



Positive ageing
Changing your mindset
about growing older

MORE THAN A MEMBER. **MORE WITH BANKMED.**

2023 THE PENSIONER WELLNESS EXPERIENCE

Agenda

01 | Welcome

02 | Key facts

03 | What is positive ageing?

05 | Misconceptions about ageing

04 | Schematic of anticipated ageing impacts

06 | Key takeaways





Welcome

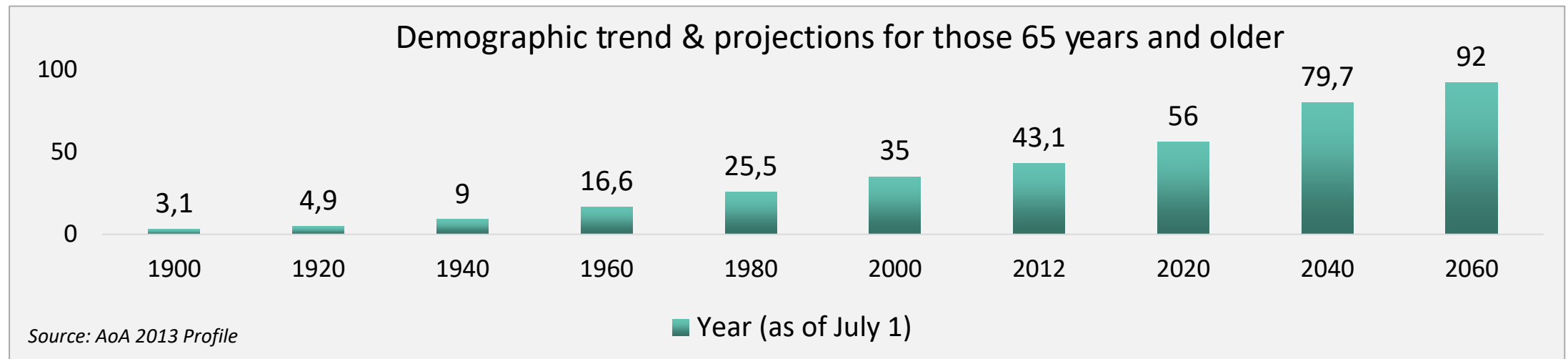


Introduction

The science of older and wiser

The world is facing a demographic revolution

- ✚ Life expectancy has risen by **more than two decades** since 1950.
- ✚ According to the World Health Organization (WHO), the number of people over 60 in almost every country **is growing faster than any other age group.**



- ✚ A growing number of older adults are **resilient, socially engaged, and involved** in their families and communities.



Introduction

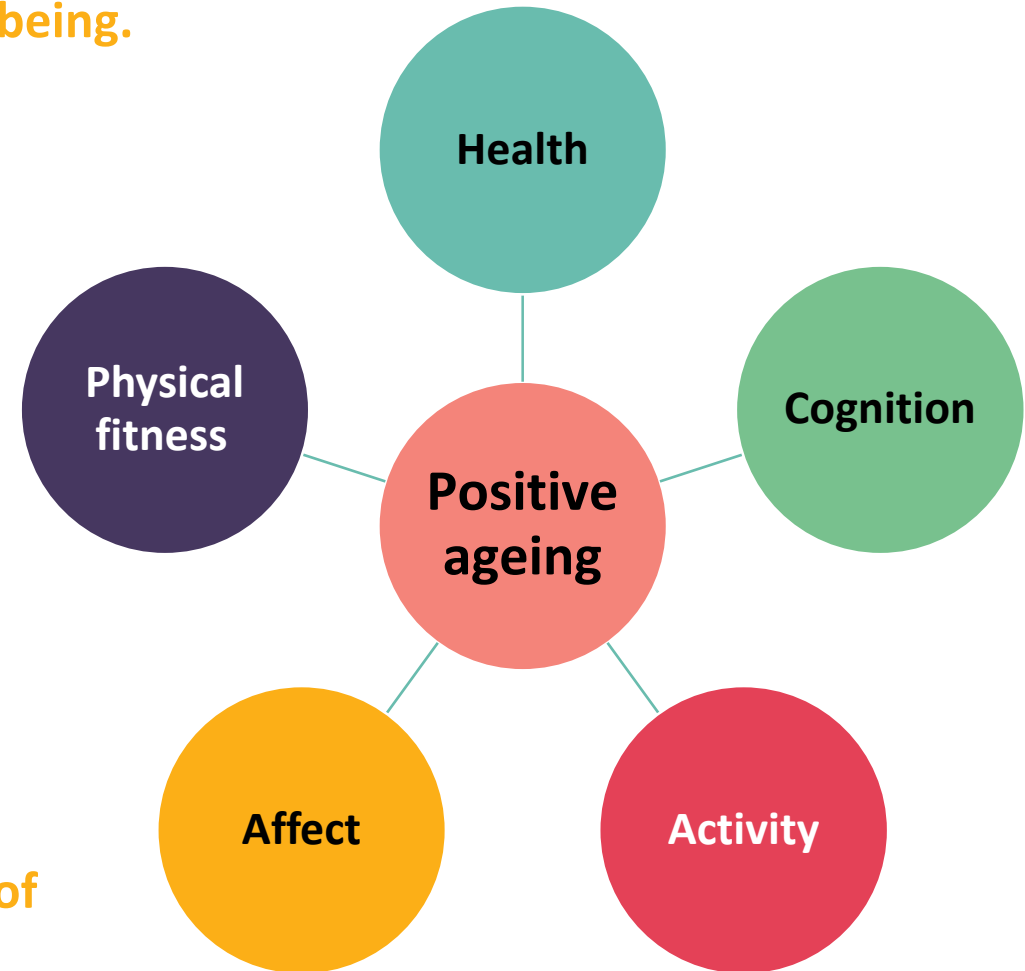
The science of older and wiser

Recent studies have shown that many older adults are relatively **healthy, active, independent** and are maintaining high levels of well-being.

- ✚ The growing older population is not only going to **live longer** and **healthier**, but also be **better and happier**.
- ✚ How to age successfully and embrace **well-being** is a focus point for many.

The concept of **positive ageing**, is achievable by every older person as we work to make better choices.

Positive ageing is basically adopting a positive view of ageing as a healthy, normal part of life.





Key facts



Key facts



Globally, the population is ageing rapidly. Between 2015 and 2050, the proportion of the world's population over 60 years will **nearly double**, from 12% to 22%.



Mental health and well-being are as important in older age, as at any other time of life.



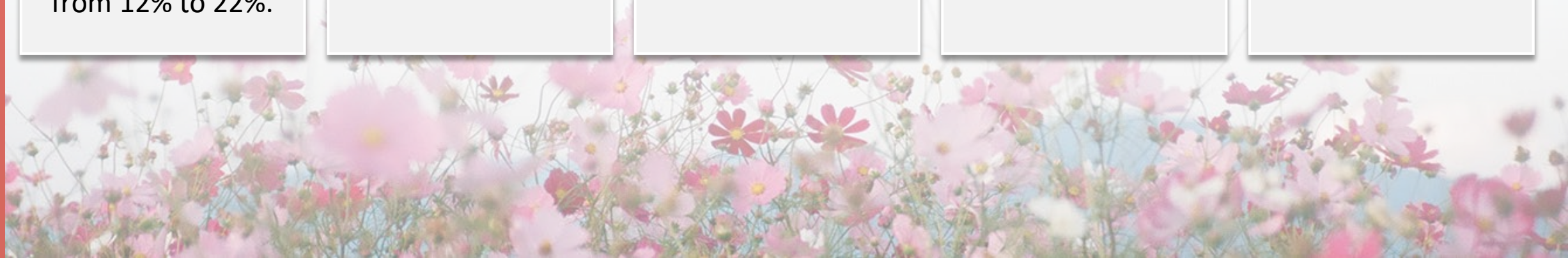
Mental and neurological disorders among older adults **account for 6.6%** of the total disability (DALYs) for the age group 60 and older .



