

Is it Just Me, Or Is Everybody Getting Old?

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1 hr basic

Course description: We live in a country where for the first time there are 7 generations alive. Nearly 1 of 3 people who will come into the office are over the age of 50. One half of all baby boomers are over 60 now and are likely to survive beyond 100. Generational dissension is growing. This workshop offers a chance to step into another person's life to better understand and enhance the care we can give patients.

- 1) 7 generations
 - a. Alphas
 - i. yrs/age
 - ii. numbers
 - iii. character
 - iv. drivers
 - b. Digital natives
 - i. yrs/age
 - ii. numbers
 - iii. character
 - iv. drivers
 - c. Millenials
 - i. yrs/age
 - ii. numbers
 - iii. character
 - iv. drivers

- d. Gen x
 - i. yrs/age
 - ii. numbers
 - iii. character
 - iv. drivers
- e. Baby boomers
 - i. yrs/age
 - ii. numbers
 - iii. character
 - iv. drivers
- f. Silent generation
 - i. yrs/age
 - ii. numbers
 - iii. character
 - iv. drivers
- g. Greatest generation
 - i. yrs/age
 - ii. numbers
 - iii. character
 - iv. drivers

2) What things do people value most in life? (Exercise 1)

- 1
- 2
- 3
- 4
- 5
- 6
- 7
- 8
- 9
- 10
- 11
- 12

- 3) 5 things related to vision that are part of the lifecycle of a human
 - a. Cataracts
 - b. Glaucoma
 - c. Macular degeneration
 - d. Dry eye
 - e. Diabetes Mellitus

- 4) Experiencing loss exercise (Exercise 2)
 - a. Sound
 - b. Sight
 - c. Dexterity
 - d. mobility

- 5) How can WE help in our profession?
 - a. Better vision
 - b. Nutrition guidance
 - c. Low Vision aids
 - d. Empathy
 - e. Socializing
 - f. Energy/positive spin
 - g. Kindness/politeness/respect

- 6) Quiz