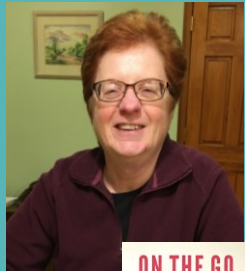




CONNECTING WITH OLDER ADULTS

Phyllis Goodman
Retired Librarian, Author



TOPICS

- The older adult population
- Connecting with older adults
- Creating programs
- Programs

LIBRARIES HAVE A ROLE TO PLAY

- The older adult population is growing fast.
- Cognitive and physical limit access.
- Programs under adult programming.
- The ALA (2017) updated guidelines for older adult programming.

YOUNG ADULTS



- Completing formal education programs
- Beginning careers
- Starting families

MIDDLE YEARS



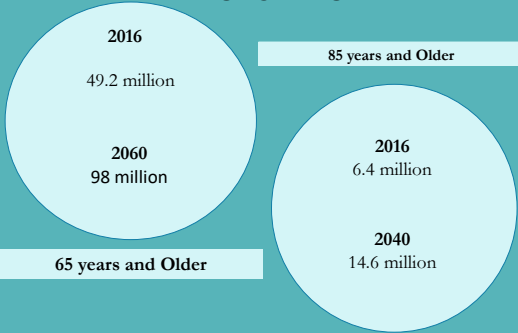
- Raising children
- Switching careers
- Sending their children off to college and jobs
- Caring for an elderly family member
- Saving for retirement

OLDER ADULT POPULATION



- Planning for retirement
- Dealing with health issues
- Long term health care

THE OLDER ADULT POPULATION IS GROWING



There will always be someone turning 65.

--Library Services for Adults in the 21st Century, Elise Okobi, 2014

GREATEST OR GI GENERATION (BORN BEFORE 1928)

In 2021: 94 years and older

- Great Depression, World War II
- Frugal, trust institutions, value marriage and family
- The "Talkies"
- Music of Louis Armstrong and Tommy Dorsey

THE SILENT GENERATION (1928-1945)

In 2021: 76 – 93 years old

- Korean War, Cold War and the Space Race
- Peace of postwar America
- Stay at home moms
- Birth of Rock and Roll, Television
- Familiar Activities and Environments are important

BABY BOOMERS

Born between 1946 and 1964

Started turning 65 in 2011

Impacted events and societal issues throughout their life

BABY BOOMER I (1946-1954)

In 2021: 67 to 75 years of age

- Idealistic, educated and question authority
- Civil Rights Movement, Woodstock, Vietnam War
- Mickey Mouse club, Gilligan's Island, Twilight Zone, Ed Sullivan Show
- Rock and Roll, Beatles, and Motown

BABY BOOMER II (1955-1964)

In 2021: 57-66 years old

- Post Watergate and Nixon resignation
- 1979 oil embargo, Iranian hostage crisis
- Heavy metal and hard rock
- College educated
- Technology training on the job

ON THE HORIZON

Generation X (1965-1980)

In 2021: 41-56 years of age

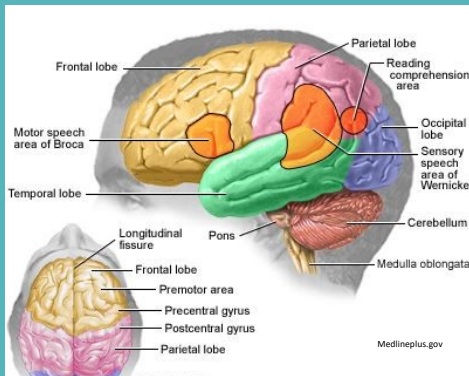
Millennials (1981-1996)

In 2021: 25-40 years of age

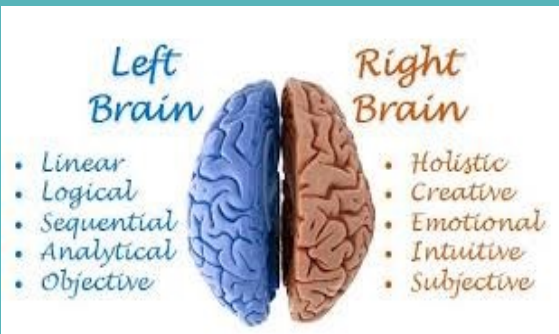
HEALTH OF THE OLDER ADULT



THE AGING BRAIN



BI-LATERALIZATION



DEMENTIA
Memory, Speech, Perception

- One in ten have some form of Dementia
- 50% of cases go undiagnosed
- Alzheimer's disease accounts for 60-80% of dementia cases

(Alzheimer's Association, 2019; WebMD, 2016)

Many still visit the library in the early stages of the disease

LIVING ARRANGEMENTS

Nine out of ten older adults prefer to age at home. (AARP, 2012)

More housing and living options are available than for previous generations.

