Don’t let the old man in

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The Art & Science of Ageing Well – 24 August 2019

Don’t let the old man in

Reflection

Don’t let the old man in

Body, Mind & Spirit

- Changes & Losses
- Declines & Deterioration
- Chronic Diseases
- Mental Health
- Spirituality

Body, Mind & Spirit

- Body -

Physical, Visible, Noticeable

Hair, Eyes, Ears, Nose, Mouth

Skin, Muscle, Joints, Bones

Internal Organs

Internal Organs

- Chronic Diseases -

Brain & Nervous system

Heart & Blood vessels

Muscle & Breathing of Lungs

Digestive system, Endocrine system

Kidney & Urinary tract & Liver function

Stomach, Intestine & Colon

Blood & Immune system

Sexual and/or Reproductive organs

Body, Mind & Spirit
- Mind -

Mental Health, Cognition, Dementia

Memory, Emotion

Interaction: Family, Peer, Social

Inter-generational

Social Isolation

Body, Mind & Spirit
- Spirit -

Mind, Attitude, Belief

Faith, Religion, Community

Transcendence

Death

The Good News

None of us is going to get all of the above

Some of us may get one or some of the above

Some of us may get none of the above

Ageing is mandatory; Growing old is Optional

Active Ageing, Healthy Ageing

Healthy (Successful) Living

Food – Nutritious Diet

Exercise regularly

Avoid disorders

Stay active, independent, mentally alert

Use it or Lose it

Lifelong Learning

My personal journey

Turn adversity into strength

Lifelong Learning
- Attitude -

Learn something everyday

Formal, Informal

Awareness, Observation, Teaching

Be not afraid, Impossible is nothing

Lifelong Learning - Recreational -

Mining your hidden talents

Music, Dance, Drama

Art, Craft, Hobby

Sports, Games

Attendance

Lifelong Learning
- Resources -

Youtube, TED

Media, Video & Audio, Web & Apps

Institutions, Universities, Museums

Travel sites

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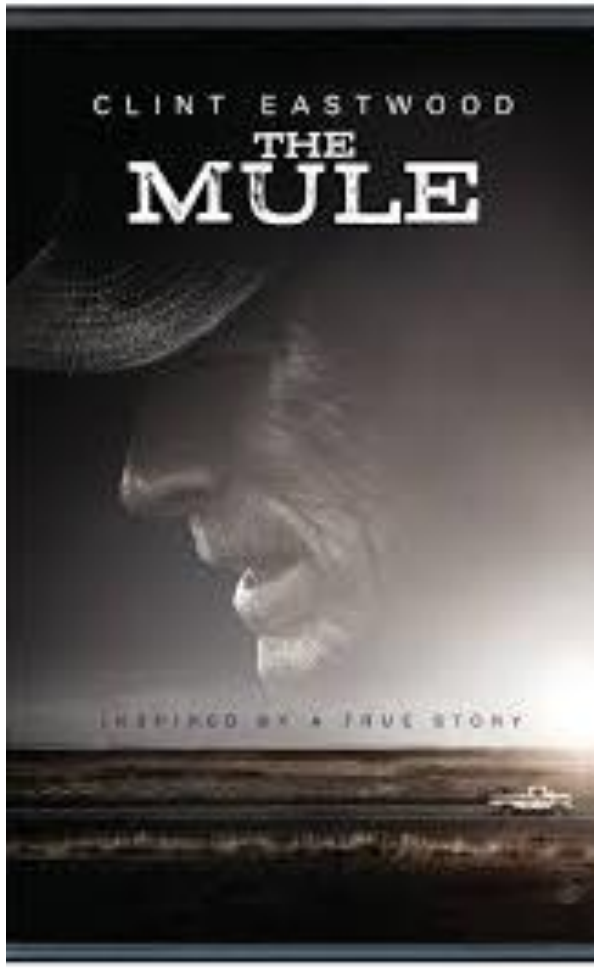
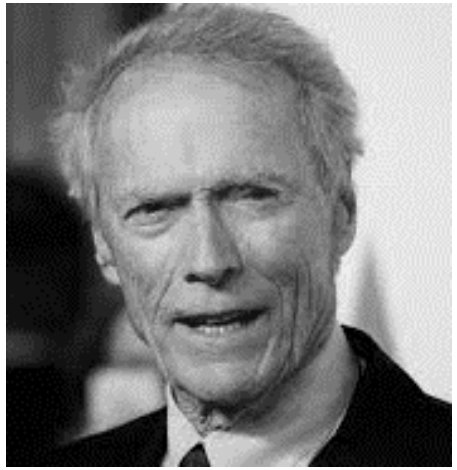
The Mule

Clint Eastwood