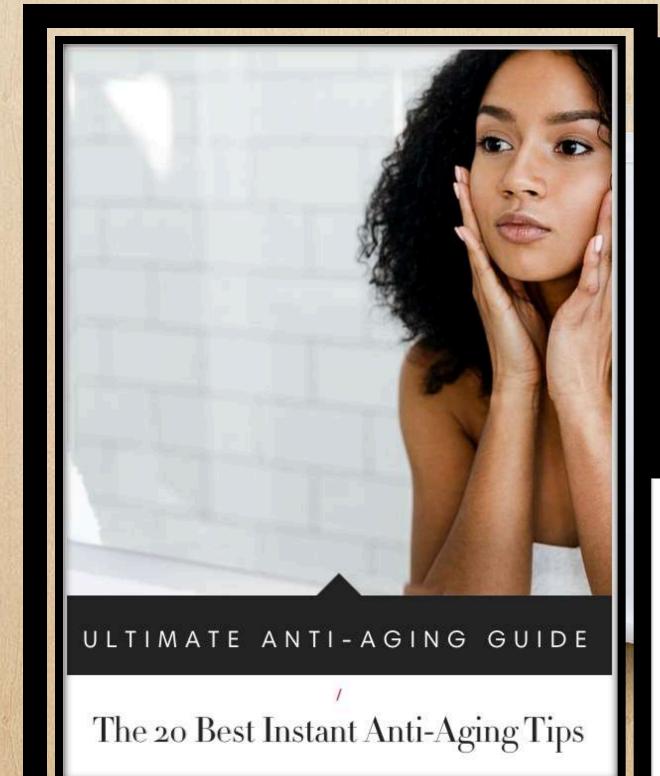


## WAYS OF SEEING





Berger J 1972





Age is just a number...



I'm a lot of things, and over the hill isn't one of them.

-Smiler, 86



City of Boston Age Strong Commission Mayor Martin J. Walsh



To tell me my old age doesn't exist is to tell me I don't exist."

If I'm ninety and believe I'm forty-five, I'm headed for a very bad time trying to get out of the bathtub.

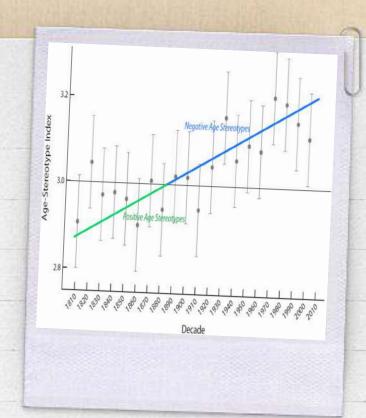


New Directions in Aging Research

# Mind Matters: Cognitive and Physical Effects of Aging Self-Stereotypes

Becca R. Levy

Department of Epidemiology and Public Health, Yale University, New Haven, Connecticut.



#### RESEARCH LETTER |

#### Association Between Positive Age Stereotypes and Recovery From Disability in Older Persons

# 2. Transforming Medicine

### Medical Training



#### NH

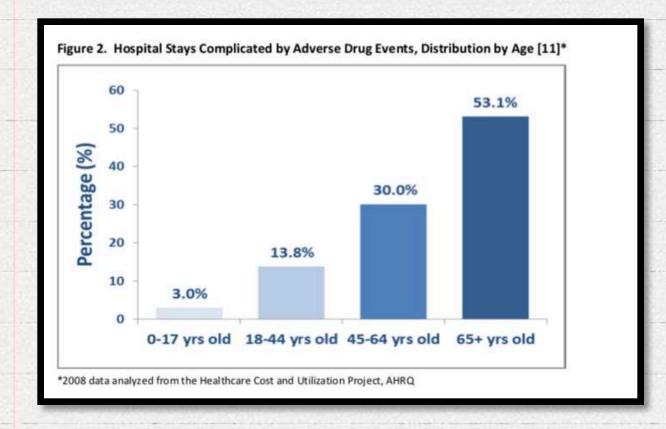
#### INCLUSION OF WOMEN, MINORITIES, AND CHILDREN

