WHAT ABOUT US?
OLDER ADULTS AND LIBRARIES

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PEOPLE CONNECT
SEPT, 2019
Outcomes for today:

1. Increased empathy and appreciation for ourselves and others who are aging

2. Greater awareness of trends pertaining to aging (sociological, health, economic, technology, innovations)

3. Greater knowledge of possible library programs and services for older adults
What do we think of when we hear “older adult”?

Wendy’s mom - on her 90th birthday!
Language evolves!

“Silver Tsunami”– destructive! (But handy, people know it)

Not “dementia patients” or “suffering from” dementia ... now “people living with memory loss”

Not “shut-ins” or “homebound” ... now “home delivery” patrons

Not “senior living facilities” ... now “senior living communities” (or older adult communities)
Biological changes of aging (very individual!)

1. Vision – need more light, more contrast, more time to focus, (most people need reading glasses after age 50)

2. Hearing – often hearing declines, lose upper frequencies first (men really CAN’T hear women!)

3. Muscles and flexibility – “use it or lose it”

4. Balance changes – blood pressure drops upon standing, inner ear changes makes it harder (practice standing on one foot while brushing your teeth!)
5. Skin – thins and often develops “age spots”

6. Hair – can become thinner, more brittle

7. Brain – can shrink, recall slows, processing functions disrupted

8. Lungs – can stiffen, reduced capacity

9. Skeleton – can become more brittle and shrink

10. Sleep – can become more “fragile” and disrupted
Longer life span

FIGURE 1. Crude death rate* for infectious diseases — United States, 1900–1996†

*Per 100,000 population per year.

Achievements in Public Health, 1900-1999: Control of Infectious Diseases
https://www.cdc.gov/mmwr/preview/mmwrhtml/mm4829a1.htm#fig1, accessed 11/16/2018
Alzheimer's disease mortality increased compared with selected major causes of death


Compared with other selected causes, Alzheimer's disease has been on the rise since the last decade. For 2000 and 2010, the age-adjusted death rate for Alzheimer's disease increased by 39 percent, whereas death rates for other major causes of death decreased (Figure 1 [http://www.cdc.gov/nchs/data/databriefs/db116.htm]). The largest decreases in death rates among selected major causes of death were observed for Stroke (36 percent), Heart disease (31 percent), and Cancer (32 percent).
Dementia Road Map –
www.dshs.wa.gov
(google “dementia road map”)

Want to help? Implement guidance in
the Dementia-friendly America Toolkit
(dfamerica.org)
An analysis by the Brookings scholars Carol Graham and Milena Nikolova, drawing on Gallup polls, shows a clear relationship between age and well-being in the U.S.

Respondents rated their life satisfaction relative to the “best possible life” for them, with 0 being worst and 10 being best.

Programs & Services
TYPICAL CONCERNS OF YOUNGER ADULTS:
- choosing a career
- choosing a mate
- getting/not getting pregnant
- raising children
- establishing a household
- climbing the corporate ladder

TYPICAL CONCERNS OF OLDER ADULTS:
- children leaving home
- retirement- financing/timing
- downsizing/moving
- grandchildren
- health changes
- caregiving for parents or spouses
- what to do after retirement
- loss and grieving
- planning for the end of life
- legacy – what are we leaving behind?
Use a microphone (and help others to do so as well). Make it “just what we do here.” It’s not about your ability to project.

https://www.uua.org/worship/lab/what-youre-saying-when-you-say-i-dont-need-mic
An Assistive Technology Fair in “trade show” format works great!
“Arts and Tech” Fair designed for adults “in midlife and beyond” – 3D printing, cell phone photography, BrainDance, virtual reality

Why should kids have all the fun??
To host a free Fraud Watch class, call your local AARP office or consumer protection agency.
Use technology and amplify existing resources (we don’t have to do it all!)

