Aging Mastery Program®

Elective Classes

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Presenters

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- **Christena Durost, PhD**, Reverse Mortgage Counselor, Trainer, and Instructional Designer

- **Robin West, PhD**, Professor Emeritus, University of Florida, Psychology and Aging
Presentation Overview

1. AMP “Constellation”
2. AMP Electives
   a. How they are developed
   b. Class selection and descriptions
3. Spotlight on: Financial Literacy Classes
4. Spotlight on: Memory Matters Class
5. Wrap-up: Ordering Classes
6. Questions
AMP “Constellation”

AMP Core Curriculum

- Elective Classes and Clubs
- Social Media, Newsletter, Blog
- Training and Implementation Guides
- Rewards and Incentives
- Online Administration Tool
- Evaluation Materials
- Outreach Materials
The Core Program: AMP Playbook

1. Navigating Longer Lives
2. Exercise and You
3. Sleep
4. Healthy Eating and Hydration
5. Medication Management
6. Financial Fitness
7. Advance Planning
8. Healthy Relationships
9. Falls Prevention
10. Community Engagement
## Elective Classes:
### Enhancing the AMP Playbook

### Elective Curriculum

**Physical and Mental Health**
- Communicating with Your Doctor
- Nutritional Vital Signs
- Memory Matters
- Making the Most of Medicare

**Financial Health**
- Rightsizing Your Life
- Your Home as a Strategic Asset
- Safe Home/Healthy Home

**Life Enrichment**
- Aspirations/Bucket Lists
- Intergenerational Connections
How We Develop Classes: The AMP “Formula”

- Adult learning principles: learning into action
- Emphasis on peer support, in-class discussions and activities, and action steps

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<thead>
<tr>
<th>From Literacy to Mastery</th>
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<tr>
<td><strong>1</strong></td>
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<tr>
<td>• Learn About Topic</td>
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<tr>
<td>• Select Target Behaviors</td>
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<td>• Develop Action Plan</td>
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Physical/Mental Health Classes: Overview

- **Communicating With Your Doctor**
  - Understand the importance of preparing for a doctor visit.
  - Discover strategies to prepare for doctor visit.

- **Nutritional Vital Signs**
  - Understand malnutrition warning signs, consequences.
  - Examine myths and preconceptions of malnutrition.
  - Understand how to discuss malnutrition with a loved one and with a health care team.
  - Learn strategies for preventing and treating malnutrition.
Physical/Mental Health Classes: Overview

- **Memory Matters**
  - Understand age-related memory changes.
  - Learn basic skills to aid memory.

- **Making the Most of Medicare**
  - Understand the range of preventive services covered by Medicare.
  - Discuss the importance of using these services.
  - Discover strategies for making regular doctor visits rather than avoiding them.
Financial Health Classes: Overview

- **Your Home as a Strategic Asset**
  - Understand pros/cons of remaining in current home.
  - Learn basics of home financing products.

- **Rightsizing Your Life**
  - Examine fears, concerns, and also upsides to rightsizing/downsizing.
  - Develop a personalized approach to deciding what to keep and what to let go.
Financial Health Classes: Overview

- Safe Home/Healthy Home
  - Understand impact of the home environment on health and safety.
  - Identify/recognize unsafe housing conditions and health-related hazards.
  - Discuss interventions to remediate health hazards.
Life Enrichment Classes: Overview

- **Aspirations/Bucket Lists**
  - Understand the importance of having goals.
  - Discover strategies to align personal goals with societal benefits--linking the *what* to the *why*.