Approximately 15% of adults aged 60 and over suffer from a **mental disorder**.



Over 20% of adults aged 60 and over suffer from a **neurological disorder**.

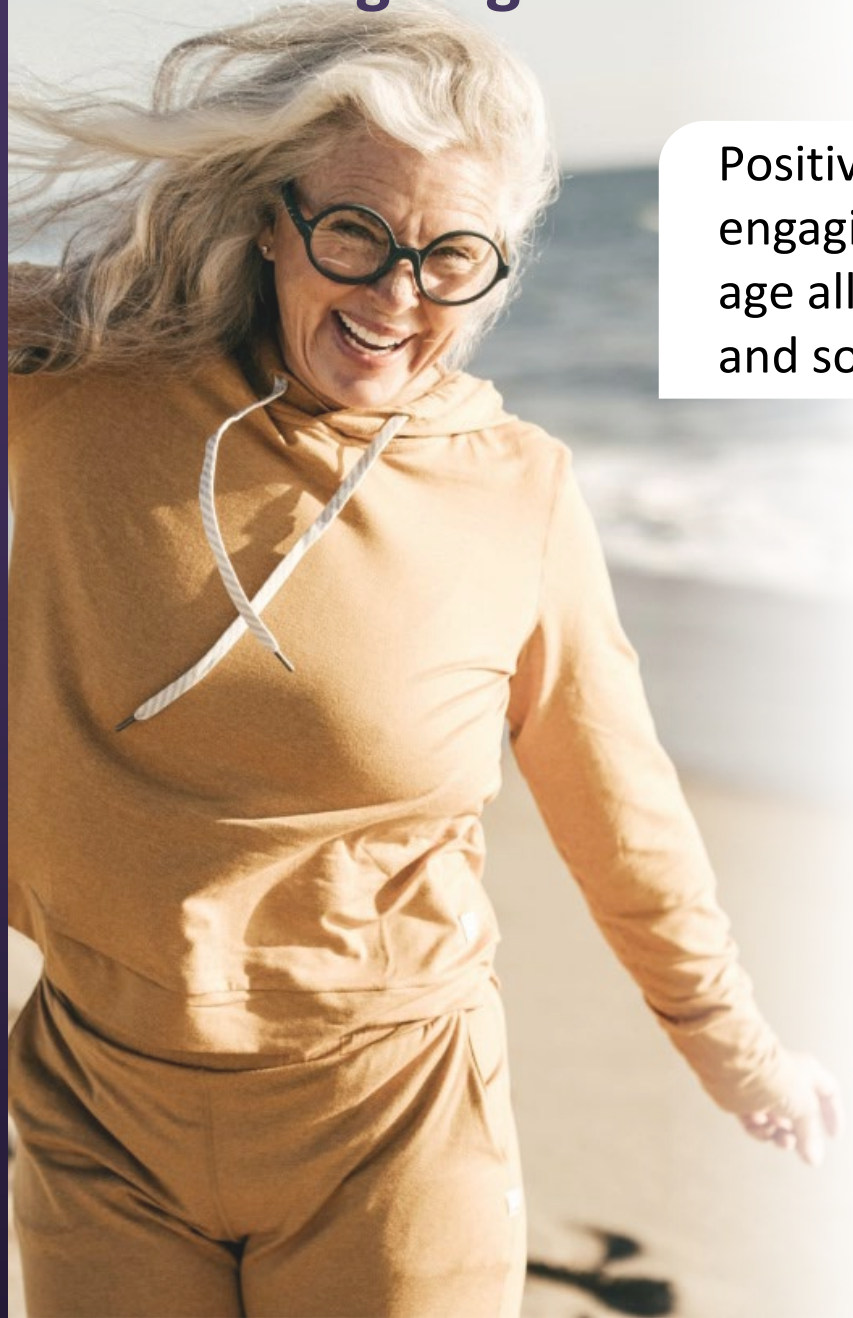




What is positive ageing?



Positive Ageing



Positive ageing involves **cultivating a positive and optimistic mindset**, engaging constructively with others, and **remaining as functional** as one's age allows. It uses holistic interventions to promote good physical, mental, and social well-being in old age.





What is positive ageing all about

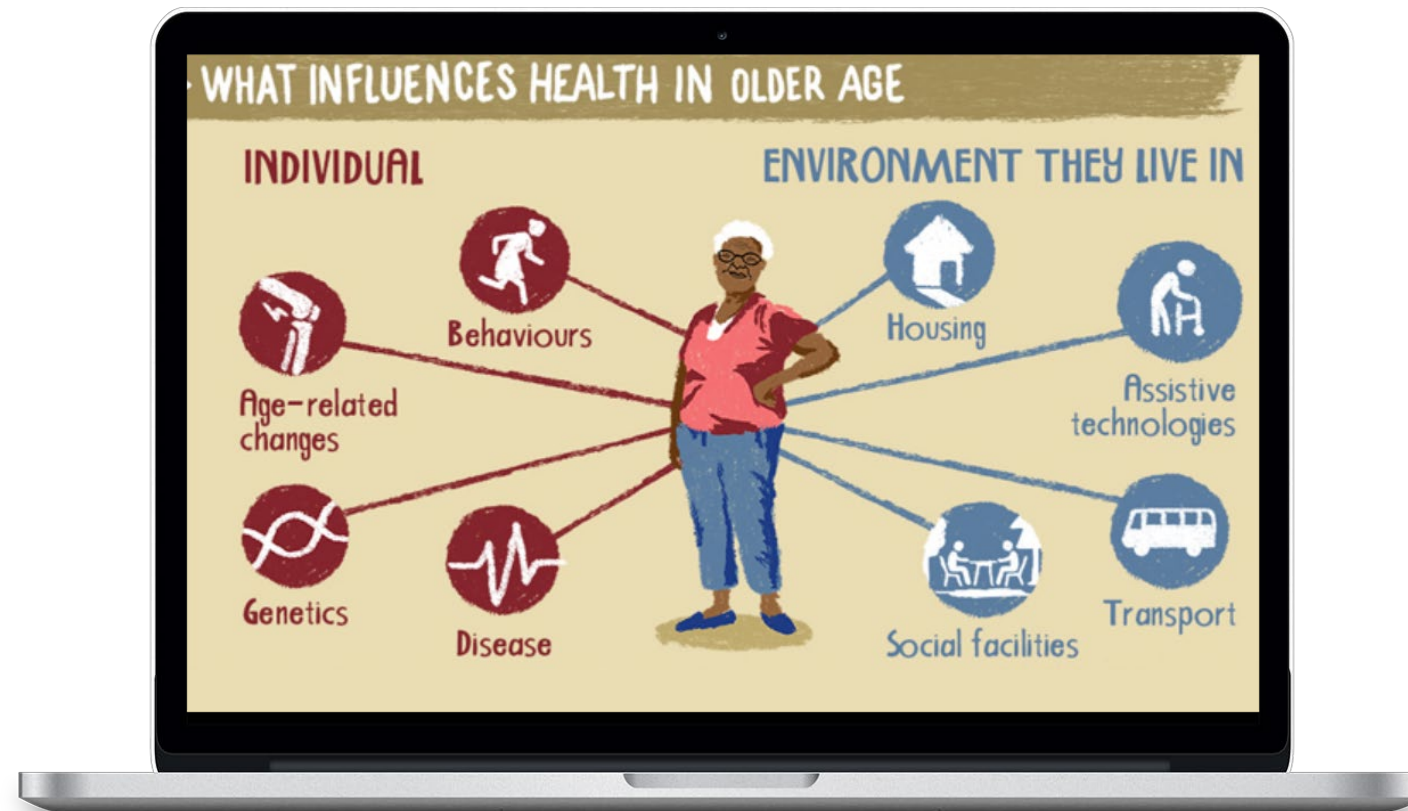
- ✦ **Positive ageing is a multifaceted concept** that includes physical, functional, social, and psychological well-being. **Its primary focus is on how to increase functional years in old age.**
- ✦ Its about wasting less time focusing on your skin or weight.
- ✦ **Ageing is inevitable**, but that doesn't mean we can't age well.
- ✦ Positive ageing **does not mean postponing or hiding the signs** and effects of ageing.
- ✦ It is less about how well we can escape the inevitable hardships of ageing **and more about how well we can focus on making our latter years meaningful.**





Ageism and other challenges

- ✦ Unfortunately, some people generally have a negative attitude toward the elderly, forgetting that they, too, will have to live as old people in the future.
- ✦ A WHO survey revealed that younger people hold a strong undertone of negativity towards old age and old people.
- ✦ Such a stance can affect the physical and mental health of the elderly.
- ✦ This pushes the aging population into depression and social isolation, both of which can shorten lives.





