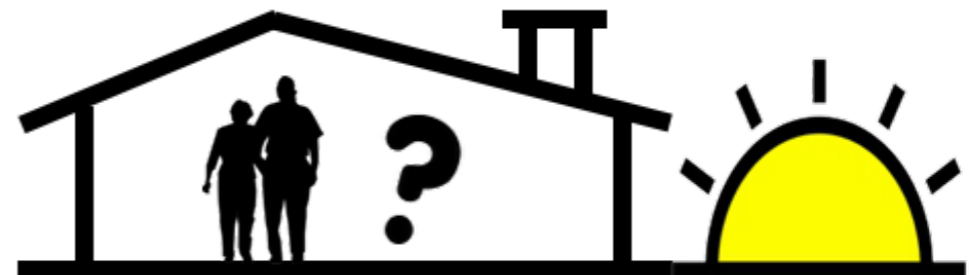


My Own Home As Long As Possible

Critical Decisions Late In Life...

A Discussion Guide.



My Own Home As Long As Possible.

My Own Home As Long As Possible

Video One: Making A Plan/Interruptions.

1. Planners.

- A. Consider some field trips to various types of Senior Housing available in your area. They are usually happy to have you come and may even set up a tour and provide a meal.
- B. Consider finding live examples of people who have navigated these steps, successfully or perhaps even unsuccessfully, and is willing to share. Sometimes someone who shares what they wish they had done is a stronger motivator.

2. If you look at the “notes” under the YouTube video, you will find chapter links to easily find various sections of the video.



My Own Home As Long As Possible

1. This is about a plan. How many have a plan with specific goal(s) in mind for where they will live in late years; how they will make sure that happens?
2. Part of 80% (hope to stay in their home) or 20% (actually stay in their home)?
3. Have you heard of the phrase “Aging In Place”?
4. Top three plan disruptors: Falls, Health Crisis, Financial shortfall. Any surprises? Which is most concerning?
5. Do you know anyone in “crisis mode”? (Not prepared for what is happening at the end).



My Own Home As Long As Possible

1. Case study of Norm and Doris. “Precarious” is key word. How precarious do you think your current position is? Scale of 1 to 5.
2. Local resources for Seniors. Different in each place. Start a list for your location.

Do an HONEST assessments of your current status.

- A. Health
- B. Am I gaining or losing ground?
- C. Family help available?
- D. Current community; How important I stay?
- E. What services are available.
- F. Urgent need, is situation flexible?
- G. “What if” contingency plan - Have one?



My Own Home As Long As Possible

Elder Law Professionals. Heard of that before? Is one available locally?

FALLS. What was new or surprising?

Fall categories. Which ones are the most concerning?

Check out the CDC resources. Other resources you know of?

“Lift Assist” programs; do you have that locally?

Where do you all in the home... surprised?



My Own Home As Long As Possible

Begin to put pieces in place for your plan (or fine tune an existing plan).

Make two plans:

One to stay in your home.

Second, if you need to leave your home... to what?

Aging parents/adult children. Discuss options, pros and cons. How much interaction between those two generations? How much should there be?

Who else needs to hear this? Invite them to next session.



My Own Home As Long As Possible

For next time:

As you focus on your plans, how will you know that you are on track or not? What criteria will you use to decide it is not working any more?



My Own Home As Long As Possible

1. From Video #1 “Notes” in the first YouTube Video.

General Links: Initial Free Video Offer - <https://agingparentsindependence.com/>

Full 7 video series offer - <https://agingparentsindependence.com/...> (Price \$147 for the additional six videos. All streaming format only.)

Faith Based resources for individuals and churches: <https://agingparentsindependence.com/...>

PDF file for faith based resources. <https://bit.ly/34PjUcl>

More Resources - <https://agingparentsindependence.com/...>

Coaching help - <https://agingparentsindependence.com/...>

Mark and Becky bio - <https://agingparentsindependence.com/bio>

Feedback is always welcome. Any Questions? Contact Mark by email. Mark contact info - fatherfitz@gmail.com Links From Video 1 Slides.

On topic: CDC Falls - <https://www.cdc.gov/falls/> CDC STEADI - <https://www.cdc.gov/steady/> Lift-Assist Costs - <https://www.adaptmy.com/news/2019/4/1...> Finances 1. I Was Broke, Now I’m Not. <https://www.iwasbrokenowimnot.com/> 2. Dave Ramsey Financial Peace. <https://www.ramseysolutions.com/>



My Own Home As Long As Possible

Video Two: “How Will I Know?/Tools For The Plan.”

