

Talk 1. Are we prepared to live longer?

Jitka Vseteckova, The Open University
Rachel Turner, Age UK MK





The world population is rapidly ageing – more than 16 million people in the UK over the age of 60

- Physical and psychological/cognitive decline that happens at different speeds for different individuals.

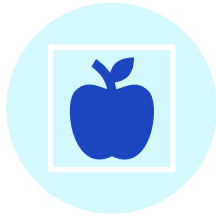
Ageing processes are in general very difficult to predict.

Genetic predispositions we may need to take into account regarding the overall ageing the process is also co-defined by what we actually do about it.

USE IT OR LOSE IT – in other words, both cognitive and physical stimulation while ageing, help to preserve cognitive and physical functions we don't want to lose.

Ageing starts the moment we are born – not when 65+

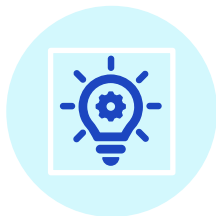
Ageing Well Public Talks



How do I to stay healthy?



How do I keep active?



How do I keep my mind in shape so that I can enjoy a good quality life for longer?



Ageing not optional but the way we age depends on everyday decisions we make about our health.

- Educational intervention that & facilitated learning and addresses and involves ageing populations as well as practitioners, clinicians, professionals who support ageing populations in their professional roles.
- As part of the AWPT Series we are exploring what ageing brings about naturally to us all
- [Nutrition, Hydration, Physical Activity, Social and Cognitive Stimulation](#)





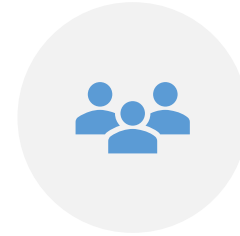
CREATING BRIDGES BETWEEN COMMUNITIES TO ALLOW FOR A MUTUAL FLOW OF INFORMATION



ENGAGING & EMPOWERING POPULATIONS TO SELF-MANAGEMENT AND BECOME PARTNERS IN THEIR OWN HEALTH CARE



CO-FACILITATING A STEP CHANGE IN USER BEHAVIOUR AND SUPPORT EXISTING HEALTH AND SOCIAL CARE SERVICES PROVISION



PROVIDING EASY ACCESS TO RESOURCES TO WIDE AUDIENCES



CONNECTING SUSTAINABLE, ALREADY, EXISTING WORK, SUPPORT PROGRAMMES OFFERED BY VARIOUS ORGANISATIONS AND NETWORKS THAT ALREADY EXIST IN FOUR NATIONS (ENGLAND, WALES, NORTHERN IRELAND AND SCOTLAND).