What are the biggest challenges for elderly people in our society?



Ageism and a
lost sense
of purpose



Financial
insecurity



Difficulty with
everyday tasks
and mobility



Finding the
right care



Access to
healthcare
services



End-of-life
preparations





The challenges related to ageing, according to a survey by the Australian Psychological Society (APS), include:



**Maintaining
social
networks
and activities**



**Maintaining
health
and fitness**



**Increased
reliance
on others**



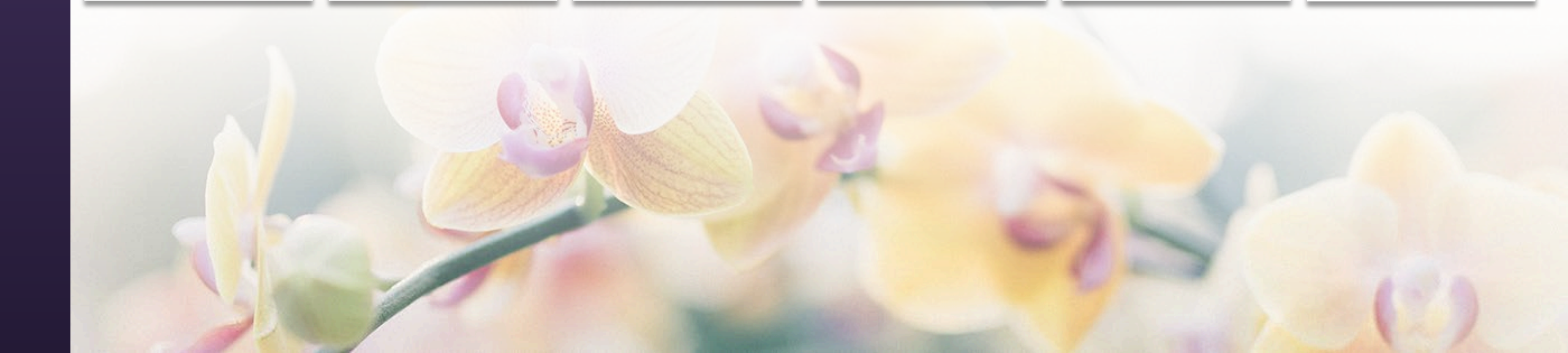
**Feelings
of sadness
and loss**



**Ensuring
financial
security**



**Decreases
in
mobility**





Positive ageing

7 ways to age with grace

1. Stay focused on the positives of life.

01



Take a **proactive approach** and try to commit to a few meaningful activities.

02



Keeping a **glass half-full**, or optimistic, outlook toward the future and feeling enthusiastic about life itself can help you get more out of your years.

03



Discover the **meaning and purpose** of your life, if you haven't already.

04



Practice gratitude.



What is positive ageing all about

7 ways to age with grace

2. Keep your brain alert, active, and flexible

Carrying out tasks that give your brain a workout is vital for keeping your thinking sharp.

It could be as simple as **reading books, listening to audiobooks** or solving a crossword.

✚ Regularly **engage yourself in brain-stimulating** activities like word puzzles and jigsaw puzzles.

Our brain can reshape itself according to what we demand from it.

✚ **Rotate your activities** regularly to maintain your interest.

✚ Always believe and practice that you can **keep learning and remembering**, no matter what age.





What is positive ageing all about

7 ways to age with grace

3. Manage your stress levels

High levels of **stress can cause damage** to your psychological and physical wellbeing. Chronic stress can impact your immune system negatively.

- ✚ Financial problems can be a toxic source of stress in your life. Learning to manage your finances can lighten the burden.
- ✚ Stop **overthinking** as much as possible.
- ✚ Create an environment where you can feel safe, and in control.





What is positive ageing all about

7 ways to age with grace

4. Stay active by doing 30 minutes of moderate exercise daily

- ✦ **Exercise increases strength and flexibility**, which improves balance and coordination and lowers the chance of falling.
- ✦ **Regular physical activity** has also been found to help avoid several diseases. It can also help in the management of conditions such as depression.
- ✦ Exercise **releases endorphins** (the “feel good” hormones).
- ✦ Exercise helps you feel more optimistic.
- ✦ People who are physically active, regardless of at what point in life they start, have a **lower risk of developing dementia**.
- ✦ Physical exercise is a **proven way to increase your productivity** and health in your golden years.
- ✦ Even light exercise like walking and non-strenuous yoga might help maintain a healthy body and outlook.



Know your Balance:

You can earn Balance points for step count and physical activity.



What is positive ageing all about

7 ways to age with grace

5. Don't isolate yourself

- ✦ **Maintain and create contact with others** by joining clubs or going to gatherings.
- ✦ **Keep in touch** with your family and people who care about you.
- ✦ A 2020 study showed that when **one person in a couple-relationship avoids distress and conflicts**, the other tries to do the same.
- ✦ Seek personal **growth** and **meaningful experiences**.
- ✦ **Respect others' choices**.
- ✦ Build **meaningful relationships** that nurture you.