1 Pre questions.

Anything to share regarding last week, making a plan, Falls etc.

How will you know. What markers will you track to know if it is ‘working’ or not?



My Own Home As Long As Possible

Discussion starters for Video #2

How will I know? Do you understand ADL/IADL?

Assessment has to be either “thumbs up” or “thumbs down”. No room for “MAYBE”.

Working on the weaker areas.

Local help?

Regular review. Nothing beats in person assessment (adult children thinking of their aging parents)

Who is in control? Parents or adult children?

CareSharing vs caregiving - discuss the differences.



My Own Home As Long As Possible

For next time.

- List all your habits used through the course of a normal day.
- Watch the Brain Gain video (14:52 minutes long)
- (<https://youtu.be/6Rivxc5-2C0?si=h5Fyd-k5no3zP5Ht>)
- OR search in YouTube for “Brain Gain- Short CBC Documentary



My Own Home As Long As Possible

1. From the Video #2 “Notes”.

These notes contain General Links first, then links from the slide presentation.

General Links: Initial Free Video Offer - <https://agingparentsindependence.com/>

Full 7 video series offer - <https://agingparentsindependence.com/7videoset1> (Price \$147 for the additional six videos.)

Faith Based resources for individuals and churches: <https://agingparentsindependence.com/faithbased>

PDF file for faith based resources. <https://bit.ly/34PjUcl>

More Resources - <https://agingparentsindependence.com/...>

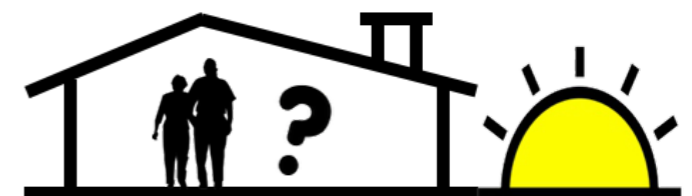
Coaching help - <https://agingparentsindependence.com/...>

Mark and Becky bio - <https://agingparentsindependence.com/bio> Feedback is always welcome. Any Questions? Contact Mark by email. Mark contact info - fatherfitz@gmail.com

On topic: Katz Independence Assessment for ADL. <https://www.alz.org/careplanning/downloads/katz-adl.pdf>

Lawton Assessment Tool, IADL. <https://www.alz.org/careplanning/downloads/katz-adl.pdf>

CareSharing book <https://www.amazon.com/Caresharing-Reciprocal-Caregiving-Complexities-Disability/dp/1594732868>



My Own Home As Long As Possible

Video Three: “Beating the Odds, Exercise and the Brain.”

Pre-video Discussion questions:

1. Brain Gain video; comments and questions...



My Own Home As Long As Possible

After video discussion:

“It is difficult to overestimate the power of exercise to improve health.”

And NOT at an “Athlete” level. “Walk like you’re late.”

Any surprises about brain physiology?

High School biology... brain connections, it all happens neuron to neuron through brain chemicals.

“Wiring based on experience”: What the brain does a lot of, it gets good at.

Brain Gain video student Destin Messner - ODD “oppositional defiance disorder”. He experienced a dramatic change. Does it work for older adults? YES!

Comments and questions. Any personal experience to affirm this?



My Own Home As Long As Possible

1. Brain Breaks - picture of brain after simple walking movement compared to sitting still.
2. Brain chemistry/chemicals. large muscle movement = good supply of brain chemicals; no muscle movement, lack of chemicals.
3. Couch potato to “moderate exercise” = biggest percentage gain.
4. 65% to 75% of Maximum Heart Rate (220 minus your age).
5. 5K run (3 miles) per day? Anyone ready to try a 5K?
6. Stress and the immune system. exercise and play are an antidote to cortisol.
7. Alzheimer’s - exercise, diet, brain stimulation in a social setting. Discuss the implications for preventing Alzheimer’s.