Five pillars facilitating Ageing Well

Nutrition

Hydration

Physical
stimulation

Social
stimulation

Cognitive
stimulation

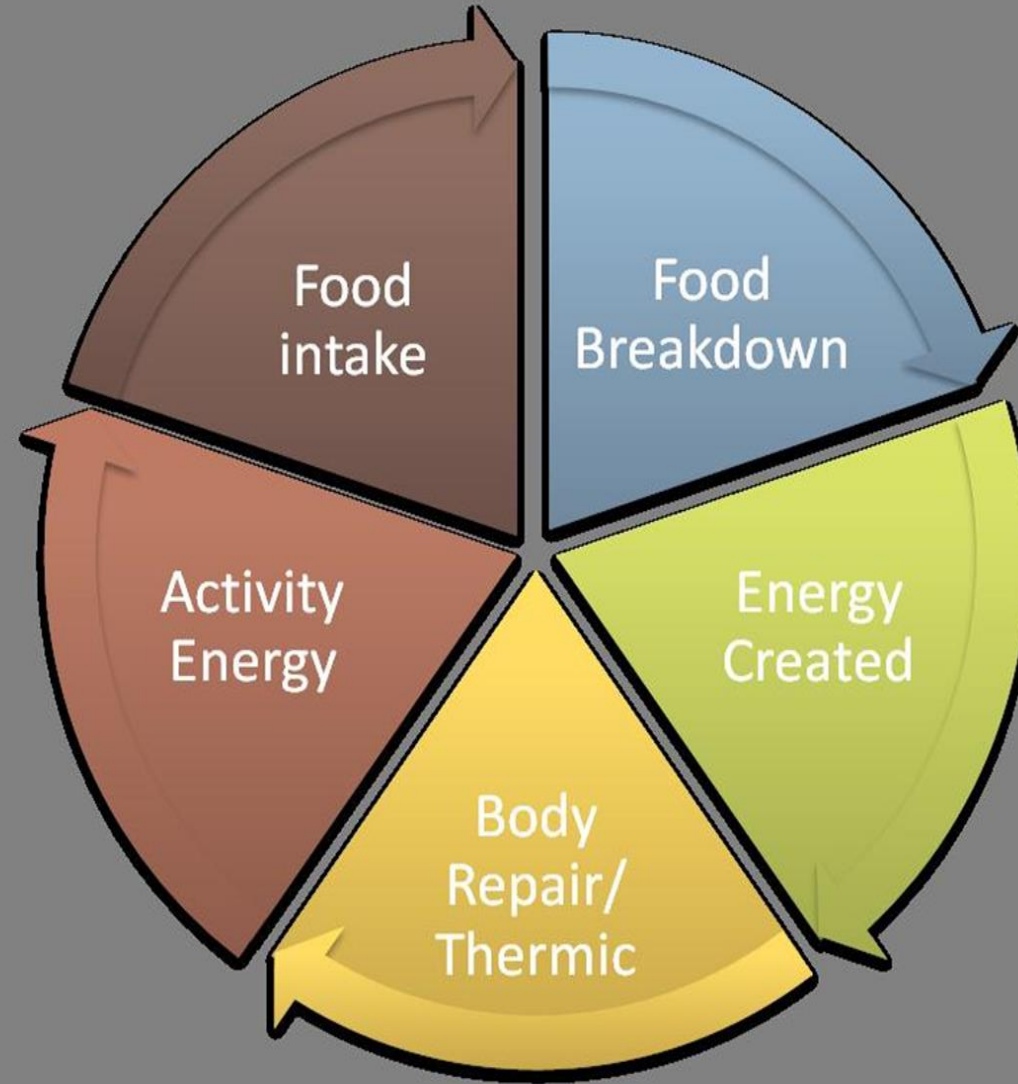


- ***Are we prepared to live longer?*** (Jitka Vseteckova & Rachel Turner) **September 13th 2023**
- ***MENOPAUSE and changing attitudes to what people want from this stage of life*** (Catherine Pestano & Lyndsey Simpson) **October 18th 2023**
- ***Taking Control of Dying*** (Barbara Gale & Victoria Hedges) **November 22nd 2023**
- ***Learning to the top and enjoying every minute*** (Inma Alvarez) **December 13th 2023**
- ***Memory and spending time outdoors*** (Jitka Vseteckova & Ellie Broad) **January 24th 2024**
- ***Anything but being sedentary*** (Declan Ryan) **February 21st 2024**
- ***Life, thriving, not just surviving*** (Sarah Mander & Lynne Watson) **March 13th 2024**
- ***Ways to eat well and stay well*** (Sinead Eccles) **April 17th 2024**
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- ***Delivering inclusive health services for ethnic minority older people*** (Rohini Sharma Joshi) **July 10th 2024**