TECHNOLOGY USE AMONG OLDER ADULTS

Technology	80+	75-79	70-74	65-59
OWN SMARTPHONE	17	31	49	59
HOME BROADBAND	28	41	61	66
USE INTERNET	44	60	75	82

Few Research Center, 2016

Smartphone use is up from 18% in 2011 to 40% in 2016
 Use of tablets and e-readers has increased from 3% in 2007 to 32% in 2016
 Social media use increased from 2% in 2010 to 34% in 2016
 Internet and broadband use is up from 14% in the early 2000 to 67% in 2016

What information are you looking for?

Library Statistics

Organizations working with older adults

Caregiver support groups

U.S. Census, American Community Survey

Focus Groups, Surveys

WHERE ARE THE OLDER ADULTS IN YOUR COMMUNITY?

INTERACTING WITH OLDER ADULTS

Flexible

Capitalize on your strength

Get to Know Your Audience

Consistency

Dignity & Respect

PROGRAM PREPARATION

?

?

?

?

?

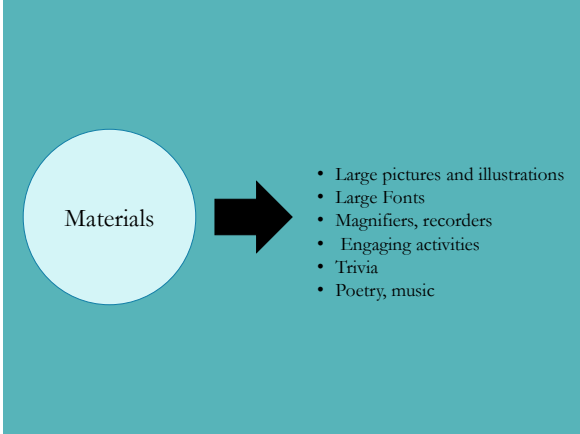
?

?

?

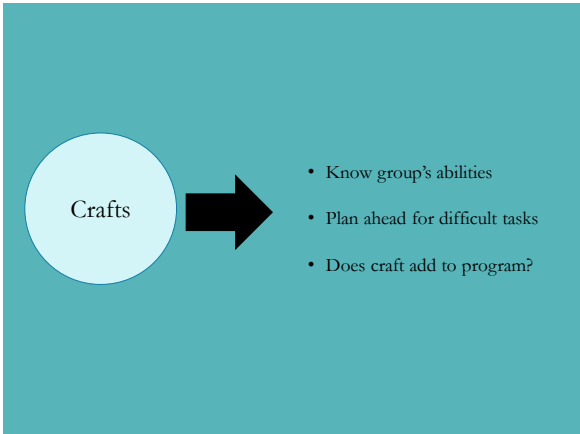
?

?



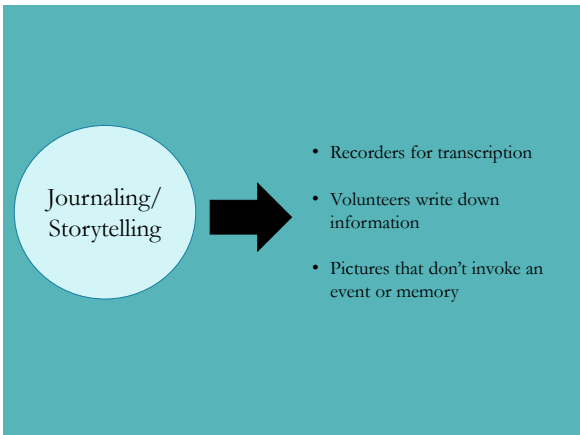
A teal rectangular slide with a light blue circle on the left containing the word "Materials". A black arrow points from the circle to a bulleted list on the right.

- Large pictures and illustrations
- Large Fonts
- Magnifiers, recorders
- Engaging activities
- Trivia
- Poetry, music



A teal rectangular slide with a light blue circle on the left containing the word "Crafts". A black arrow points from the circle to a bulleted list on the right.


- Know group's abilities
- Plan ahead for difficult tasks
- Does craft add to program?



A teal rectangular slide with a light blue circle on the left containing the words "Journaling/Storytelling". A black arrow points from the circle to a bulleted list on the right.

- Recorders for transcription
- Volunteers write down information
- Pictures that don't invoke an event or memory

Volunteers




- Skills or expertise to present a program
- Help with activities or crafts

PRESENTING A PROGRAM



DEMENTIA



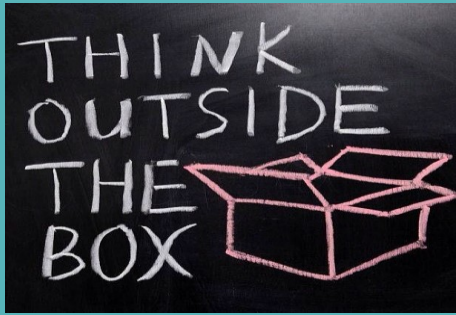
“When you’ve met one person with dementia, you’ve met one person with dementia.”