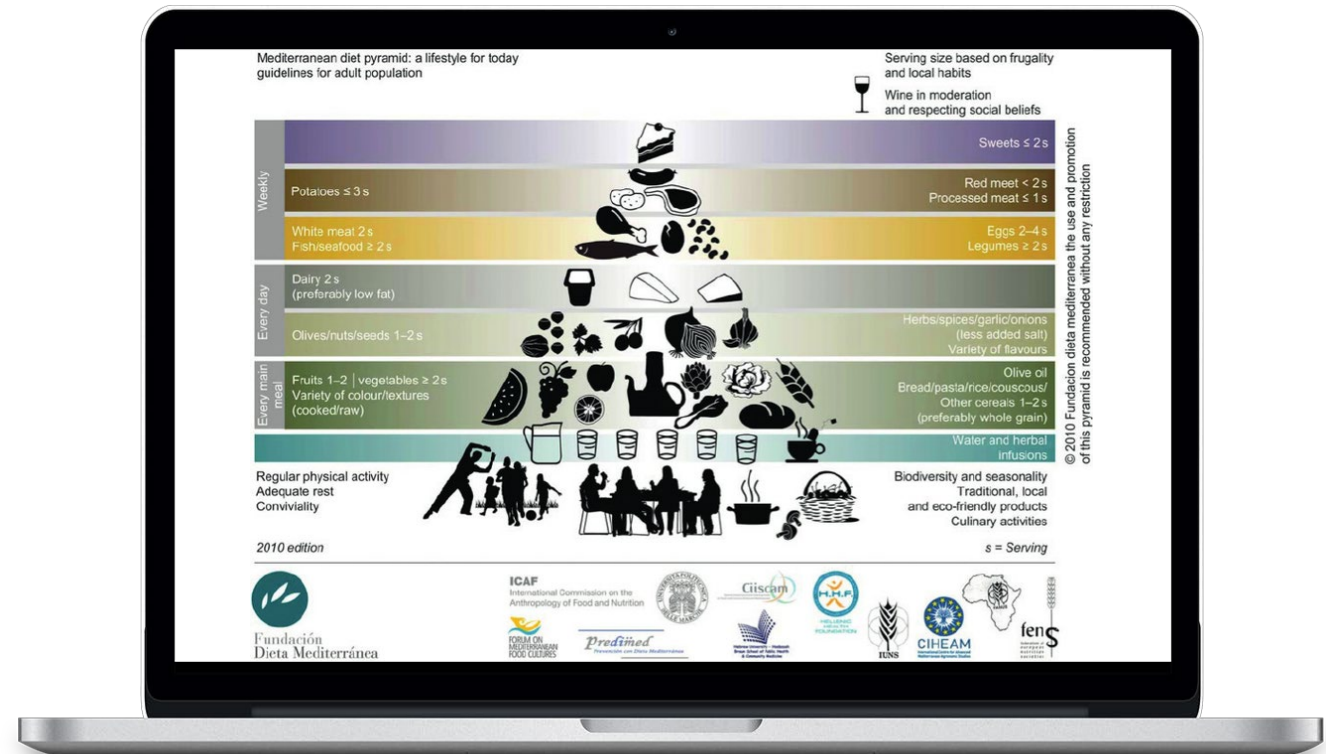


What is positive ageing all about

7 ways to age with grace

6. Eat for health and energy

- + Old age is a prime time to value the **importance of healthy and nutritious food.**
- + **Include fresh foods in your diet.**
- + Eat more healthily, having your meals 3-4 hours apart.
- + Avoid foods that **may take a toll on your digestive system**, like spicy foods.
- + **Keep a ready source of fruit** to reach out for when you feel hungry at odd hours instead of stocking up on processed foods.



Know your Balance:

You can earn Balance points for purchasing Healthy Food at PnP and Woolworths – activate HealthyFood benefit online.



What is positive ageing all about

7 ways to age with grace

7. Seek regular help from your doctor and other Healthcare Professionals

- +** Stop any unhealthy habits or addictions you might have, like smoking or drinking.
- +** Keep track of your medical conditions and keep record of your historical medical consultations, diagnosis and medication.
- +** Keep a diary of your medical issues and doctor appointments.
- +** Do not miss your medical check-ups and doctor visits.
- +** Ask for help from a mental health professional whenever you feel you are unable to cope.





How to promote positive ageing

Positive ageing can help individuals to feel more connected to their community, more engaged in life and greater sense of well-being.

Here are some ways we can promote positive ageing in modern society:

1. Encouraging older adults to stay active and engaged in their communities.
2. Supporting programmes and services that help older adults.
3. Providing opportunities for intergenerational interaction and exchange.
4. Challenging negative stereotypes and assumptions about ageing.
5. Celebrating the many contributions that older adults make to our society.





What are 5 positive things about ageing?

While it's natural to have some concerns about ageing, it's important to focus on the positive aspects of growing older.

01

We gain **wisdom** and **perspective**

02

We appreciate **life** and **relationships** more

03

We learn to **accept** and **love** ourselves more

04

We become more **confident**, **patient**, and **tolerant**

05

We develop a greater **sense** of **humour**





Misconceptions about ageing



Common misconceptions

A common misconception is that elders are mostly a burden to society.

01



More people are living to a very old age now than ever before. If you ask a typical person how long they expect to live, the likely answer will be 85 years (almost a decade beyond our current average life expectancy).

02



The question of interest in the 21st century has turned from "**How long will I live?**" to "**If I'm going to live a long time, how can I be happy in the process?**".





03



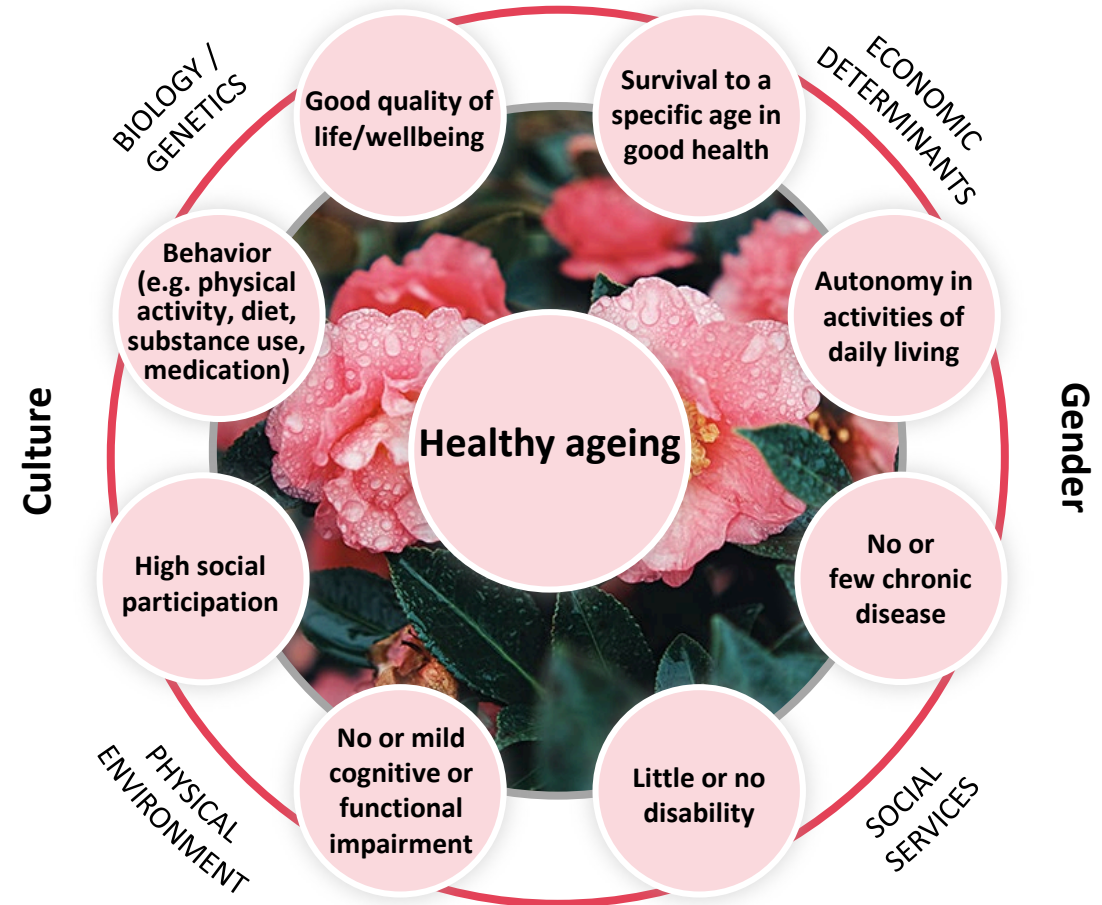
From a practical point of view, it would seem that growing old **portends misery, not happiness.**



To grow old with a positive frame of mind It's important to learn to take 4 basic actions:

-  Mobilise your resources
-  Make affirmative lifestyle choices
-  Cultivate flexibility
-  Emphasise the positives

Components of healthy ageing





I consider ageing as:



A **Active**

G **Genius**, as per Roman mythology. You are the “**guardian spirit**” of a place