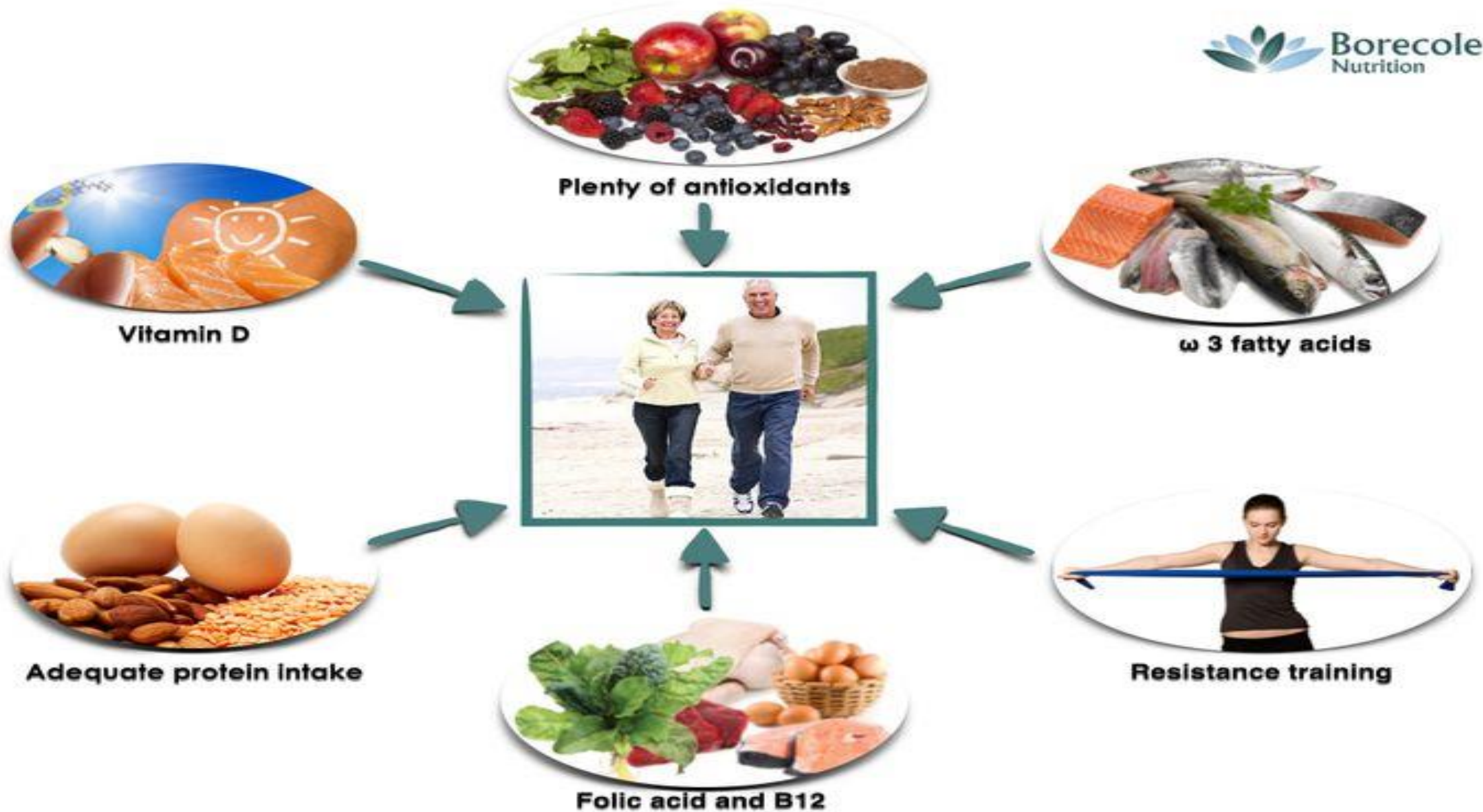
More information on our website:

<https://wels.open.ac.uk/research/projects/ageing-well-public-talks>

NUTRITION



6 Winning strategies to preserve long term muscle health



HYDRATION

- 1.5 l – strict minimum
- Ideally 6–8 cups per day
- What medication do we take and when?
- Tea, coffee, alcohol?

Am I Dehydrated?

Water is important to help your body work properly. Dehydration (when your body loses more water than it takes in) can make people suffer from the following problems:



- Dry mouth
- Headache
- Dizziness
- Confusion
- Constipation
- Tiredness
- Falls
- No interest in activities
- Urinary tract infections

1. Compare the colour of your urine (pee) to the chart below.

1	Hydrated		Carry on drinking water as usual
2			
3			
4	Dehydrated		Drink a large glass of water now.
5			
6			
7	Severely Dehydrated		Drink lots of water now and then every hour. If it does not get better, call the doctor
8			

2. What can you do?

1 Drink water and fluids through the day and at mealtimes



2 Always have water available to drink and within easy reach



3 In warm weather drink more water and fluids



4 Eat more fruit and vegetables which can also help with hydration



5 Sucking ice-pops and ice cubes can also help!



3. Remember: 1 – 3 is healthy pee

4 – 8 you must hydrate



Physical Activity–Standing Tall

- **Muscle atrophy**
 - **Blood circulation**
 - **Basic Metabolic rate**
 - **Osteoporosis**
-
- Bone is very important as it **protects internal organs**, creates support for the body, **muscles are attached to it**
 - Healthy bone is very important to healthy ageing
 - Muscle atrophy is a big problem while ageing as it affects directly our posture & postural stability, mobility and falls and also **bones**



Social and cognitive stimulation

Lifestyles that combine cognitively stimulating activities with physical activities and rich social networks may provide the best odds of preserving cognitive function in old age ([La Rue, 2010](#)).

Ageing & Epidemiology – the basic Facts

The world's population is rapidly ageing

Within the next five years, for the first time in human history
The number of adults aged 65+ will outnumber children under the age of five

Ageing processes bring a decline in the physical and cognitive domains. This decline proceeds at variable rates for different organs and different individuals. This is why
Ageing in general **is so difficult to predict** .