INTERACTING WITH INDIVIDUALS WHO HAVE DEMENTIA



- Focus on remaining strengths.
- Dignity, self esteem and independence is important.
- Social interactions and participation in activities.
- Speak slower and allow time to respond.
- Persons with Dementia still enjoy reading.

There is No One Size Fits All Programming



CREATING PROGRAMS



IN-HOUSE PROGRAMS



Local Organizations presenting in-house programs

Computer Programs

Staff or Volunteers expertise

TOOT YOUR OWN HORN





Network



Local Library Associations

Professional Organizations



Internet

- Free quizzes
- Trivia
- Coloring Sheets
- Bingo boards

Program Kits to Check Out

Music and Memory Kits

Virtual Visits and Photo Collections

LET'S HAVE A GOOD LAUGH

We Can Fix Anything.
(Please Knock on the door – the bell doesn't work)

Harmless Pranks & Funny Headlines, Jokes

SUPERHEROES

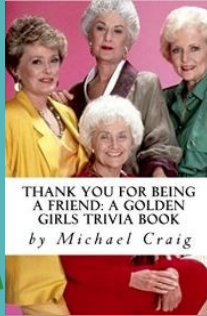
Lasso of Truth

Tiny Heroes Program

TV TRIVIA: GOLDEN GIRLS



Golden Girls TV Show Trivia Questions
Round One— Each question is worth one point
 1. Dorothy brought Sophia to live with her when a fire burned the retirement home she was living in called _____?
 2. What fairytale story do the Golden Girls perform in a play?
 3. St. Olaf was located in what state?
 4. Dr. _____ lived next door to the Golden Girls.
 5. "The older you get, the better you get, unless you're a _____."
Answers
 1. Shady Pines; 2. Henry Penny; 3. Minnesota; 4. Harry Weston; 5. Banana



ROAD TRIP MEMORIES

Gateway Arch is, from Missouri
 The Gateway Arch is the tallest structure in the United States. The 630-foot high arch is made of stainless steel and arches over the Mississippi River in the heart of St. Louis, Missouri.

BY THE ROAD	IN THE GOOD OLD SUMMER TIME	DOWN BY THE OLD MILL STREAM	WE'LL BE COMING ROUND THE BENDS OF THE HIGHWAY
LITTLE LIZIE	GET YOUR KICKS ON ROUTE 66	DO YOUR EARS HANG LOW?	SEE THE USA IN YOUR CHEVROLET
TOP OF OLD T	IF YOUR HAPPY AND YOU KNOW IT	TAKE ME OUT TO THE OLD BALL GAME	YELLOW ROSE OF TEXAS
ON THE	KING OF THE ROAD	MUSTANG SALLY	THE MORE WE GET TOGETHER

NATIONAL BESTSELLER
Erma Bombeck
When You Look Like Your Passport Photo, It's Time To Go Home

Travel songs

DETECTIVES & MYSTERIES

SHERLOCK HOLMES ESSENTIALS

Books & Old Radio Shows, Podcasts

HELP

Mystery Box

How good of a detective are you?

SNOW ROUTE
 NO STANDING
 BROOKLYN GREENS SUB
 NO STANDING
 8 AM - 7 PM
 NO COMMERCIAL TRAFFIC

WORDS & STORIES

Bi-Folkal kits

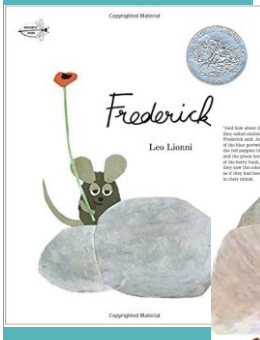
- Originally created to use with older adults in reminiscence programs.
- Contained VHS/DVD's, cassettes, pictures and an activity guide on specific events or themes to stimulate memories and discussion.
- Kits are still part of many library collections.
- Updated to include PowerPoint slides, laminated pictures, Realia, and props. Includes trivia and extra facts.

SUMMER READING



Community Quilt

Art Based Programs



MIND AND MEMORY

TimeSlips™



Memory Cafes



Music

TECHNOLOGY



Modify in-house computer programs.

Virtual Reality



Google Expeditions

APPY HOUR



QUESTIONS??

Resource Handout



Blog - <https://authorphyllisgoodman.wordpress.com/>

Twitter - @phyllis79619211

Instagram -authorphyllisgoodman

Amazon.com/author/phyllisgoodman

Abcclio.com/ABCCLIOCorporate/product.aspx?pc=A6142P