E **Empathetic**. You **understand** other’s problem more than anybody

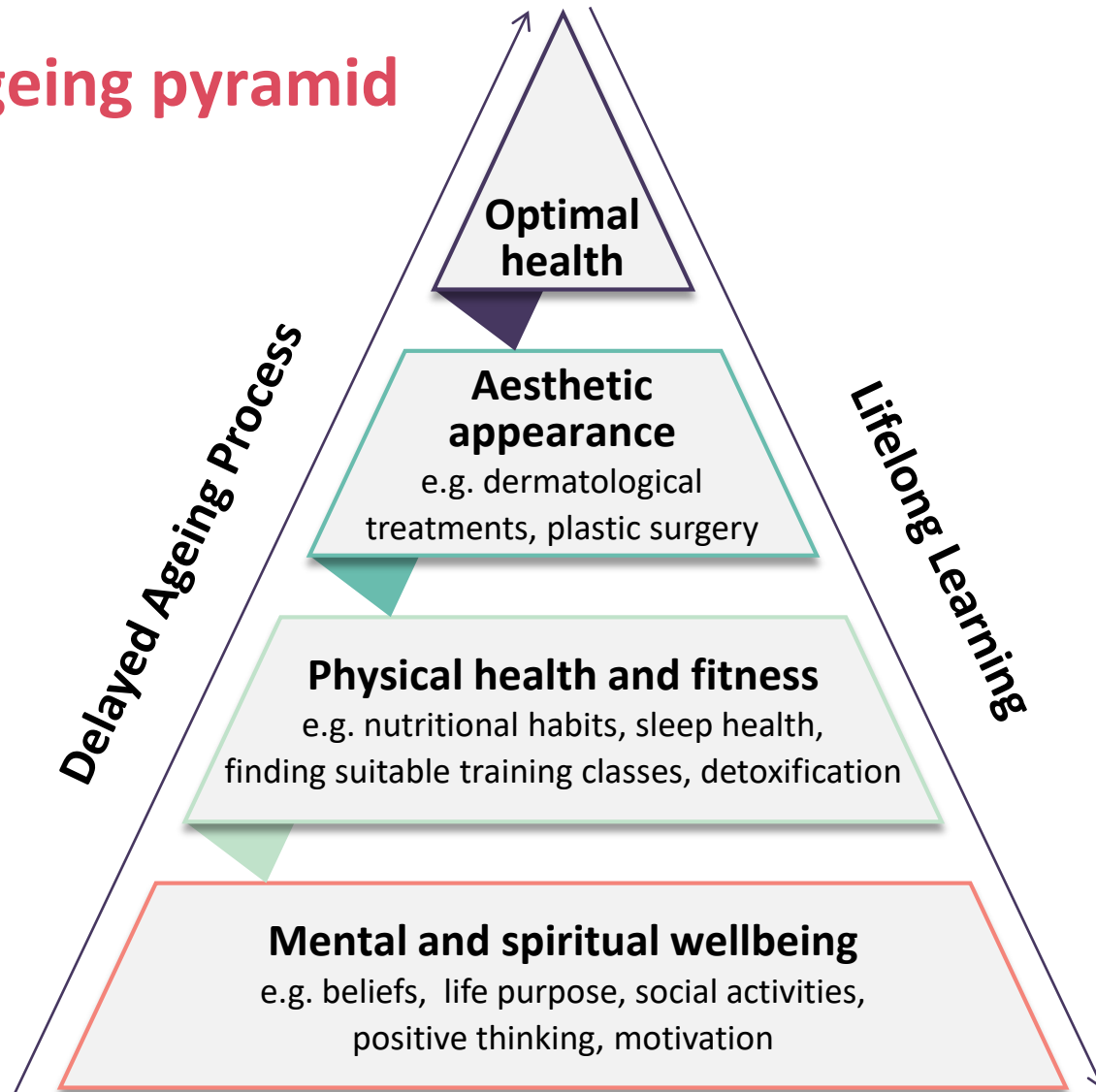
I **Intelligent**. You may have high **emotional intelligence** to understand your emotion and control it and channel it towards positivity

N **New possibilities** to **explore** your potential

G **Geniality**, in other words you have the **quality to be friendly** with anybody in a cheerful manner through your life experience



Successful ageing pyramid

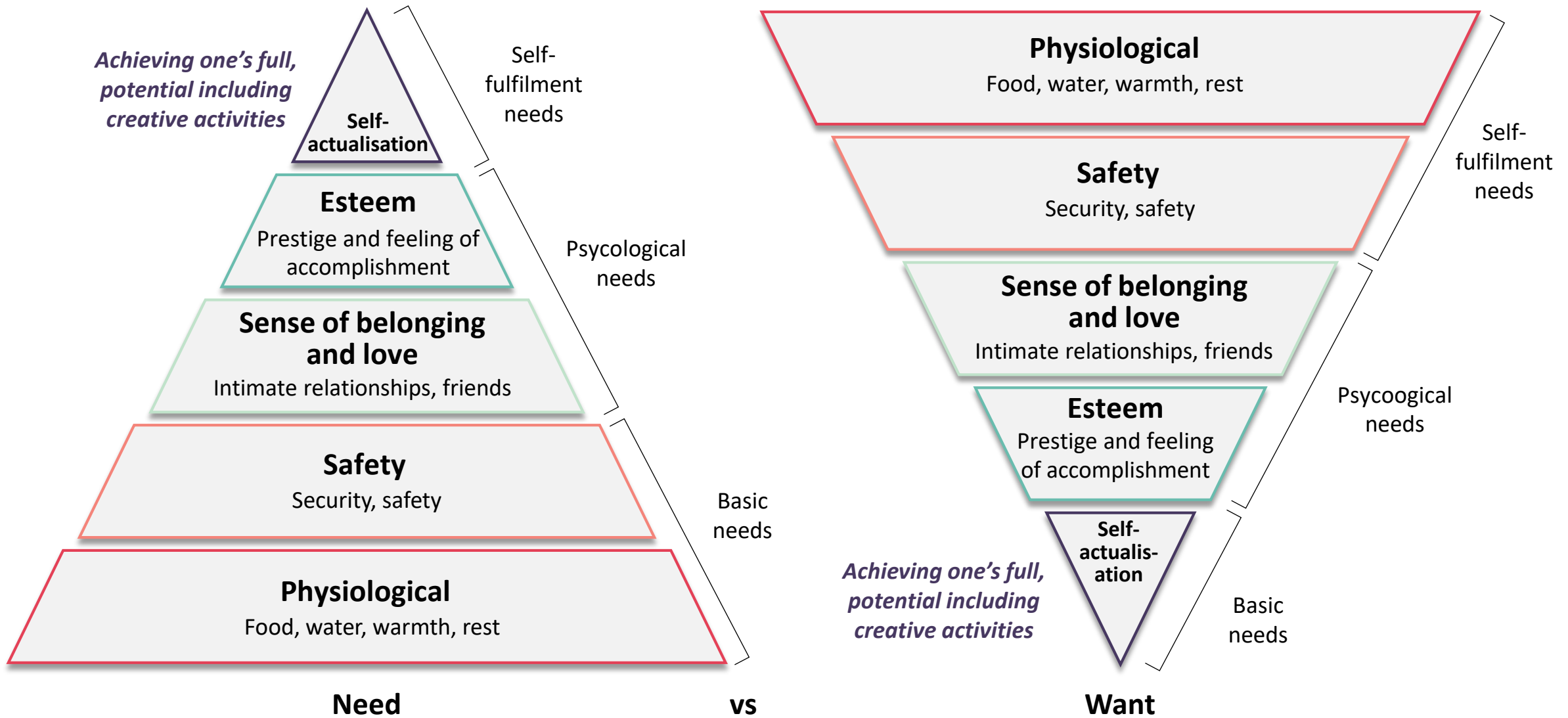


Proactive health principles for successful ageing – **Striving from inner harmony to total wellbeing and youthfulness.**