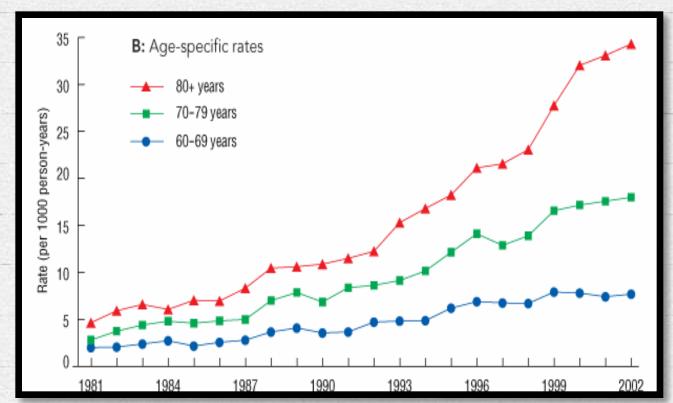
#### Requirements for Review

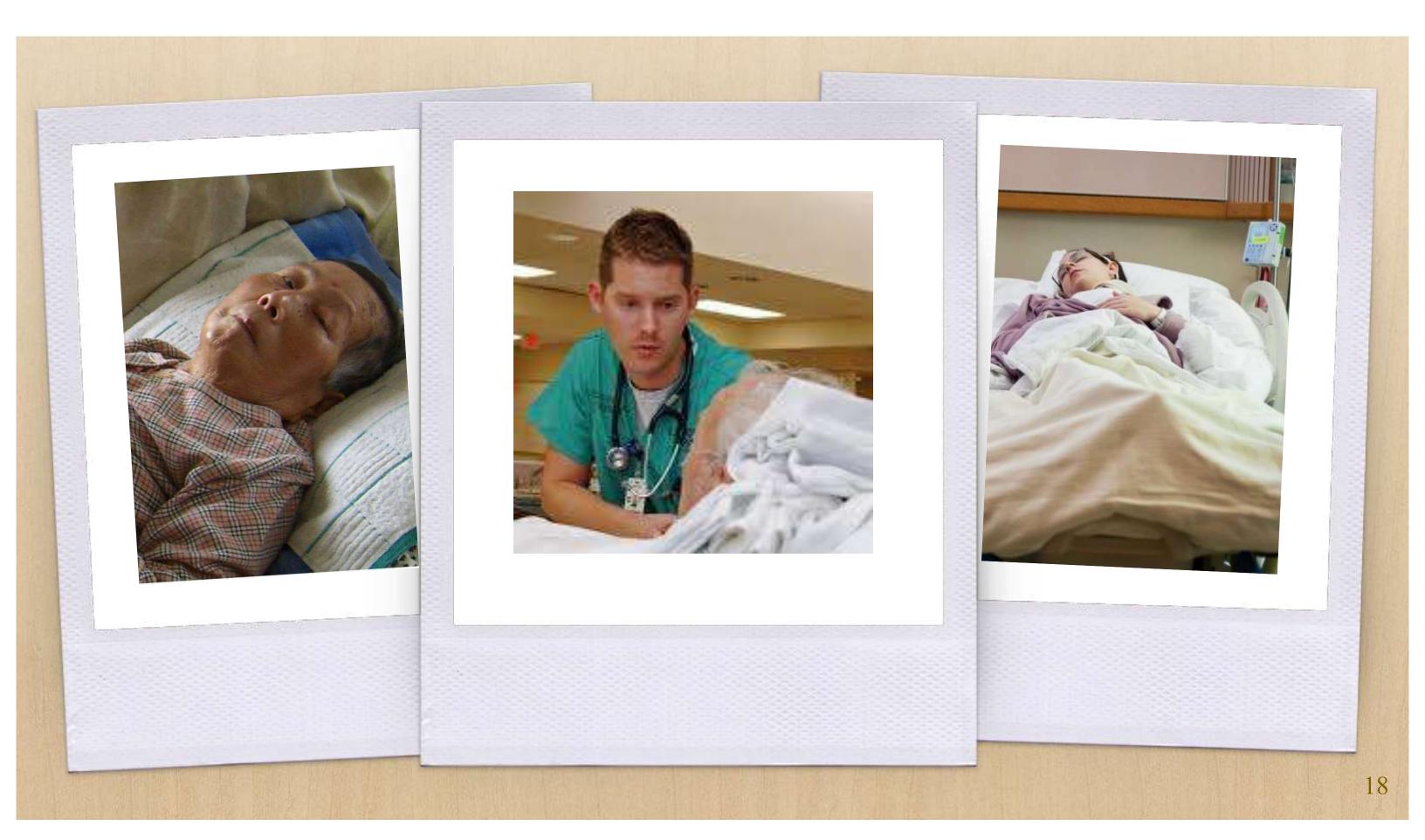
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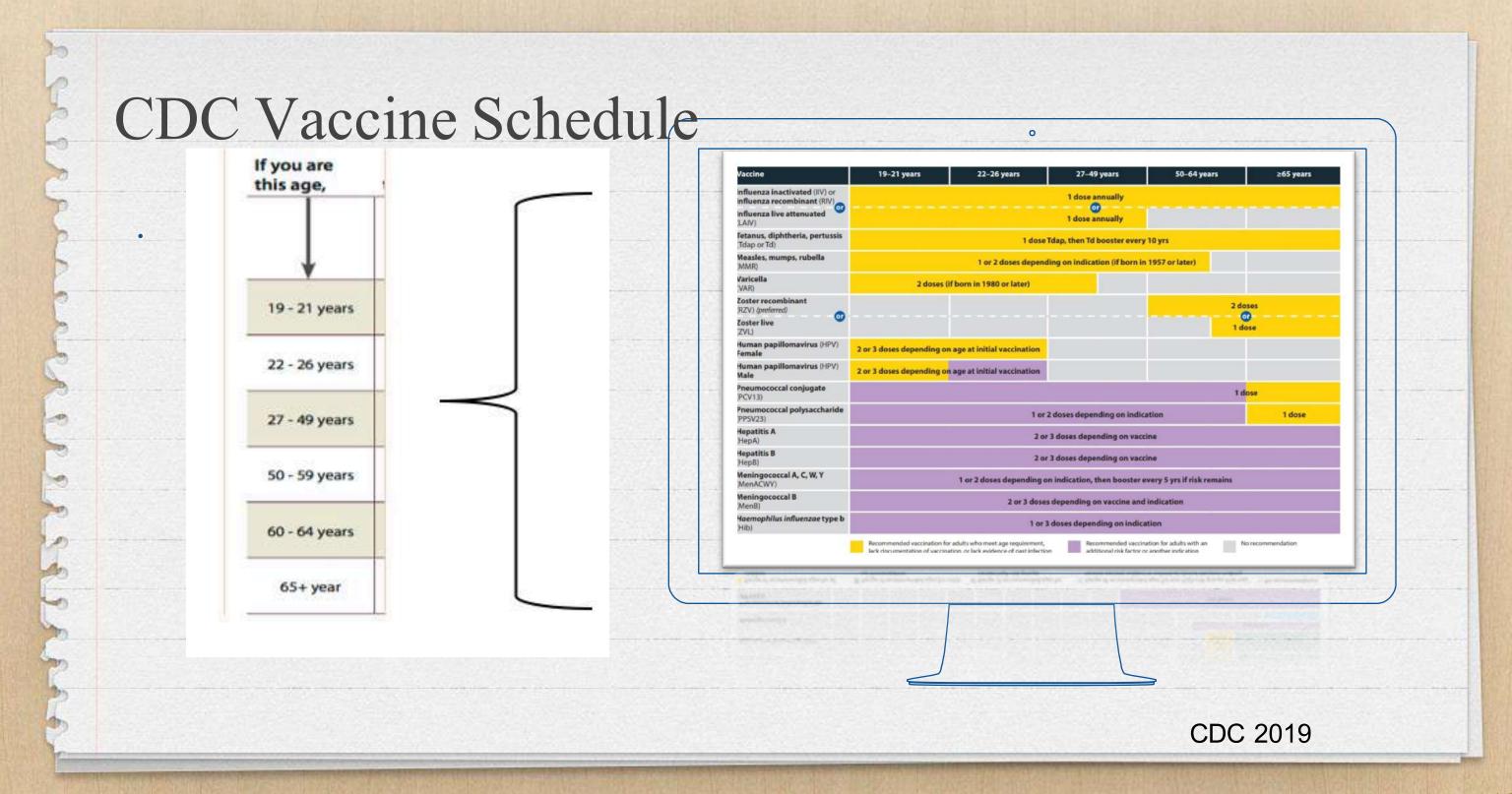
- Public Law 103-43 requires that women and minorities be included in all clinical research studies, as appropriate for the scientific goals of the work proposed.
- Additionally, NIH policy requires that women and members of minority groups and their subpopulations be included in Phase III clinical trials in numbers adequate to allow for valid analyses of sex/gender, racial, and/or ethnic differences in intervention effects.
- NIH policy also states that children (defined as persons under the age of 21) be included in human subjects research supported by NIH unless an acceptable justification for their exclusion is provided
- The NIH Peer Review regulations (42 C.F.R. 52h) specify that reviewers will take into
  account, in determining overall impact that the project in the application could have
  on the research field involved, the adequacy of plans to include both genders,
  minorities, children and special populations as appropriate for the scientific goals of
  the research
- Therefore, reviewers must evaluate the proposed plans for inclusion of women, minorities, and children as one of the review criteria that factor into the evaluation of scientific and technical merit.

