

AIC TOPICS/IDEAS

TOPICS/IDEAS TO STIMULATE DISCUSSION:

Independence/Interdependence vs. Interdependence with age and life in general.

What to do when an OA with dementia asks questions repeatedly.

Helping caregivers to see their work with OAs with dementia as an expression of their own purposes and values rather than as trauma/pain to be endured.

Painful childhood issues arising when siblings must share care of an older adult.

Retirement – shoulds vs. wants.

Purpose as just meeting daily challenges.

Happiness vs. pleasure in retirement.

The value in retirement of Freud's construct of optimum frustration (versus minimum or maximum).

Encountering Increasing awareness of impending death upon retirement.

Finding meaning in watching a leaf fall vs. commitments/responsibilities.

Importance of sharing the experiences of aging and retirement with other OAs.

Ageism in Action!

Advantages of age over youth.

Difference between happiness and satisfaction (Daniel Kahneman, Ph.D.)

To keep or not keep one's license.

To keep or not keep one's practice insurance.

Parameters for volunteering.

Seeing clients after formal retirement.

Identity issues.

Professional will.

Long-term care and long term care insurance.

Losing partners/friends/clients.

Taking care of others as we age.

Decluttering time.

Adjusting to our health issues.

Aging alone.

I'm never going to retire – good idea or bad? Is loving your work enough?

What are ways in which an OA professional can comfortably and effectively continue to work into their 70s and 80s?

What happens when we have lived an extremely focused disciplined driven life and we suddenly stop?

Theoretically is there a way of being in the world in a different way?

Can one eliminate one's daytimer? Or will the daytimer continue to be full but just with different activities?

Are we going to allow Dr. Dellefield to spend his entire retirement in meditative repose or will there need to be an intervention at some point?

What are some of the challenges related to seeing clients in one's later years?

Seeing a few clients in one's later years, how telehealth helps or presents challenges.

Benefits and challenges of using telehealth with OA clients.

How are people doing in retirement?

Is it better to structure retirement or just let oneself evolve?

How do we deal with changes in our identity when we stop practicing.

The importance of having fun in retirement, the type one experienced as a child (letting go of being so responsible).

Importance of staying involved in retirement, serving on Boards, etc.

Problems encountered in later life can be even more stressful and challenging than they were during one's career.

What are challenges faced when one becomes caregiver to an older adult family member.

How does one maintain one's own health, happiness and fulfillment as an older adult when acting as caregiver for a family member with serious illness or cognitive decline? Skating on thin ice!

It is a myth that older age is about release of the burden of responsibilities.

Is long-term care insurance a good thing or bad thing (article or educational presentation by a professional client advocate).

What are some of the greatest joys in one's later years. Family, grandchildren, pets, spiritual work.

Encountering and appreciating the "underlying true essence" of a family member even in the face serious dementia.

The importance of physical presence in doing therapy with clients generally and particularly with OA clients.

Appreciating the solitude of later life without becoming isolated.

Considering Eric Erickson's integrity versus despair in older adulthood. Cultivating gratitude.

Impact of technological complexity including continual change in technology on OAs.

BOOKS/POSSIBLE SPEAKERS:

Samuel Harrington, *At Peace*

Daniel Miller, M.D. Scripps Health

Fay Girsh, found of the Hemlock Society of San Diego (*Lives at the Vi*)

David Fiefel, M.D., Ph.D. neuropsychiatrist, use of psychedelics in late life

Mary-Frances O'Connor, *The Grieving Brain*

TOPICS/IDEAS FOR FUTURE PROGRAMS:

Assisted suicide in CA.

Use of morphine in Hospice.

Should you contact former clients after retirement?

What to do when you are suffering memory loss and fear loss of independence.

Provide information related to aging issues in SDPA Office E-News and the SDPA website.

Provide resources for older adults in the community through a website/publication.

Provide educational courses related to aging issues for psychologists and the public.

Provide/promote new opportunities for geriatric specialty training.

Advocate for aging issues in government.

Provide opportunities for geriatric professionals in the community to collaborate/network.

Provide opportunities for psychologists to consult regarding aging issue cases.

Provide opportunities for aging psychologists to share/network with others.

TOPICS/IDEAS FOR FUTURE ARTICLES/EDUCATION COURSE TOPICS:

The importance of doing psychotherapy in person.

What are evidence-based treatment models for working with older adults?

How to know when a client might be developing dementia.

How to conduct group therapy with older adults in senior living settings.

Do older adults respond to medications differently than young adults?

How to teach senior facility staff to work well with older adults.

How do older adults uniquely experience depression and anxiety?

What to do if you suspect elder abuse is occurring.

How to be of assistance to family of an elderly parent with cognitive loss or behavior change.

How to help an elderly person (and/or their family) facing life transitions.

What are sources of funding (such as Medicare) available for psychology services provided to older adults?

What are the unique challenges faced by older adults in the 2020s in the U.S.?

Caregiver challenges in working with older adults.

Multicultural and cohort challenges in working with older adults.

"To move or not to move" and other tough decisions.

Understanding causes and solutions for suffering and other existential issues in older adults.

Lifestyles that contribute to wellbeing.

Helping clients prepare for aging and death with grace and contentment.

Providing counseling for grief/loss in older adults.

Re-specialization steps for a psychologist wanting to develop a specialty in geriatrics.

Lifestyles, attitudes and expectations and their impact on morbidity and mortality in the later years.

Long-term care plans – good or bad?

How to be of assistance to family of medically ill older adults. How to prevent cognitive decline with age.

How to think of retirement, to structure or not.