• **COVIA.org (Senior Center Without Walls)**
  - an award-winning program of Episcopal Senior Communities offering activities, education, friendly conversation, and an assortment of classes, support groups, and presentations to seniors. Each week, seniors can access over 70 groups by phone or online, all from the comfort of home.
Successful Programs for Adults/Older Adults:

• Wisdom Cafes (discussion groups on topics pertaining to aging)

• Memory Cafes for people experiencing memory loss/dementia

• Dementia-friendly apps teach swiping, tapping

• Arts programs! (everyone loves watercolor!)

• Aging Mastery curriculum (free!) from the National Council on Aging
Reduce barriers and make access easier

- **App night** – invite the public to demonstrate their favorite app, “each one teach one”

- **Provide “share” space** (DO space, MAKER space, etc) for people to teach each other (not just teens!) – “Knitting Night” attracts all ages!
• **Film discussions** – “Silver Screeners” classic films (can you stream from a database you’re using? Check public performance rights)

• **Book/end-of-life discussions** – books such as *Being Mortal*

• “**How To Be A Friend to Someone with Dementia**” – hosted by social worker, or hospice worker

• **Dementia-friendly apps** with IPADS ... can do as part of a series for caregivers

• **Intergenerational programs**, e.g., tell us how the media reflects your generation ... how do they get it right/wrong?

• **Posture, movement** (chair yoga, balance training – call your local Area Agency on Aging for suggestions)
What can you do at the library?

• Use the FREE meeting rooms (reserve online)
• Research Consumer Reports (online or print)
• Take youngsters to a story time
• Attend a FREE program on most any topic including arts, social sciences, DIY and more
• Participate in a book group
• Watch a film and discuss it with others
• Engage with your neighbors on topics of note
• Volunteer with the Friends of the Library or library advisory board
• Learn to use a computer (classes, one on one appointments, or just practice)
• Print out stuff from email/internet
• Design a resume and look for a job (or help a loved one to do so)
• Research your family tree – the library pays for databases like ancestry.com so you don’t have to!
• Read newspapers and magazines from around the world
• Learn to use an e-reader if you want to read on your phone or tablet
• **AND OF COURSE** check out books, magazines, DVD’s, music CD’s and MORE!
Let’s Talk Volunteers!

How can we utilize the expertise inherent in an older population?

(Hint: Stop thinking of older people as “them”- we are them!)

What do you already have in place?

- FOL – many Friends groups in this demographic
- Library advisory board
- Staff
- Patrons
- Community Resources
- Volunteers – to teach, to mentor, to organize, to lead, to facilitate, to advocate, to tutor ... not just help us clean books (that’s important, too!)
From Webjunction’s “Get Involved Clearinghouse” - [https://www.getinvolvedclearinghouse.org/resources/deskriptions/all](https://www.getinvolvedclearinghouse.org/resources/deskriptions/all)

<table>
<thead>
<tr>
<th>Title</th>
<th>Year</th>
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<tbody>
<tr>
<td>&quot;Book a Genealogist&quot; Volunteer - Sacramento Public Library</td>
<td>2013</td>
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<tr>
<td>This volunteer position provides one-on-one assistance to patrons who need help with their genealogical research. Tags: genealogy Keywords: Adult Programming</td>
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<tr>
<td>&quot;Intro to the Internet&quot; Training Powerpoint - Huntington Beach</td>
<td>2012</td>
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<tr>
<td>This powerpoint presentation can be used for volunteers to provide training on the internet and how to use it. Tags: computer coach, tech coach, Training Keywords: Engaging High Impact Volunteers, Job Specific Volunteer Training</td>
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<tr>
<td>50 Project Ideas for Skilled Volunteers</td>
<td>2018</td>
</tr>
<tr>
<td>A wonderful list of skilled volunteer project ideas from VolunteerPro. Tags: Keywords: Leadership, Managerial, Capacity Building, Engaging High Impact Volunteers</td>
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<tr>
<td>Adult Literacy GED Tutor - Sacramento Public Library</td>
<td>2013</td>
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<tr>
<td>Sacramento Public Library’s Literacy Program has begun to support students studying for the GED. This is the GED tutor position they use to recruit volunteers. Tags: Literacy Tutor GED, Adult Literacy, Adult Programming, Literacy</td>
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<tr>
<td>Adult Literacy Math Tutor - Sacramento</td>
<td>2013</td>
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<tr>
<td>Sacramento Public Library’s literacy program developed this Math Tutor volunteer position description when they found the need to expand their services to assist with GED preparation. Tags: screening, literacy, tutor</td>
<td></td>
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<tr>
<td>Adult Programming Committee - Monrovia</td>
<td>2011</td>
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<tr>
<td>This committee of volunteers brainstorms, selects, organizes and markets quality adult programming. Tags: adult programming, programs</td>
<td></td>
</tr>
<tr>
<td>Arts Program Ambassador</td>
<td>2011</td>
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<tr>
<td>St. Helens Public Library recruits volunteers to lead their engagement and coordination of artists and supporters of arts and culture initiatives at the library.</td>
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Asset-based thinking