Basic biomedical facts about ageing

- **Ageing processes bring about decline to which we try to adapt**
- Ageing influences the **decline of organs and tissues as well as whole systems**
- The way our **organs** age is **different for each and every one of us**
- The way the **systems** age is **different for each and every one of us**

Main influences:

Genetics
Epigenetics

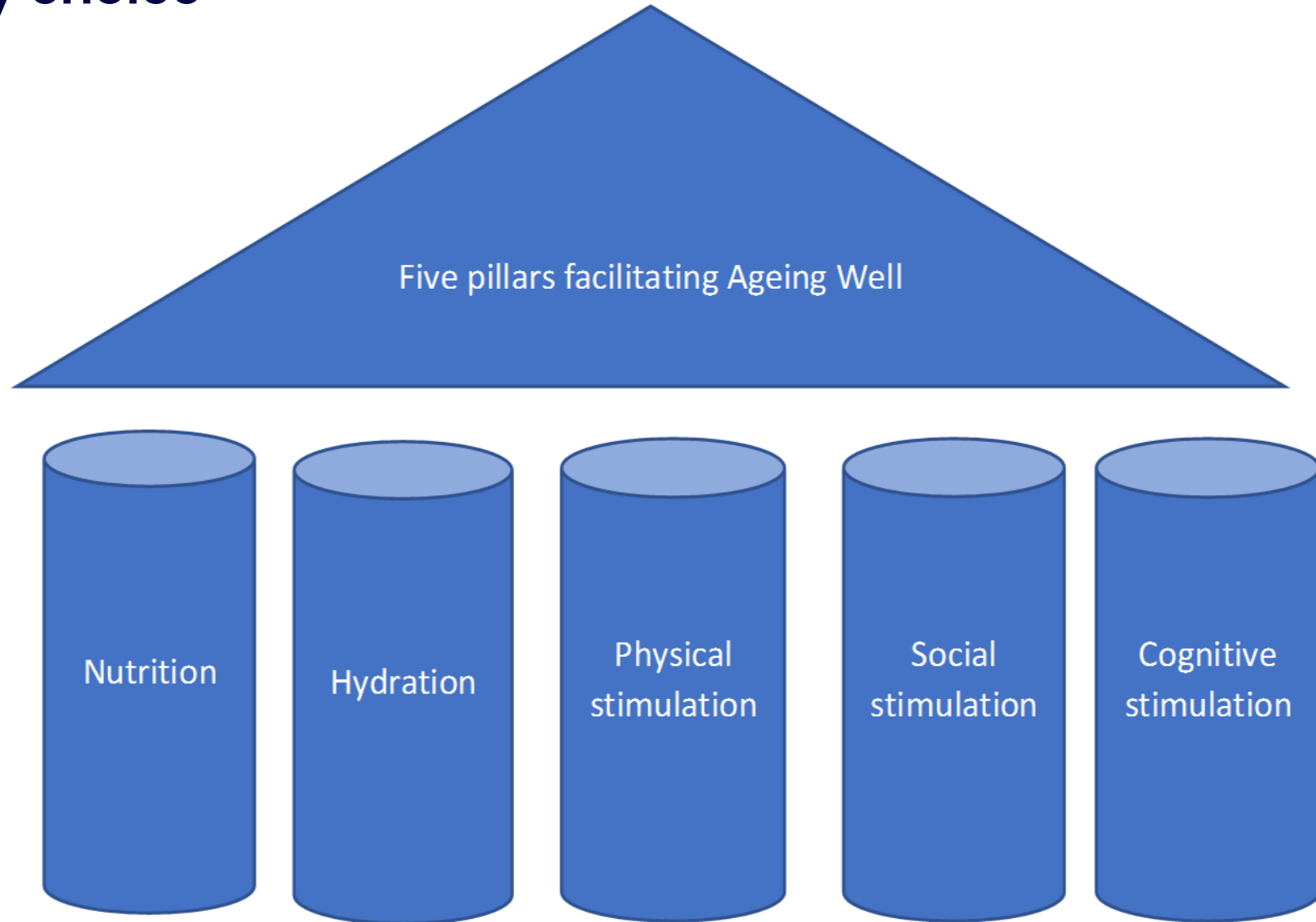
Reversing questions:

Are we victims of our gene? Nurture? into **are we winners by choice?** (Five Pillars for Ageing Well)

- Chain of hormones e.g thyroxine, diabetes and insulin and pancreas, testosterone, (estrogen and osteoporosis)
- Musculoskeletal system – muscle atrophy, bone fragility, tendon & joint stiffness,
- Cardiovascular system – veins and arteries, atherosclerosis and ageing, regularity of circulation (brain, other organs, respiratory system etc)
- Lifestyle is crucial

'Five pillars of ageing well'

Winners by choice



Cognitive ageing –tiredness of your cognitive system

- Diminished ability to remember names
 - Diminished ability to find the correct word
 - Diminished ability to remember where objects are located
 - Diminished ability to concentrate
-
- Is that “**normal**”? Yes

- Tiredness of our systems – when young we have it too but we can sleep it off – not so easy while ageing as many other things come together.
- Multitasking – stress and ageing enhance further changes on hormonal and cognitive and physical levels
- Stress management (different set of hormones)

Ideal response:

Good lifestyle choices can make these changes partially reversible –

'The Five Pillars of Ageing Well'



Neuron

Normal

With stimulation

We want the neurons as stimulated as possible.