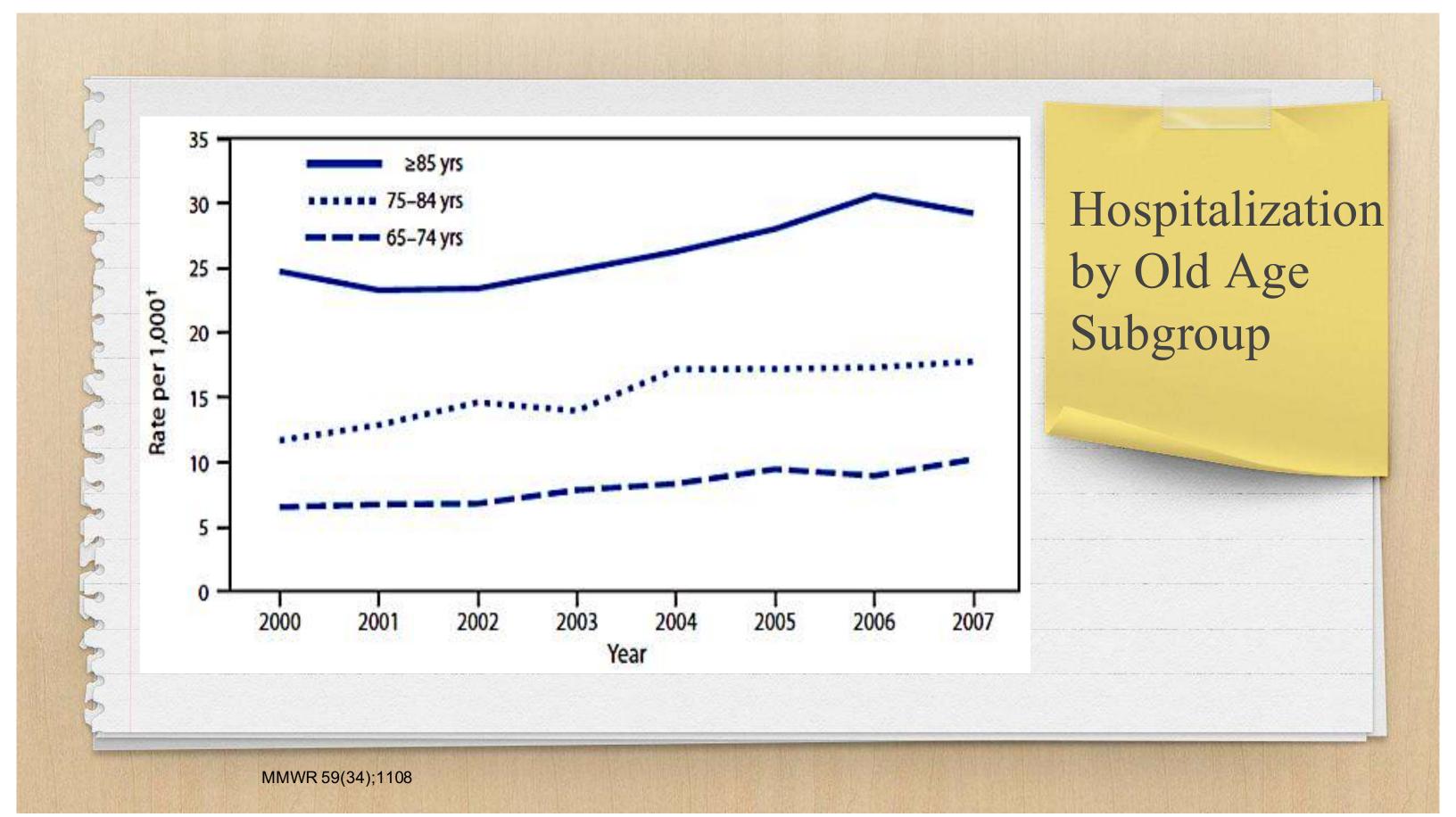
#### **Adverse Drug Events**

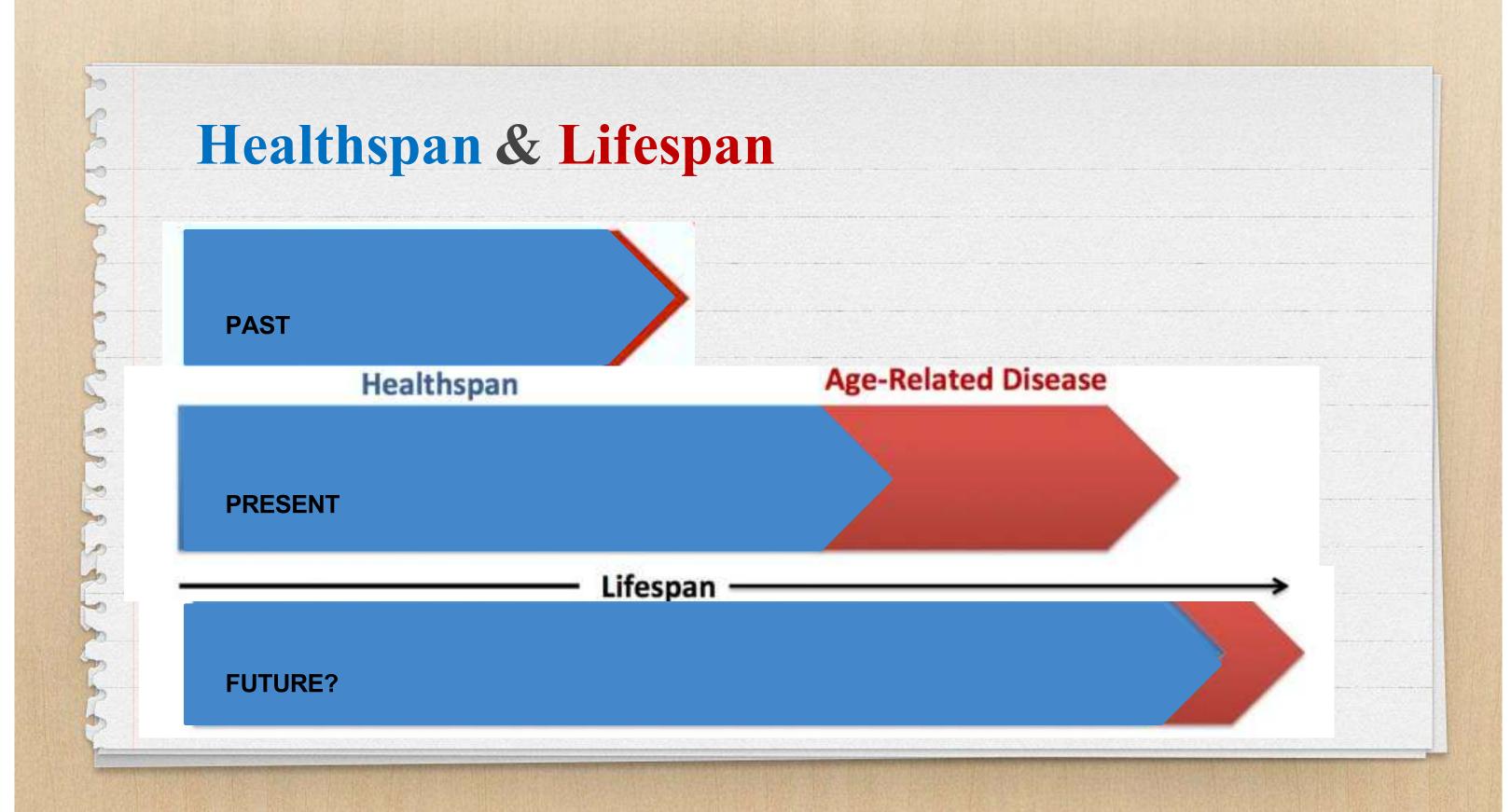








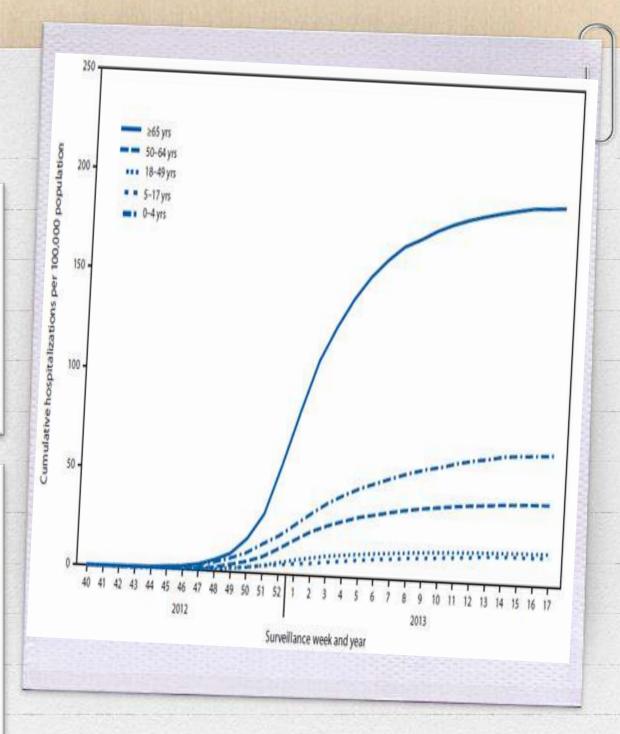




#### Hospitalization for Flu by Age

Hospitalizations due to the flu are also on the rise, with the highest rates among kids under age 4 and older adults. Last week, the CDC reported that four more children have died from the flu this season, bringing the number of pediatric deaths to 11.

In California, the public health department used to require counties to report all flu deaths among anyone under age 65. Though people 65 and older are the most vulnerable to flu, reporting their deaths is problematic for two reasons: It would require too much time and money and their cases are often complicated by multiple health problems that make pinning a death on the flu challenging.



CDC 1/2019; STAT 1/11/19; SFGATE 1/28/19

I am an invisible man. I am a man of substance, of flesh and bone, fiber and liquids – and I might even be said to possess a mind. I am invisible, understand, simply because people refuse to see me.

Ralph Ellison

# quotefancy



The tragedy of old age is ...
not the fact that each of us
must grow old and die, but
that the process of doing so
has been made unnecessarily
and at times excruciatingly
painful, humiliating,
debilitating, and isolating.

"Everyone should read this book . . . suitable for use in high school as well as medical school, and for readers of every age."