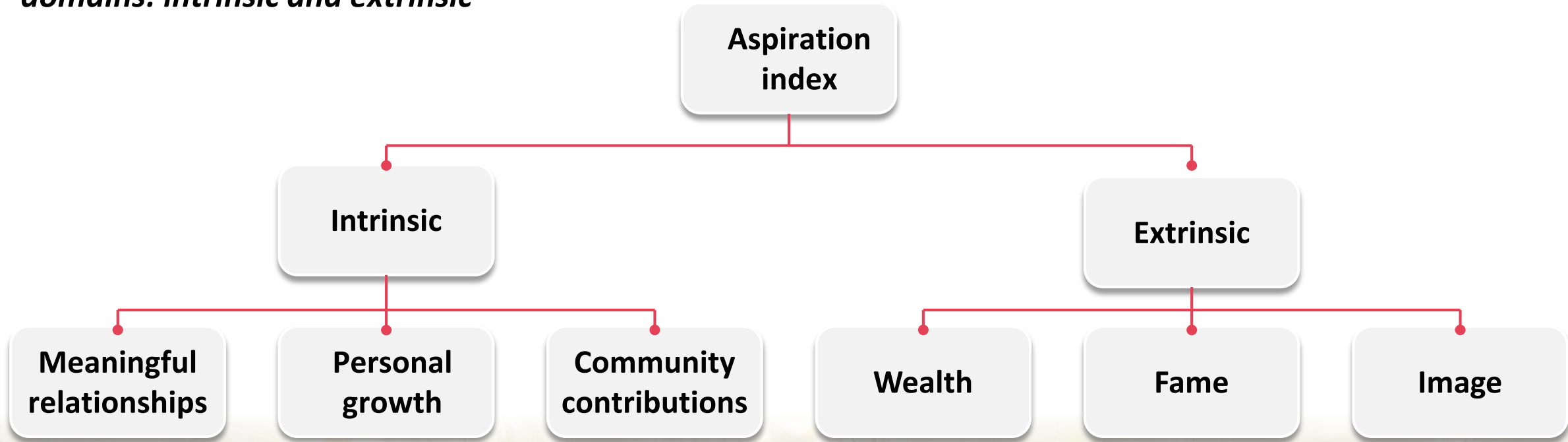
Maslow's Hierarchy Of Needs vs Wants





Aspirational index | Successful ageing

The aspiration index refers to people's life goals and has two domains: intrinsic and extrinsic





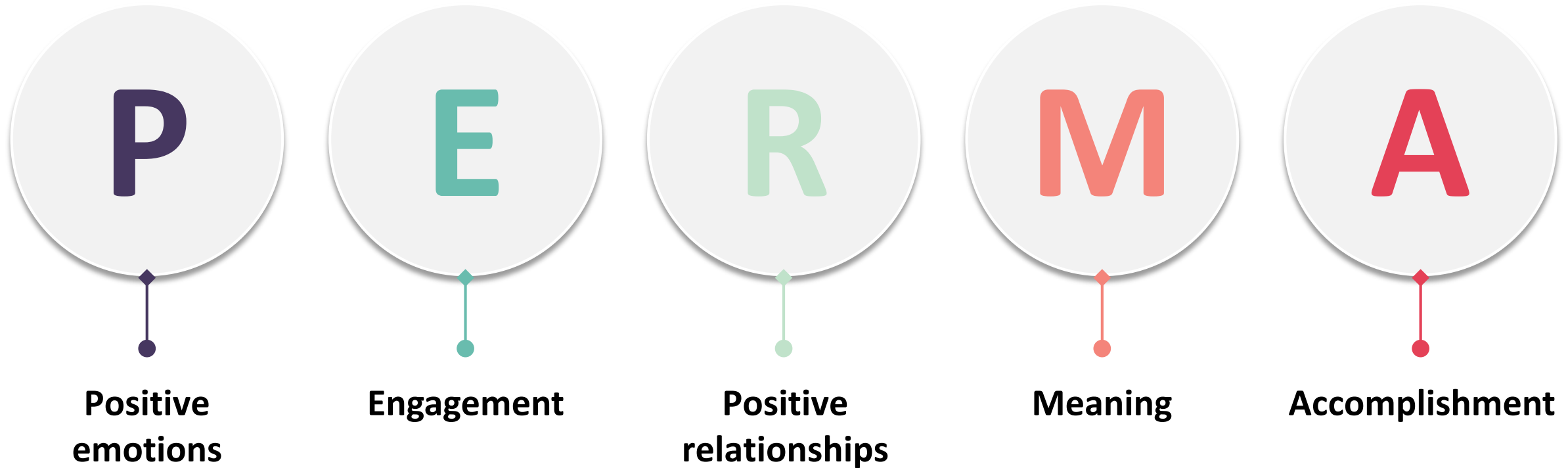
The determinants of active and healthy ageing





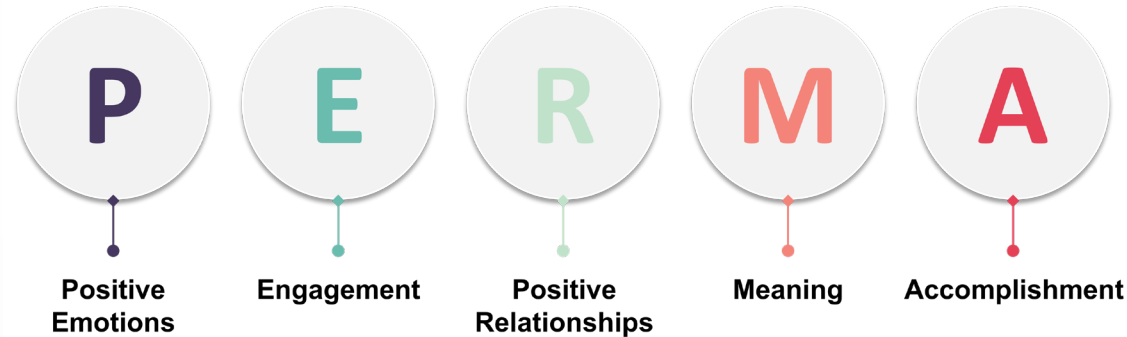
These 5 components are key to how all of us can cultivate happier ageing

PERMA model of well-being





Positive emotion



Much more than merely happiness, positive emotions encompass **feelings of authentic happiness**: feelings of love, compassion, gratitude, hope and excitement.

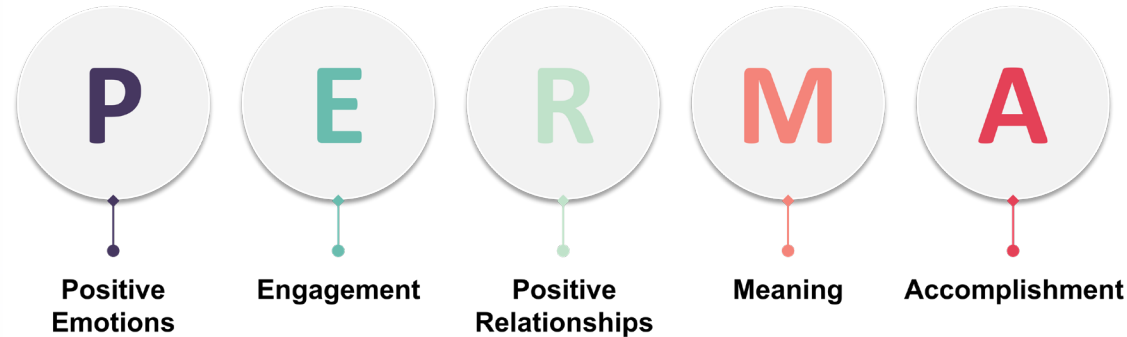
Increasing **positive emotions** encourages individuals to **build** their **resilience** and **improve their overall well-being**.

How you can increase positive emotions:

- ✚ Spending time with your favourite people
- ✚ Doing activities that you enjoy
- ✚ Listening to upbeat or uplifting music
- ✚ Taking time to reflect on what you are grateful for in your life.



Engagement



Engagement occurs when we are **completely immersed in the present moment** and the task at hand.