- Physical activity
- Social stimulation
- Cognitive stimulation

When do physiological processes turn pathological?

Physiological ageing equals normal and is expected

“**normal**” ageing is a result of natural maturational processes unexpected part of the aging process whereas



Physiological can turn pathological

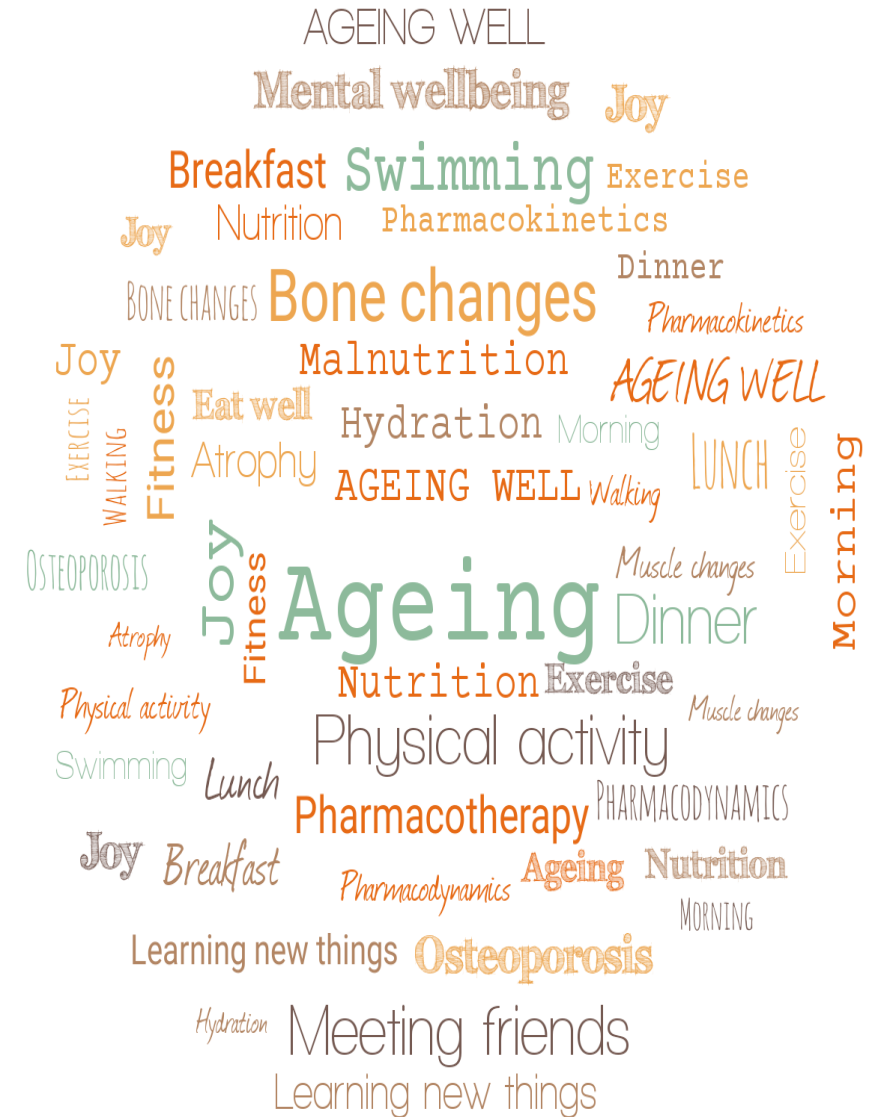
“**pathological**” ageing is due to non-normative factors such as disease, injury or trauma to the brain.

In this series we were focused mostly on physiological aging and how we can optimise **cognitive** and **physical** ageing.