—Journal of the American Medical Association

# SUBULY:

#### Being Old in America

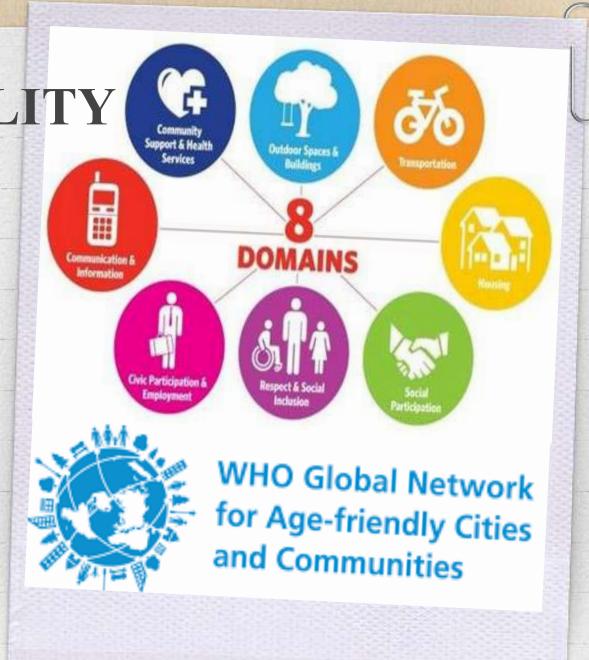
WINNER OF THE PULITZER PRIZE Robert N. Butler, M.D.

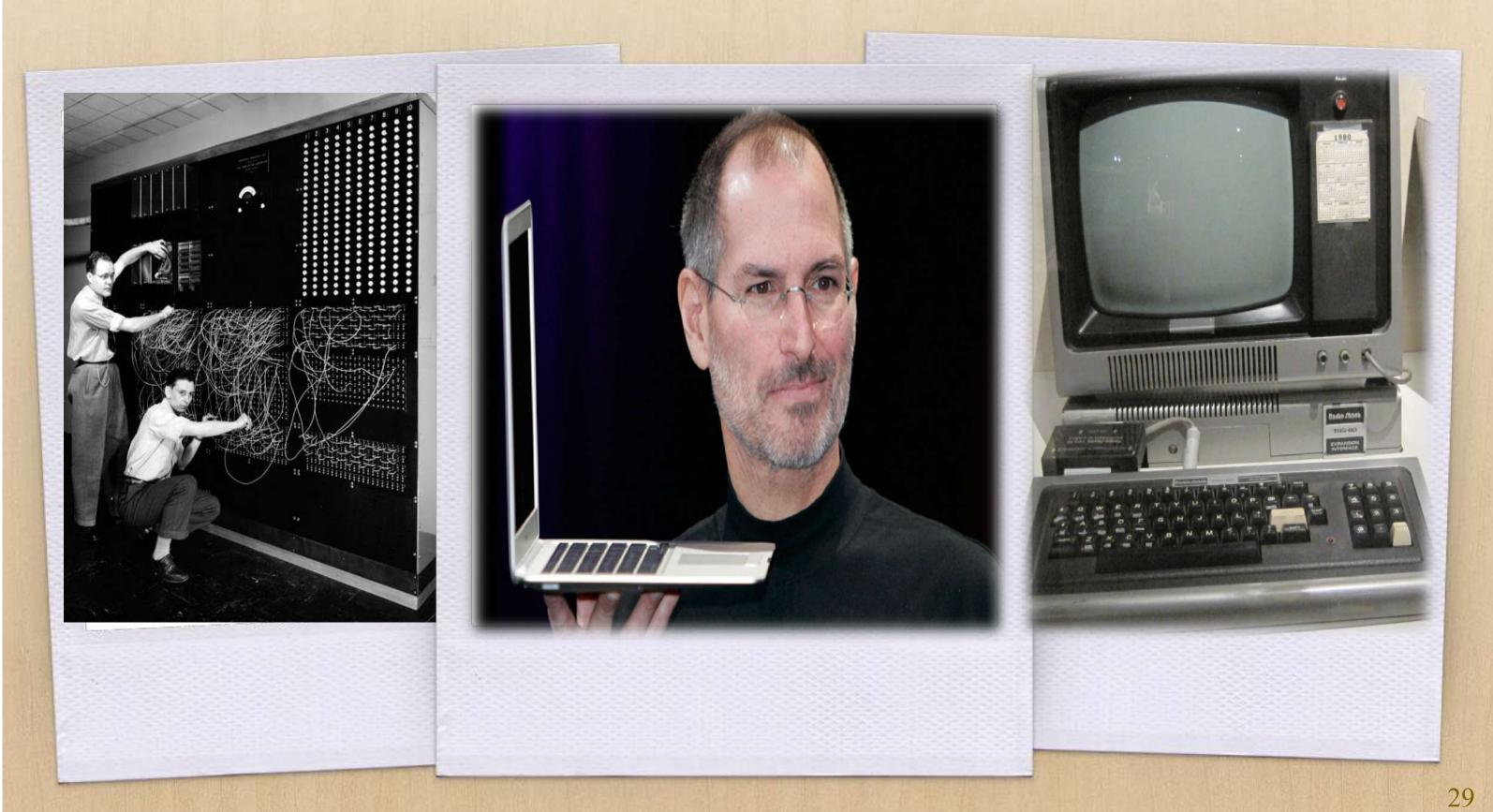
# Reimagining Life

Childhood Adulthood Elderhood Middle Beginning End Act 1 Act II Act III

THE 11 DOMAINS OF LIVABILITY

- 1. Outdoor Spaces
- 2. Buildings
- 3. Transportation
- 4. Housing
- 5. Social Participation
- 6. Respect & Social Inclusion
- 7. Civic Participation
- 8. Employment
- 9. Communication & Information
- 10. Community Services
- 11. Health Services