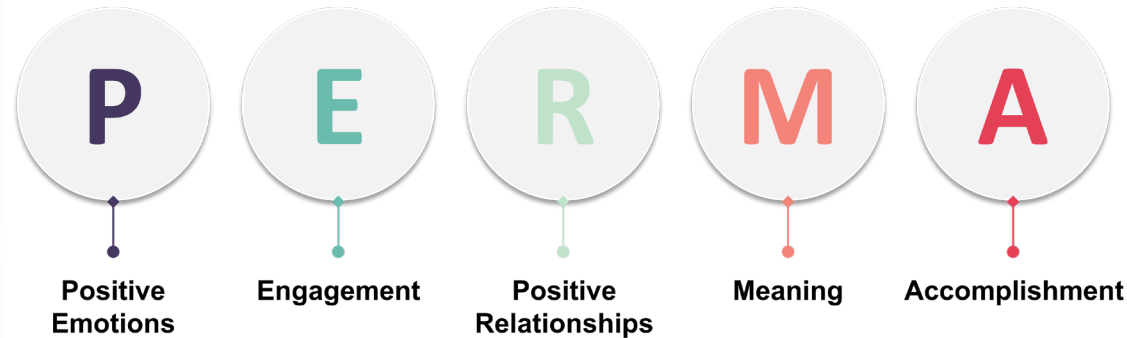
People are more likely to experience engagement when they use their character strengths.

How you can increase engagement:

- ✚ Participate in activities that make you lose track of time when you do them.
- ✚ Practice living in the moment when completing mundane tasks.
- ✚ Spend time in nature.
- ✚ Identify and learn about your character strengths, and do things that you are good at.



Relationships



Whether a partner, friend, family member or furry friend, we all want to feel supported and valued by our loved ones. **This is because, as mammals, we are inherently social creatures.**

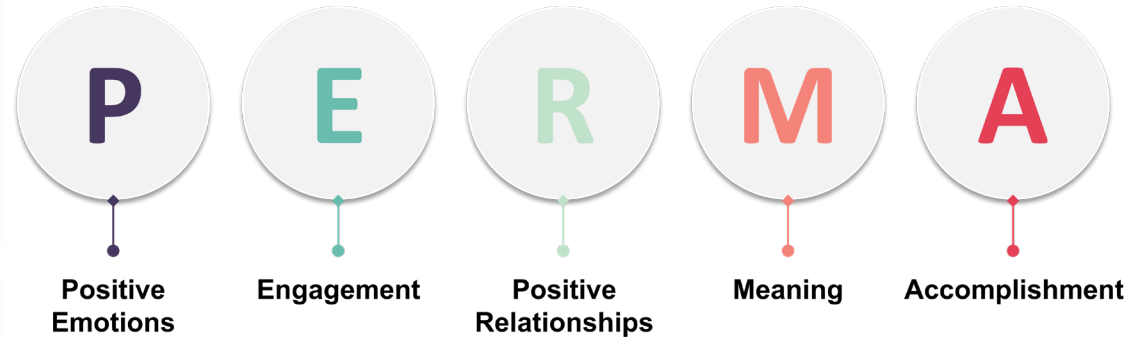
Having a good social environment has been found to promote better physical health, as well as prevent cognitive decline.

How you can build better relationships:

- ✚ Join a new class or group with a common interest.
- ✚ Ask the people you don't know very well questions about their lives.
- ✚ Reconnect with people you haven't spoken with for a while.



Meaning



The age-old question: **What is the meaning of life?** We all want to know because we want to belong to something greater than ourselves.

Having a **purpose** in life serves to help people focus on what is important to them in the face of adversity.

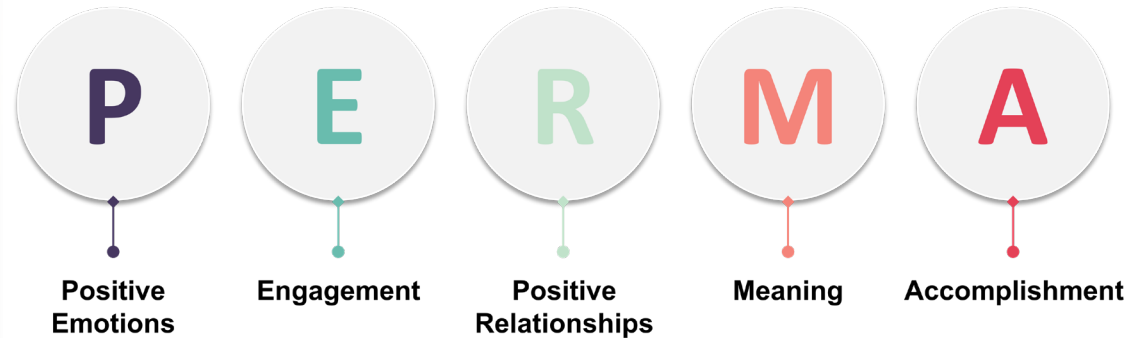
Whether through personal growth, a profession, a social cause, religious belief or creative endeavour, **people who cultivate meaning tend to experience greater satisfaction and fewer health setbacks.**

How you can create meaning in your life:

- ✚ Get involved in a cause that matters to you.
- ✚ Think about how you can use your passions to help others.
- ✚ Spend time with people you care about.



Accomplishments



A sense of accomplishment materialises after working towards reaching our goals. This contributes to well-being so that individuals can feel pride in their lives and have the motivation to take care of themselves.

How to build accomplishment:

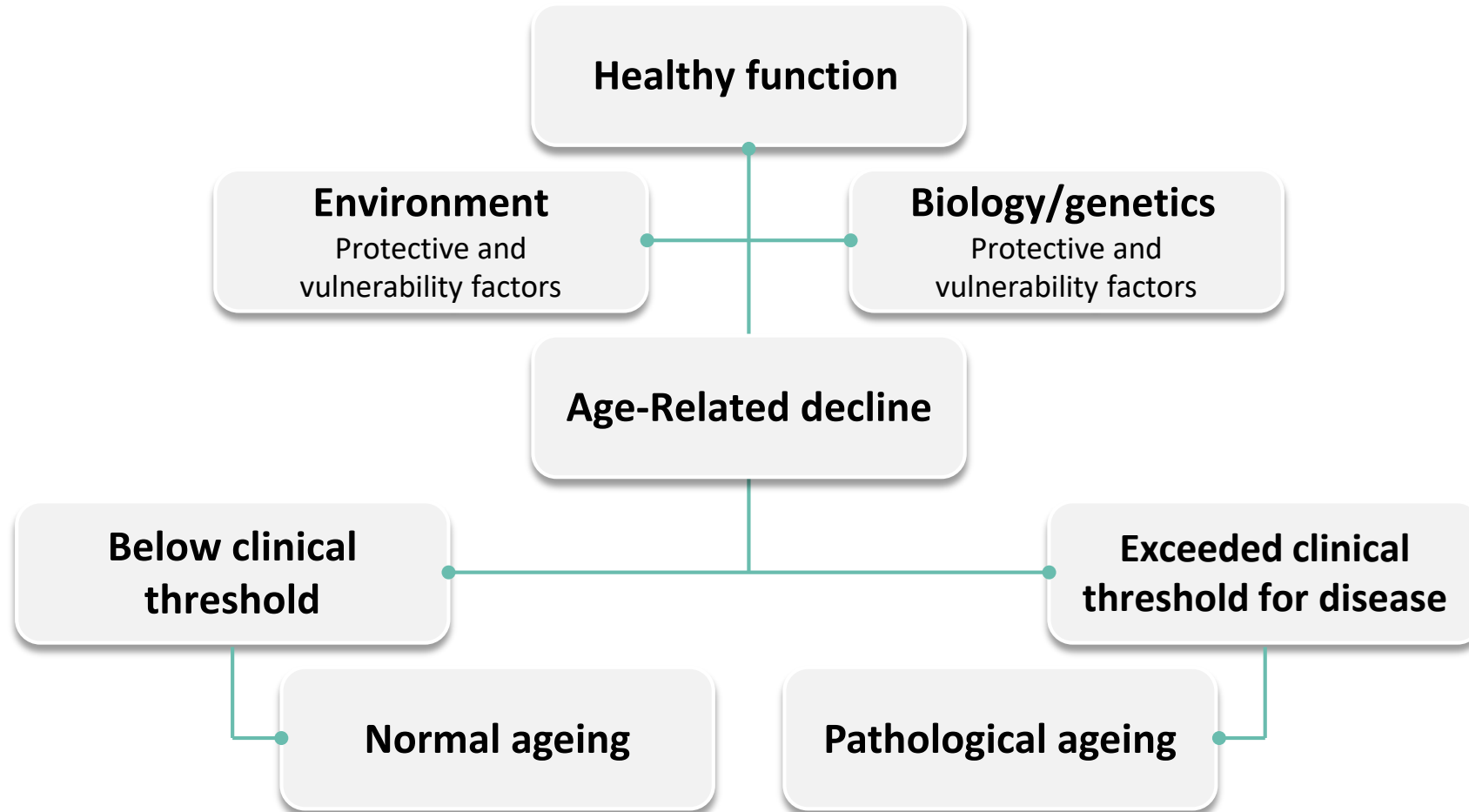
- ✦ **Set SMART goals** – specific, measurable, achievable, realistic and time-bound goals.
- ✦ Reflect on past successes.
- ✦ Look for ways that you can celebrate yourself!