Main theories of ageing

- Hayflick limit or Hayflick phenomenon
- Wear and tear theories
- Oxidative stress
- Apoptosis

No matter what ageing theory we work with, changes resulting from eating processors are at a physical, psychological, cognitive and systemic levels



- **Immune system** (is a network of cells, tissues, and organs that work together to defend the body against attacks by “foreign” invaders. These are primarily microbes—tiny organisms such as bacteria, parasites, and fungi that can cause infections (low grade infections)
- **Self repair mechanisms** are also impaired (one of the reasons why cancers happen in later life)
- **Nervous system** (is a complex network of nerves and cells that carry messages to and from the brain and spinal cord to various parts of the body. Proprioception example – develop linking **Central nervous system** and **Peripheral nervous system** (tripping over an obstacle as a delayed response from the brain)
- **Endocrine system** The endocrine system is the collection of glands of an organism that secrete hormones directly into the circulatory system to be carried towards distant target organs



Five pillars facilitating Ageing Well

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Hydration

Physical
stimulation

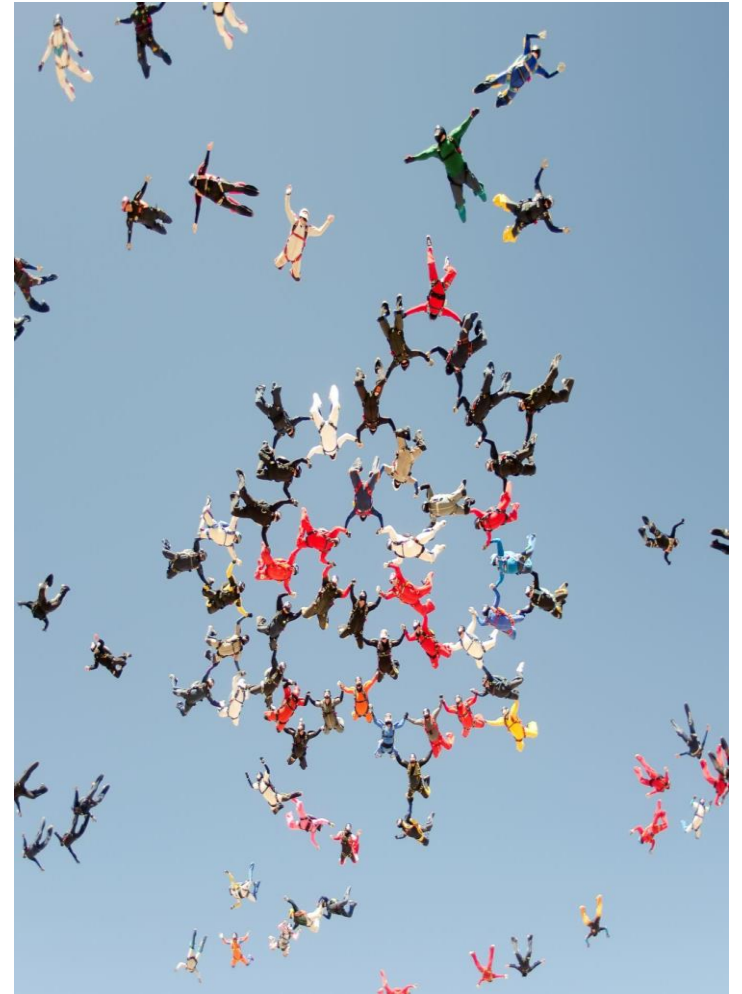
Social
stimulation

Cognitive
stimulation

The overall AWPT Series portfolio includes

- OpenLearn Create Courses Ageing Well, Midlife MOT, Recovery Colleges;
- 26 OpenLearn Articles;
- three series of AWP Talks archived in the ORDO platform since 2019;
- nine short film
- OU & Parks Trust MK Podcasts Series Channel. All the above were co-designed & co-produced with members of public, clinicians, stakeholders and people with lived experience.

The network expands, several experts by lived experience, practitioners and professionals are contributing.



Thank you.



Ageing Well Public Talks

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w: [Profile](#)

w: [Ageing Well Public Talk Series](#) & Shortlisted for [OU Research Excellence Awards](#)

w: Academic Consultant ['All in the Mind'](#) BBC Series

w: Academic Consultant [BBC Ideas](#) & [OU Connect](#)

w: Give yourself a gift of a longer and healthier life [Take Five to Age Well](#)



COGNITIVE STIMULATION THERAPY AND MAINTENANCE COGNITIVE STIMULATION THERAPY





Rachel Turner – *Memory Services
Coordinator, Age UK Milton Keynes.
Rachel has been facilitating Cognitive
Maintenance Programmes via Age UK
Milton Keynes.*



WHAT IS COGNITIVE STIMULATION THERAPY?

