• WHAT DO YOU THINK IT MEANS TO BE OLD?
• WHAT DO YOU THINK IT MEANS TO BE YOUNG?
• HOW DO YOU FEEL ABOUT YOUR OWN AGING?
• HOW DO YOU TALK ABOUT GROWING OLDER?
The 'anti-aging' industry

"Boomers are out of touch" OR "Millennials ruin everything"

"You're very young to be a professional."

"Your dad knows how to use TikTok?!"

"I am 68 years young."
INCREASED RISK FOR CHRONIC DISEASE
ALZHEIMER’S DISEASE BIOMARKERS
PERCEIVED ILL HEALTH
INCREASED DEPENDENCY
REDUCED RECOVERY FROM ILLNESS
DECREASED LONGEVITY
$63,000,000,000

MISDIAGNOSIS
+ INFANTILIZATION
+ OVERTREATMENT
+ UNDERTREATMENT

AGEISM
AGEISM

THE WALL STREET JOURNAL

It's Not a Stuffed Animal, It's a $6,000 Medical Device

Is the Robotic Pillbox the New Best Friend for the Elderly?

By: Jane Ferguson, The Wall Street Journal

It's not just a simple pillbox. It's a robotic medical device designed to help the elderly.

For many seniors, managing medication can be a challenge. This device, however, promises a solution. It's a pillbox that uses artificial intelligence to remind seniors to take their medications. It's especially useful for those with memory loss or difficulty remembering to take their medications.

The device is equipped with sensors and cameras that monitor the user's movements and recognizes when a pill has been taken. It also connects to a smartphone app, allowing family members and doctors to monitor medication adherence remotely.

Despite its convenience, some seniors are hesitant to adopt this new technology. They worry about privacy and security. However, the device manufacturer assures users that all personal information is encrypted and protected.

Overall, the robotic pillbox represents a promising step forward in addressing the challenges faced by elderly people in managing their medication. It promises to improve their quality of life while reducing the burden on family caregivers.
GENERATIONS

The Silent Generation
(1928 – 1945)

Baby Boomers
(1946 – 1964)

Generation X
(1965 – 1980)

Millennials

Generation Z
(1997 – 2010)

Generation Alpha
(2011 – 2025)
SUCCESSFUL AGING
TO DO LIST

1. Pick up dog food

2. Cancel subscription to that streaming service you only watch one show on

3. Fundamentally change the way we think about aging to better reflect reality, in order to live a happier, healthier and more fulfilling life.

4. Nap
Ladies’ Home Journal
1959
Ladies’ Home Journal
1959

HOW TO LOOK AND FEEL 20 YEARS YOUNGER
Exaggerate or tell untruths?
Neglect make-up or use too much?

Swear or use coarse language?
Ignore promises or commitments?

Insist on having the last word?
Sulk when denied your own way?

Play one man against another?
Seek attention through show-off behavior?

Neglect grooming of hair and nails?
Refer to older people as “has-beens” or fogies?

Take unfair advantage of being a woman?
Choose clothes for high style rather than becomingness or suitability?

Make deflating remarks about men?
Drink intemperately or immoderately?
The GAME of LIFE

ORIGINATED IN 1860

MODERN VERSION RELEASED IN 1960

UPDATED EVERY FEW YEARS
1960 GAME BOARD

1978 GAME BOARD

1991 GAME BOARD
RETIRED

When you reach the RETIRE space, stop — even if you have moves left. Then do the following:

- Repay to the bank any outstanding loans.
- Place your Career Card, Salary Card, Insurance Policies (if any) and House Deed out of play. Keep your Stock — you can still collect when players spin your number!
- If you think you might have the most money, place your car on Millionaire Estates (any number of players may retire there). Otherwise, place your car on Countryside Acres.
- Whoever you decide to retire, wait there until all other players have retired.

If you retire at Millionaire Estates, your LIFE tiles are not safe! If the draw pile has run out, players may take tiles from you when they land on LIFE spaces.

Countryside Acres

If you retire at Countryside Acres, collect 1 LIFE tile. Your LIFE tiles are safe! If the draw pile has run out, players cannot take tiles from you when they land on LIFE spaces.

HOW TO WIN

After all players have retired, all players at Millionaire Estates count their money. The richest player takes the 4 LIFE tiles at Millionaire Estates. NOTE: In case of a tie for richest player, the tied players split the pile (take 2 tiles each).

Now all players turn their LIFE tiles message-side up and add up the dollar amount of each tile. All players then add up their money, and add the two figures together (total tile value plus cash value). The player with the highest dollar amount wins!
The player wins by getting 50 points and reaching a ‘HAPPY OLD AGE’.
THINK ABOUT THE NEXT UPDATE TO THE GAME OF LIFE!

HOW DO WE CHANGE THE STORY OF AGING?
TO DO LIST

1. Pick up dog food

2. Cancel subscription to that streaming service you only watch one show on

3. Fundamentally change the way we think about aging to better reflect reality, in order to live a happier, healthier and more fulfilling life.

4. Nap
HOW CAN YOU DISRUPT AGEISM?

PAUSE
TAKE A MOMENT TO REFLECT ON WHAT YOU’VE LEARNED

EVALUATE
CONSIDER IF WORDS OR ACTIONS ARE CONTRIBUTING TO AGEISM

ACT
YOU HAVE THE POWER TO STEER THE NARRATIVE ABOUT AGING
REMEMBER THAT:

• PEOPLE ARE INDIVIDUALS
• AGE ALONE DOES NOT PREDICT ABILITY
• ABILITY DOES NOT PREDICT SUCCESS
• WE ARE ALL AGING
• GENERATIONS ARE NOT HOMOGENOUS
• ELDERHOOD IS A STAGE OF LIFE
DOES THE THING I’M ABOUT TO SAY OR DO CONTRIBUTE TO AGEISM?
SUPER HELPFUL AGEISM FLOWCHART

- Is age a factor in what I'm about to say or do?
  - YES
  - NO

- Am I making an assumption or judgment based on age?
  - YES
  - NO

- HURRAY!
  - It isn't ageist.
SAY WHAT WE MEAN:

• WHAT DO WE MEAN WHEN WE SAY ‘YOUNG SPIRIT’?
• WHAT DO WE MEAN WHEN WE SAY ‘I FEEL SO OLD’?
• WHAT DO WE MEAN WHEN WE SAY ‘SENIOR MOMENT’?
CREATE YOUR OWN DEFINITION OF SUCCESSFUL AGING
YOU ARE **ALL** THE AGES YOU’VE EVER BEEN

WE ARE **ALL** ROLE MODELS FOR AGING
OWN YOUR AGE
THANK YOU!

www.TraceyGendron.com