“We cannot solve our problems with the same level of thinking that created them” ~Albert Einstein
Partner, partner, partner = expand our reach and IMPACT!

- Alzheimer’s Association, American Heart Association, etc.
- Hospital education departments
- Senior Centers – go there and have them come to you (like a school tour - remember personalized service!)
- Parks & Rec departments, County Extension service
- Arts groups, including those reaching out to people with dementia (see Meet Me at the Movies, lifetimearts.org, aliveinside.org, momentia.org, creativeaging.org, etc.)
- Veterans’ Associations
- Local colleges and universities, OSHER Lifelong Learning
More partners ...

- Immigrant groups such as Refugee Women’s Alliance, Asian Counseling & Referral Service
- U.S. Department of Labor, Social Security Administration, FTC
- Social service agencies, local food banks
- Activity directors at older adult communities
- Service clubs (Rotary, Lions)
- Trade associations (Master Builders, Senior Care Coalition) & churches, faith-based organizations
- Talking Book & Braille Library
- AARP
What’s next?
How can libraries respond to this demographic shift?

1. Language

2. Images – are all your graphics of people under 50? Or even under 35? Are all your images of people over 50 either in frail condition or running a marathon? (the “Viagra” narrative – perpetually 21!)

3. Spaces – where is your Large Print collection? How far do you have to walk to get there? Is it accessible if you’re using a walker? LIGHTING, sturdy furniture with good armrests, not the beanbag chairs in the teen section. Are you using very high or very low shelves that may be difficult to access?

4. Use the microphone – make it “everyday,” “just what we do here”
5. Signage and print materials – FONT, contrast, easier for eyes that are adjusting more slowly

6. Budget - What % of your budget is allotted to LP or audio (or maybe your folks are reading e-books? Teach patrons to enlarge font/brightness/contrast)

7. Personnel – is anyone dedicated to your older adults? We usually have a “children’s coordinator” ... what about them/us? (Remember, we vote and are caring for the next generations!)

8. Programming - What % of your programming is dedicated to older adults vs kids and teens or families? (What % of your cardholders are 50 and up?)
Developing a plan for your library:

How might these aspects of your library be more "age-friendly?"

- Collection
- Building and grounds
- Meeting room and study rooms
- Programs
- Partnerships
- Displays
- Graphics, booklists
- Staff, Volunteers and Friends of the Library
“I take my grandkids to the library all the time; I never thought of it as a place for me. Now I know different!”

~Attendee at a Life Reimagined workshop
(out of print but free downloads at personalsafetynets.org)
Also www.kindethics.com (weekly kindness reminders, especially helpful for remote caregivers)

Creating Moments of Joy for the Person With Alzheimer's or Dementia by Jolene Brackey
Ashton’s blog
www.ThisChairRocks.com
Publishing trends recognizing the new developments in this life stage
See many more topical booklists on King County Library System’s Older Adults page: www.kcls.org/older-adults

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