- **Intergenerational Connections**
  - Strengthen intergenerational interactions/relationships within the family and community.
  - Learn how to get involved with existing programs.
Spotlight On: Financial Literacy Classes

- Your Home as a Strategic Asset
- Rightsizing Your Life

- Created by Christena Durost, PhD
  - Clinical psychologist
  - Former head of an information/referral department in a senior service agency
  - Expert reverse mortgage counselor and trainer
Spotlight On:
Your Home as a Strategic Asset

- **Why?**
  - Over 80% of households headed by seniors own a home.
  - For many, it is their only major asset.
  - Many seniors are not familiar with ways to tap home equity, other than selling the house.
  - Reverse mortgage advertising is frequently seen but can be misleading.
Spotlight On: Your Home as a Strategic Asset

- **What?**
  - Self-assessment of aging-in-place needs and preferences
  - Overview of other housing and finance options
  - **Neutral** intro to reverse mortgage concepts, costs, and benefits – not a sales pitch!
Spotlight On: Rightsizing Your Life

Why?

- Many older adults consider downsizing, but feel overwhelmed.
- Some may be under pressure from family, friends, or medical professionals to move.
Spotlight On: Rightsizing Your Life

- What?
  - Self-reflection on reasons for wanting to move or to stay put.
  - Exploration of feelings and family issues related to a possible move.
  - Tips for starting the process of sorting possessions and deciding what to keep
Spotlight On: Memory Matters—Basic Content

- **Normal Aging**
  - Typical changes
  - What to do about them
  - Serious problems differ from normal aging

- **Memory Techniques**
  - Paying attention
  - Learning new information
Spotlight On: Memory Matters—Importance

- Older adults worry about memory
  - Important to learn the facts
  - Important to distinguish normal aging from more serious memory problems

- Simple behavior changes can improve memory success
  - Overcome age-related difficulties
  - Know what you can do to learn something new
Spotlight On:
Memory Matters—Valuable Lessons

- Normal aging
  - Five most frequent normal changes
  - Simple techniques to help with each change
    - Example: forgetting a name you know

![Image of a woman and a man]
Spotlight On:
Memory Matters—Valuable Lessons

- Memory Techniques
  - Increase your attention to things around you and what you have done
    - Example: using nasal spray, locking a door
  - Increase your ability to learn new things
Extensive research and expertise in everyday memory, aging, and memory beliefs.

Her *Everyday Memory Clinic* won 2007 -- Programs Enhancing Mental Fitness for the General Population of Older Adults (American Society on Aging).

*Robin West* won 2014 -- Distinguished Contribution Award for Applied Gerontology for research, Train-the-Trainer workshops, and public presentations (American Psychological Association).
Future Curriculum Enhancements

- **Additional Classes?**
  - Oral Health
  - Driving Safety
  - Sexual Health and Relationships
  - Lifelong Learning
  - Finding/Applying for Benefits

- **Bundle elective classes together?**
Ordering Elective Classes

AMP Order Details Form

Thank you for your interest in the Aging Mastery Program®. In order to ensure timely delivery, we ask that you send this form to AMP@ncoa.org 8 weeks in advance of your start date. For any questions, please contact us at AMP@ncoa.org or toll free at 1-888-256-3779.

What would you like to order?
Select all that apply. Facilitator’s Guides will be sent for the Core Curriculum and Elective Curriculum with your order of participant kits.

☐ AMP Core Curriculum ($60 per participant kit for the 10 week class):
  Number of Participant kits: __________
  Estimated Start Date: __________

☐ AMP Elective Curriculum ($5 per participant/per elective class): Check the box on the class that you will be running and complete the fields next to it.
  □ Aspirations (Bucket Lists) - # of Kits: ______ Estimated Class Date: __________
  □ Communicating with Your Doctor - # of Kits: ______ Estimated Class Date: __________
  □ Making the Most of Medicare - # of Kits: ______ Estimated Class Date: __________
  □ Your Home as a Strategic Asset - # of Kits: ______ Estimated Class Date: __________
  □ Rightsizing Your Life - # of Kits: ______ Estimated Class Date: __________
  □ Memory Matters - # of Kits: ______ Estimated Class Date: __________
  □ Intergenerational Connections - # of Kits: ______ Estimated Class Date: __________
  □ Nutritional Vital Signs - # of Kits: ______ Estimated Class Date: __________