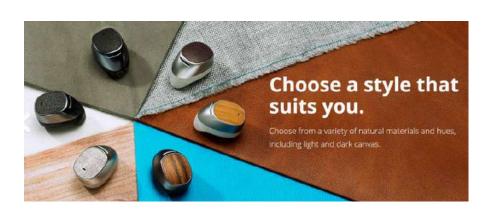












RETIREMENT

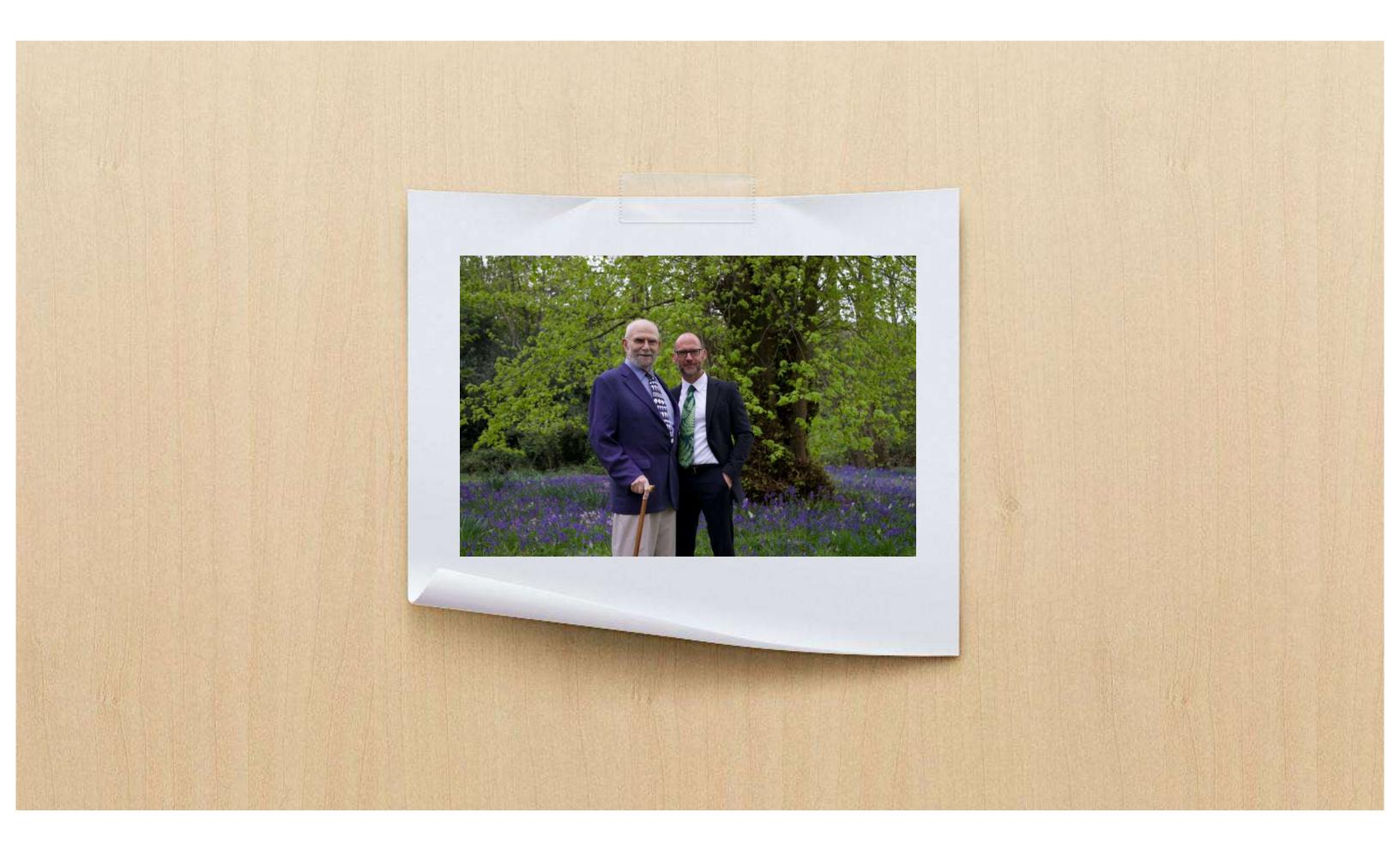
MOTHERLODE

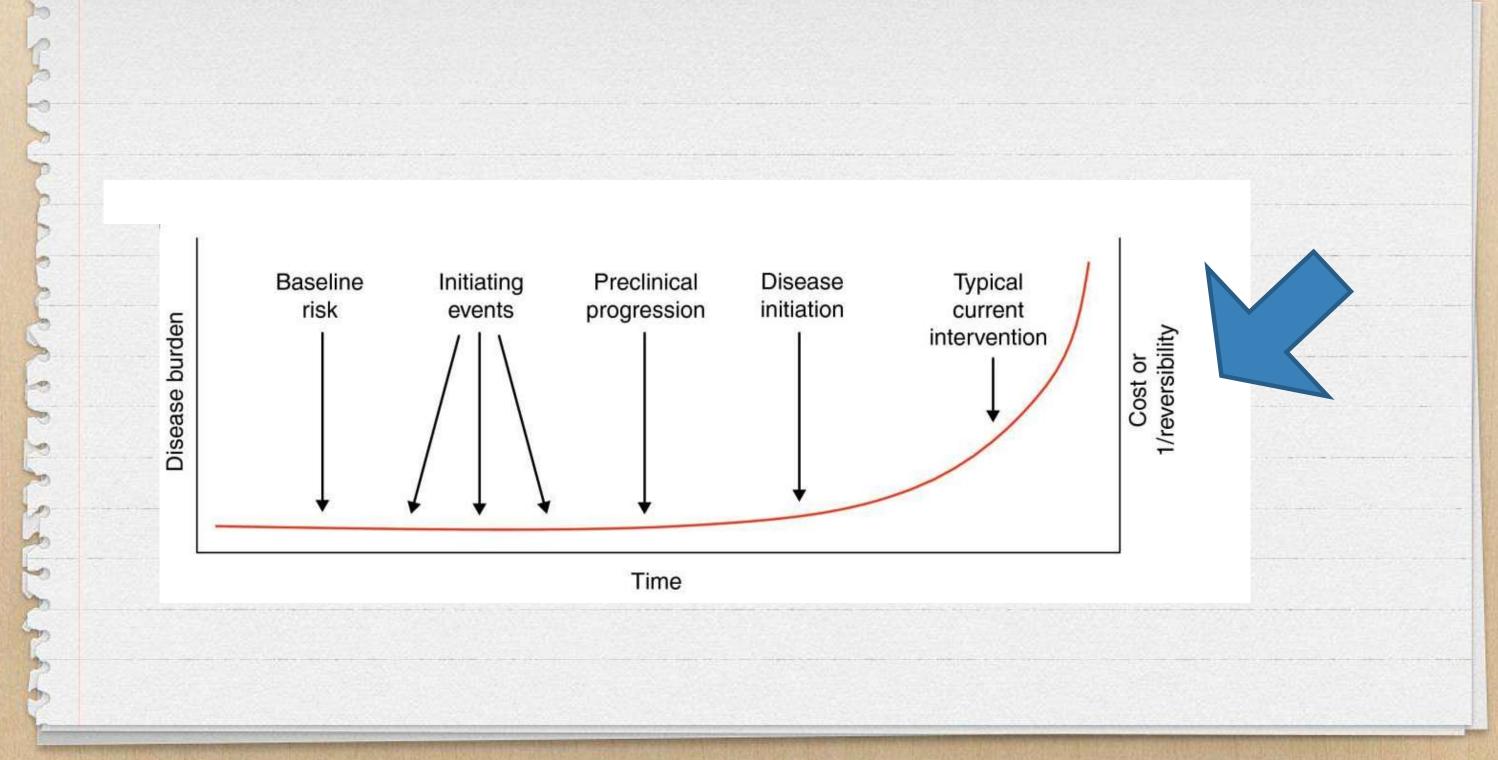
#### Talk to Me, Not to My Daughter

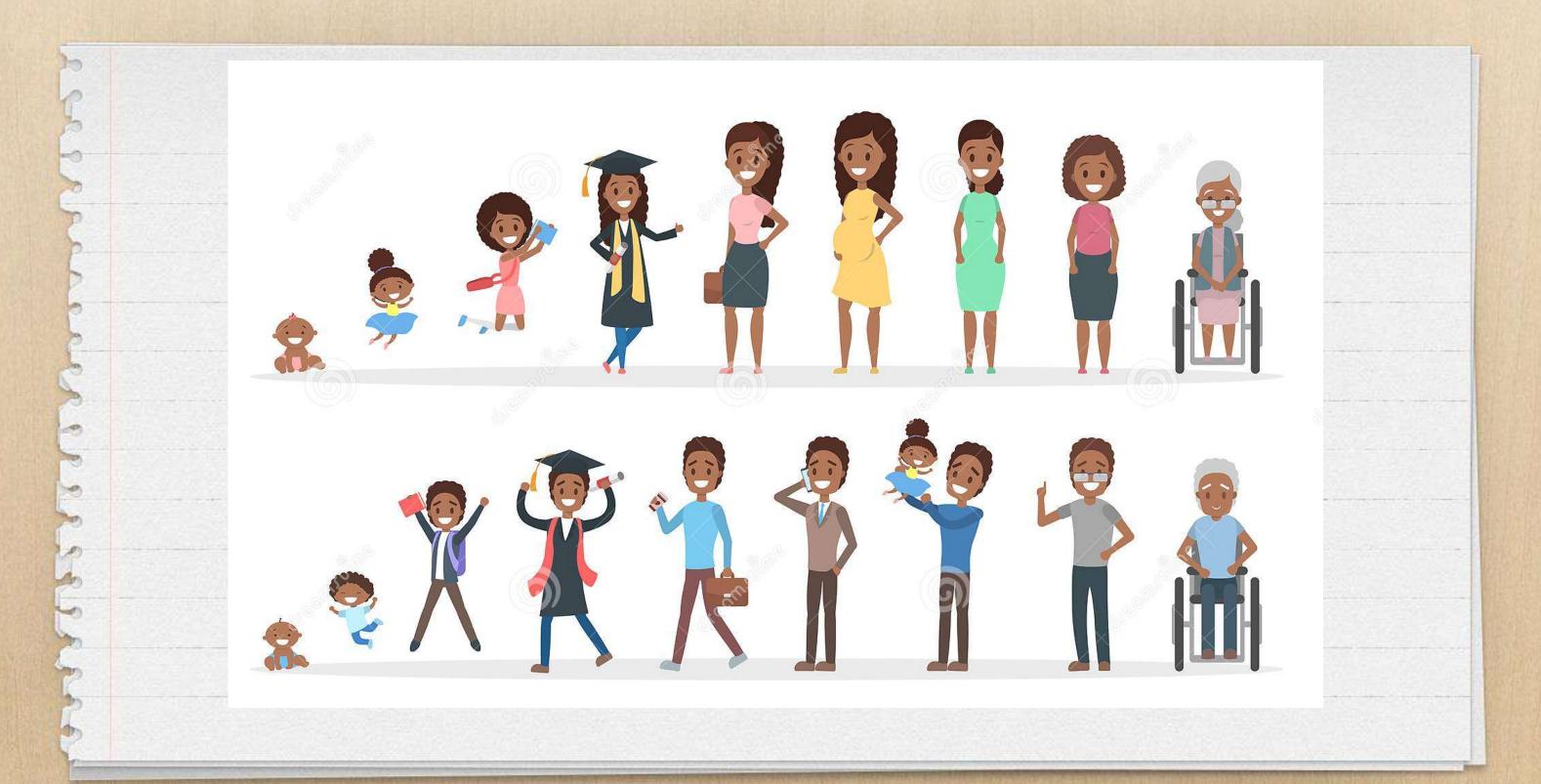
