



Successful Aging Respectful Caring

Workshop outline

If you are caring for someone who is aging, or aging yourself, and are keen to understand what it means to age successfully, then this workshop is for you.

Dispel myths about aging, gain an understanding of the psychological factors that enhance successful aging, such as adaptability, optimism and resilience, and build a toolbox of knowledge and skills that will enhance your relationships, especially one with a carer.



The 2 hour workshop will cover the following areas:

Myths about Aging - By dispelling myths about aging, participants will be able to appraise the aging process with a fresh set of eyes.

Psychological Factors – Research shows that older people who have three personal characteristics, being adaptability, optimism, and resilience, are more likely to age successfully. Each of these personal characteristics will be explored fully by tapping into relevant research, fictional stories and real experience.

Relationships – For many older people, relationships provide a connectedness to the world, a sense of purpose and a source of happiness, but in some situations, they are also the bane of their existence, rich in anger and angst, devoid of love and are hence, very unhealthy. This module will provide an opportunity to tell your story, resolve old issues, and go away equipped with knowledge and skills to nurture healthy respectful relationships, especially with the carer.

Participants will receive a workbook with the content of the workshop as well as tip sheets on topics, such as caring for the carer, grand parenting, communicating love, driving, dealing with grief, caring from a distance, safety, eating, hygiene, and much more. A useful list of telephone numbers and websites on aging and caring will also be included. In addition, a list of books on topics relevant to aging and caring will also be included.

"The workshop was brilliantly informative, knowledgeable, perceptive, empathetic and full of useful strategies." KPMG

"I realised that we all have similar experiences; we are not alone in our caring role." KPMG

"The workshop should be compulsory for everyone." KPMG

"The workshop really hit the mark on the topic." KPMG

"The workshop improved my awareness about the value ageing has in the everyday world." IAG

"I learnt the need to be more patient and empathetic." IAG

"It was good for raising my awareness and knowing what to look out for." IAG

"Knowing how to access resources for care of my aging parent was invaluable. IAG and KPMG