Schematic of anticipated ageing impacts



The model below depicts a threshold model used to distinguish normal from pathological ageing processes





Schematic of anticipated ageing impacts and outcomes in the presence of various negative psycho-affective attributes

Attributes of ageing	Adverse impacts	Outcomes
Loneliness	Excess stress	Decreased coping ability
Anxiety/fear	Sleep challenges	Injury risk increases
Depression	Lack of motivation	Deficient self-care
Disability	Excess disability	Dependence
Pain	Chronic pain	Opioid usage
	LOW LIFE QUALITY	LONGEVITY DECLINE





Empowerment-based positive psychology strategies

Emotional regulation, positive self-perceptions and beliefs that can be learned as well be applied alone or in combination:



Acceptance

Accepting mental health issues fosters better mental health



Courage

Courage is an important psychological resource



Creativity

Creative activity can impact health



Gratitude

Associated with subjective well-being



Humour

May promote well-being/ reduce isolation



Appreciation

Related to life satisfaction and positive mood



Pleasure, engagement, meaning

Increases well-being and reduces depression



Self-esteem

Can protect against fears concerning loneliness



Hope

May improve health related life quality



Visualising best self

May help to increase/sustain positive emotion



Mindfulness

May impact immune health positively



Optimism

Optimism/psychological resilience help reduce pain



Self-compassion

May benefit mental health/life quality



Spirituality & religion

May slow cognitive decline in dementia



Zest for life

May help avert depression



Key takeaways



The wisdom of ageing



One of the greatest blessings of ageing is **wisdom.**



Seniors bring something very precious to society – **a brand-new perspective on life.**



The quality of their reflections on life is only insightful elders.



They can see what is **valuable**, what **lasts** and what **counts** in life.



Growing older should never isolate us, **but bring us closer** to the individuals around us.



How old would you be if you didn't know how old you are?



Conclusion

- ✦ **The power of positive ageing lies in growing old meaningfully and gracefully.** It is more about having a decent quality of life in old age, rather than looking ageless.
- ✦ Positive ageing methods enable seniors to be more **self-sufficient**.
- ✦ **The goal of positive ageing is to be able to go about our daily lives with as little help as possible.**
- ✦ Every person can prepare for positive ageing by **making better short-term choices that will improve their life in the long run.**





Balance

Let's find our new Balance



Know your health



Improve your health



Get rewarded

Each step has a particular focus in helping you to live a healthier life. You can access Balance through the Bankmed app.

Your rewards



Up to 15%

back on HealthyFood at Pick n Pay or Woolworths



Up to 15%

back on thousands of HealthyCare items at Clicks or Dis-Chem stores



Get exclusive access to Active Rewards for free. Active Rewards is an in-app wellness programme that encourages you to get active and rewards you for doing so.



Up to 15%

upfront discount on qualifying sports gear and equipment from Sportsmans Warehouse and Totalsports



30% off

your monthly gym fees from Virgin Active or Planet Fitness



Up to 80% off

Allen Carr's Easyway to Stop Smoking



COVID-19: Get vaccinated and get your booster dose

Adults 50 years and older will be eligible for a total of 5 or 6 doses

Vaccination is a critical tool to reduce severe COVID-19 in adults 65 and older



Dose #1



Dose #2



Booster #1



Booster #2



Booster #3



Booster #4

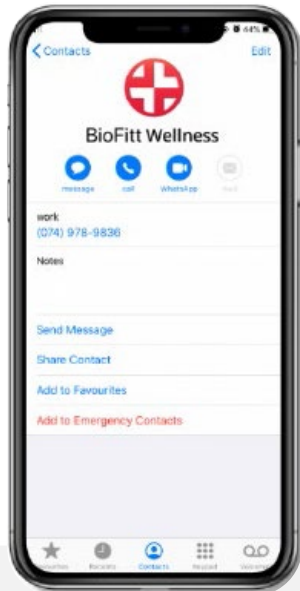
Source: CDC.GOV

If you received	Primary schedule		Booster			
	First dose	Second dose	Booster 1	Booster 2	Booster 3	Booster 4
Pfizer-BioNTech	Comirnaty vaccine	Comirnaty vaccine 21 day interval	COVID-19 Vaccine Min 90 day interval	COVID-19 Vaccine Min 120 day interval	COVID-19 Vaccine Min 180 day interval	COVID-19 Vaccine
Johnson & Johnson's Janssen*	Janssen vaccine	- Min 60 day interval	Vaccine Janssen OR Comirnaty Min 90 day interval	Vaccine Janssen OR Comirnaty Min 120 day interval	Vaccine Janssen OR Comirnaty Min 180 day interval	Vaccine Janssen OR Comirnaty



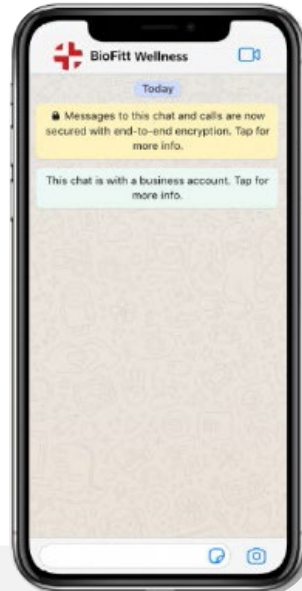
BioFITT Pensioner WhatsApp Line

A convenient way to book your screenings



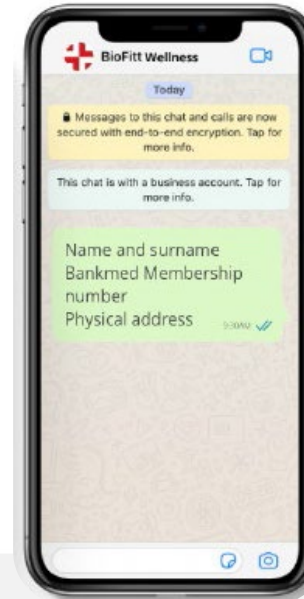
Step 1

Add the BioFITT Wellness number to your phone's contact list:
074 978 9836



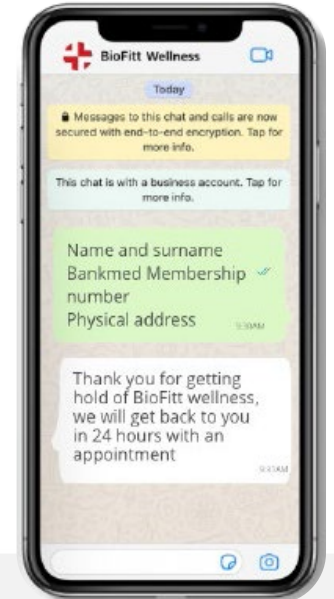
Step 2

Open a new WhatsApp message and select the BioFITT Wellness number



Step 3

You will need to provide the following information in your message:
Name and surname
Bankmed membership number
Physical address



Step 4

Within 24 hours, a BioFITT Wellness consultant will contact you to arrange your appointment.
You will receive your confirmation message for your scheduled appointment.



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