- Cognitive stimulation therapy or ‘CST’ is a group therapy that is used to help strengthen a person’s communication skills, thinking and memory.
- Maintenance cognitive stimulation therapy (MCST) groups aim to maintain the benefits that CST groups provide.

Who is Cognitive stimulation therapy for?

CST is for anyone who has a diagnosis of dementia, in mild to moderate stages.

How does CST work?

- Small structured group activities which stimulate different cognitive domains such as memory or language
- A typical CST session lasts for an hour and may involve news discussion, music and tasks such as categorising objects, word and number games, or comparison of faces and scenes
- MCST like CST, aims to help slow down cognitive decline. The sessions are the same as CST but generally run for longer

How long does CST take?

- CST usually runs for 14 sessions, generally twice a week
- MCST follows a 24 week course, but can be offered on a longer-term basis
- Age UK Milton Keynes offer 6 month courses of MCST

What are the benefits of CST?

- Improving confidence, and the way you feel about yourself
- Improving communication skills
- Giving you ideas about how you can stay physically and mentally active
- Improving cognitive functioning, including memory and language skills
- Giving you an opportunity to socialise and share with people in a similar situation
- Improving your mood and quality of life

What are the possible limitations of CST?

CST is usually offered in groups and follows a set programme. While adapted to the needs of people taking part, it may not suit everyone's taste

SAMPLE MCST SESSION





Mona Lisa by
Leonardo da Vinci
(1452-1519)



Going to the match
LS Lowry (1887-1976)



The Starry Night
Vincent Van Gogh
(1853-1890)



My Bed
Tracey Emin (1963-
present)

Find the Odd One Out (I)

VIOLIN	OBOE	GUITAR	CELLO
UNCLE	SON	FRIEND	GRANDMA
COFFEE	JUICE	STEAK	HORLICKS
WHISK	SHAMPOO	SIEVE	TEAPOT
TOMATO	PEAR	STRAWBERRY	REDCURRANT
TARTAN	WHISKEY	BAGPIPES	SCONE

Find the Odd One Out (II)

France	Germany	Japan	Spain
Canoe	Car	Ship	Yacht
Pasta	Stilton	Pizza	Lasagne
London	Lincoln	Leicester	Oxford

ANY QUESTIONS?

For further information go to:-

<https://www.ageuk.org.uk/our-impact/programmes/maintenance-cognitive-stimulation-therapy-mcst/>

[Cognitive stimulation therapy \(CST\) and maintenance cognitive stimulation therapy \(MCST\) | BPS - British Psychological Society](#)

* Sections of text taken from a contribution by Prof Aimee Spector, Professor of Old Age Clinical Psychology, University College London in A guide to psychosocial interventions in early stages of dementia (second edition)

Recommendation	Rationale
<p>Make time for cognitively stimulating activities that you've always enjoyed.</p>	<p>Continuing favourite activities can ensure sustainability of cognitive stimulation. Long-term exposure to cognitive stimulation may be needed for practical functional benefits.</p>
<p>Add some new cognitive challenges, as your time and enjoyment permit</p>	<p>Trying new activities may enhance brain plasticity by requiring new learning or development of new cognitive strategies MUSIC LESSONS, LEARNING NEW LANGUAGE, AQUA</p>

Recommendation	Rationale
Aim to engage in cognitively stimulating activities several times a week or more...generate some “ <i>mental sweat</i> .”	Current knowledge does not permit a prescription for how often or how long individuals should engage in cognitively stimulating activities. However, epidemiologic studies suggest that more is better, within clinically reasonable limits.
Be aware that there is no one cognitive activity, or combination of activities, that is uniquely good for reducing AD risk.	Many different types of cognitively stimulating activities have been associated with preserved cognitive skill. There are no data yet to show that cognitive activities prevent or delay AD.
Social interactions are a great way to stimulate the mind.	Group training of cognitive skills has been shown to be effective in sharpening specific cognitive skills, and broader social networks have been associated with reduced AD risk.

Summary of related resources to The Ageing Well Public Talk Series

Podcasts

Vseteckova J & King J (2020) COVID-19 Interview podcast for The Retirement Café: '[Ageing Well Under Lockdown](#)'

Vseteckova J & Broad E (2020) Podcast – Open University & The Parks Trust [Keep Me Walking – researching with people living with dementia and their carers](#) –

Vseteckova J (2020) Podcast – [Areas of research with The Open University](#)

Broad E, Methley A & Vseteckova J (2021) Podcast OU & The Parks Trust & Northamptonshire Healthcare NHS Foundation Trust – [Spotter sheet and mindful walking](#).