By FRAN HAWTHORNE MAY 9, 2012

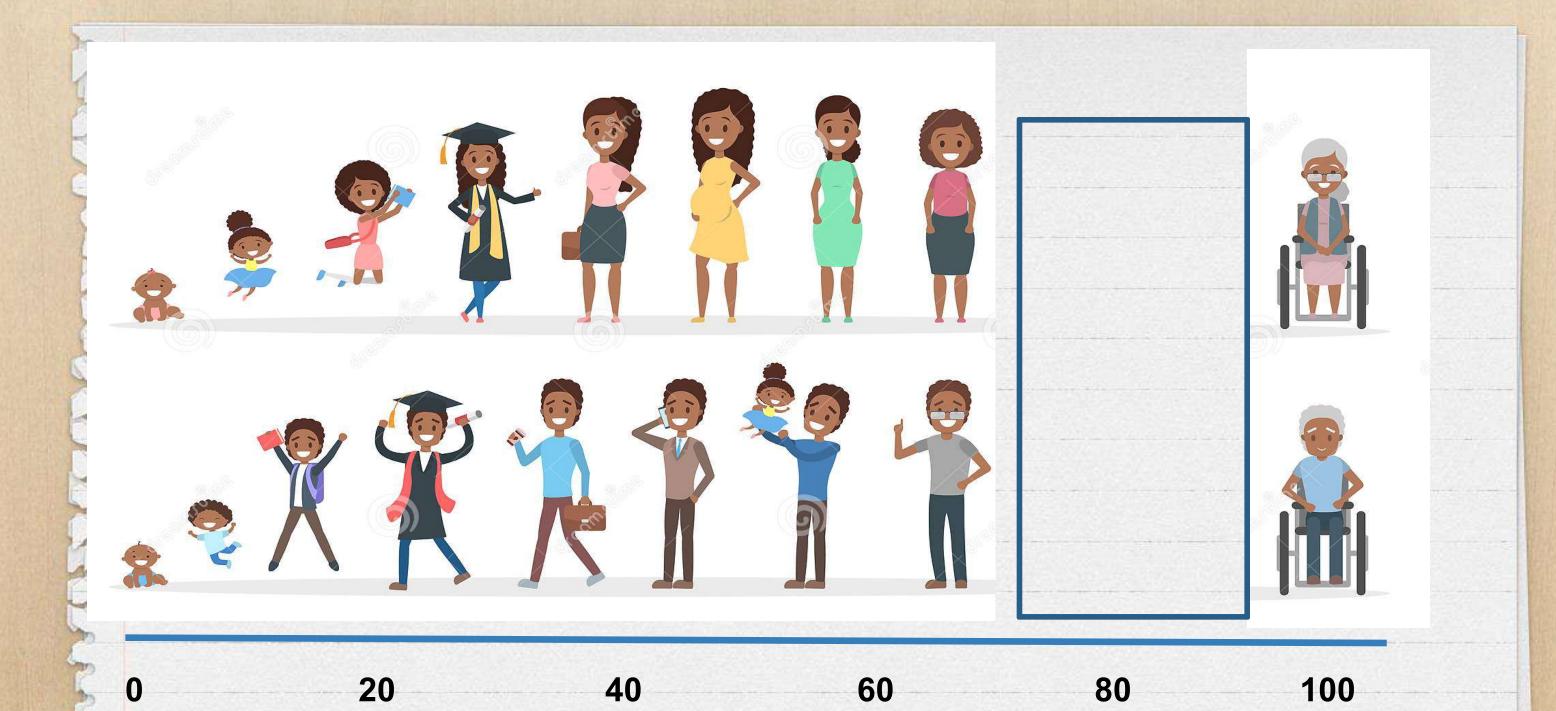


Eleanor Davis





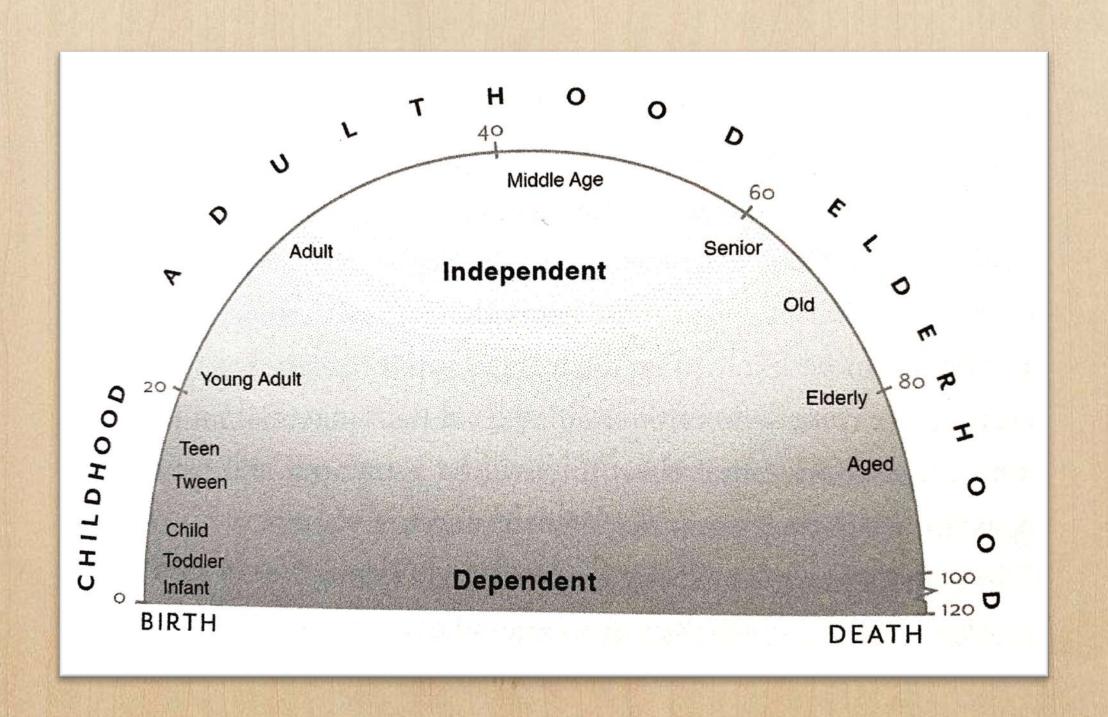




WHAT IF...

the greatest limitations of aging come from our imaginations and policies not our physiology?







www.louisearonson.com

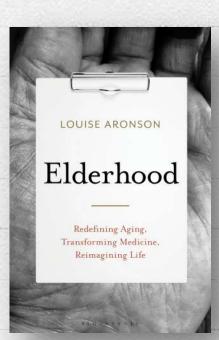




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# Thank You!