Vseteckova J, Methley A, Broad E (2021) Podcast OU & The Parks Trust & Northamptonshire Healthcare NHS Foundation Trust [Preventing brain decline while ageing](#)



Methley A, Broad E, Vseteckova J (2021) Podcast OU & The Parks Trust & Northamptonshire Healthcare NHS Foundation Trust [Walking therapy](#)

Vseteckova J, Methley A, Broad (2021) Podcast OU & The Parks Trust & Northamptonshire Healthcare NHS Foundation Trust [Understanding our memory](#)

Araya Y, Broad E, Vseteckova J (2022) [Engaging with our environment](#)

Joannidi H, Araya Y, Broad E & Vseteckova J (2022) [Sense of self during aging: how mindfulness and nature can help](#)

The above podcasts can be also seen on [The Parks Trust YouTube Channel](#)



Vseteckova J (2020) [Ageing Well Public Talks Series](#)

Vseteckova J (2019) [5 reasons why exercising outdoors is great for people who have dementia](#)

Vseteckova J (2019) [Depression, mood and exercise](#)

Vseteckova J (2019) [Five Pillars for Ageing Well](#)

Vseteckova J (2020) [Ageing Brain](#)



Vseteckova J (2022) [Pharmacotherapy while ageing](#)

Joannidi H, Araya Y, Broad E & Vseteckova J (2022) [Sense of Self during ageing – how mindfulness and nature can help](#)

Mehta S (2022) [Medicines and personalisation while ageing](#)

Gale B (2022) [How can we prepare for death while ageing?](#)

Gale B (2022) [Valuing death at home: making preparations](#)

Methley A & Vseteckova J & Jones K (2020) [Green & Blue & Outdoor spaces](#)

Vseteckova J, Borgstrom E, Whitehouse A, Kent A, Hart A (2021) [Advance Care Planning \(ACP\)](#)

Vseteckova J (2020) [Walking the Parks with The OU and The Parks Trust](#)

Vseteckova J, Methley A, Broad E (2021) [Understanding our memory](#)

Araya Y , Broad E, Vseteckova J (2022) [Engaging with our environment](#)



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Gale B (2022) [Valuing death at home: making preparations](#)



Hedges V & Vseteckova J (2023)

[What should I expect when I am nearing the end of my life?](#)

Joannidi H, Araya Y, Broad E & Vseteckova J (2022)

[Sense of self during aging: how mindfulness and nature can help](#)

Mehta S, Vseteckova J (2023) **[Ageing, health inequalities and person centred care](#)**

Mehta S, Vseteckova J (2023) **[Ageing, health inequalities and integrated approach to care](#)**

Araya Y, Broad E, Vseteckova J (2023) **[Ageing well by connecting and learning about nature outdoors](#)**



Care and caring related

Vseteckova J, (2020) [How to age well, while self-isolating](#)

Vseteckova J, (2020) [SHORT FILM - Ageing Well in Self-Isolation](#)

Vseteckova J, (2020) [ANIMATION - Keeping healthy in Self-Isolation](#)

Vseteckova J et al (2020)

[COVID-19 The effects of self-isolation and lack of physical activity on carers](#)

Taverner P, Larkin M, Vseteckova J, et al. (2020) [Supporting adult carers during COVID-19 pandemic](#)



Robb M, Penson M, Vseteckova J, et al. (2020) [Young carers, COVID-19 and physical activity](#)

Penson M, Vseteckova J et al. (2020) [Older Carers, COVID-19 and Physical Activity](#)

Vseteckova J & Methley A (2020) [Acceptance Commitment Therapy \(ACT\) to help carers in challenging COVID-19 times](#)



[AGEING WELL PUBLIC TALK SERIES WEBSITE](#)

[Ageing Well Public Talks' Series 2023/2024](#) repository on ORDO Collections

['Ageing Well Public Talks' Series 2022/2023](#) repository on ORDO Collections

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['Ageing Well Public Talks' Series 2020/2021](#) repository on ORDO Collections

['Ageing Well Public Talks' Series 2019/2020](#) repository on ORDO Collections

[Midlife MOT OpenLearn Course](#)

OpenLearnCreate Course on ['Ageing Well' 2019/2020](#)

[Home exercise no equipment – no problem](#) *Blog*

Ageing Well series of Public Talks 2023/24 - topics

Are we prepared to live longer? (Jitka Vseteckova & Rachel Turner) **September 13th 2023**

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Integrated Care Northamptonshire



Leadership
Centre



Connected



Buckinghamshire
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Care Academy



Public Health
Agency



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