My Own Home As Long As Possible

From the Book Atomic Habits, By James Clear. (Top notch book on how habits work)

1. Habits. Our brain always pushes activities to habits (automation)
2. eg: shower routine, folding your hands, fold your arms...
3. Atomic Habits, best book for understanding and changing habits.
4. How to:

	<u>Create a good habit</u>	Or	<u>Break a bad habit</u>
First Law: CUE	Make it OBVIOUS		Make it INVISIBLE
2nd Law: CRAVING	Make it ATTRACTIVE		Make it UNATTRACTIVE
3rd Law: RESPONSE	Make it EASY		Make it DIFFICULT
4TH Law: REWARD	Make it SATISFYING		Make it UNSATISFYING
5. NOT about Motivation, rather about a PLAN and THE ENVIRONMENT

Questions and comments;



My Own Home As Long As Possible

1. For next time... watch a short video excerpt from the Movie “SuperSize Me” that shows the power of nutrition on the brain. <https://bit.ly/3veLTiC>



My Own Home As Long As Possible

1. From Video #3 “Notes”.

More Resources - <https://agingparentsindependence.com/...>

Coaching help - <https://agingparentsindependence.com/...>

Mark and Becky bio - <https://agingparentsindependence.com/bio>

Feedback is always welcome.

Any Questions? Contact Mark by email. Mark contact info - fatherfitz@gmail.com

On topic: Smarter Every Day; Backwards Brain Bicycle. <https://youtu.be/MFzDaBzBIL0>

BrainGain, Exercise and the Brain. CBC Canada short news segment. <https://youtu.be/6Rivxc5-2C0>

Spark book, by Dr John Ratey. <https://www.amazon.com/Spark-Revolutionary-Science-Exercise-Brain/dp/0316113514>

Myth of Alzheimer’s book, by Dr Peter J. Whitehouse. <https://www.amazon.com/Myth-Alzheimers-Todays-Dreaded-Diagnosis/dp/0312368178>

Anti-Alzheimer’s Prescription book, by Dr Vincent Fortenasce. <https://www.amazon.com/Anti-Alzheimers-Prescription-Science-Proven-Prevention-Start/dp/1592404618>

Atomic Habits book, By James Clear. <https://www.amazon.com/Atomic-Habits-Proven-Build-Break/dp/0735211299>



My Own Home As Long As Possible

Video Four: “Beating the Odds, Nutrition and the Brain.”

1. Pre video: discussion of movie clip on Appleton Central Alternative High School lunch program. Comments or questions.



My Own Home As Long As Possible

1. Health at a cellular level... we replace our cells often. Need to make 300,000,000 new cells per day. Our food supply determines how strong the new cells are.

2. What does your brain currently accept as “normal/healthy” food?

Good news: it is changeable.

Bad news: It takes some TIME!

CDC Obesity Slides for each year, State by State, 1985 - 2010 and 2020. Comments or questions?

Two critical questions:

1. Toxins - they damage or confuse the brain.

2. Nutritional Supplements - Caution for quality; gives the body what it needs. 75% of us already use supplements.

Comments and questions.



My Own Home As Long As Possible

1. Discuss the Critical Variables in buying food.

1. Cost
2. Visual appeal
3. Shelf Life
4. Taste
5. Nutritional Value

Drinking our excess calories. Fruit Juices sound healthy but are loaded with sugar.

100 years ago, 4 pounds of sugar per year; now? 150 pounds per person on average. Sugar drives inflammation, which is the driver of most of our chronic diseases.

Packaging messages - Companies are focused on shareholders, not so much on consumers.



My Own Home As Long As Possible

1. Calorie Density concept. Comments or questions. (Mayo Clinic has some things to say on this: bit.ly/478vGsA)

Blue Zones very helpful. (bluezones.com)

Becky's story. Local stories about nutrition making a difference. High quality AND high quantity of nutrition. Hard to get that in a regular diet (can't eat enough quantity of food to get the quantity of nutrition the body is looking for/needs to fight for health).



My Own Home As Long As Possible

1. For next time: explore a video about Alzheimer's and music.
 1. In YouTube search for: "Alive Inside" and watch the trailer, or the full movie if you can get access to it.



My Own Home As Long As Possible

1. From Video #4 “Notes”.

More Resources - <https://agingparentsindependence.com/...>

Coaching help - <https://agingparentsindependence.com/...>

Mark and Becky bio - <https://agingparentsindependence.com/bio>

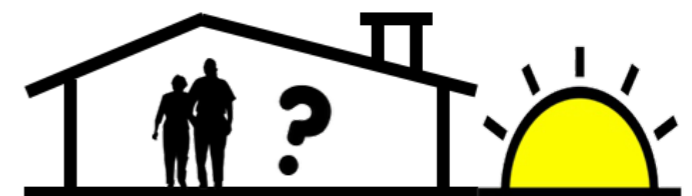
Feedback is always welcome.

Any Questions? Contact Mark by email. Mark contact info - fatherfitz@gmail.com

On topic: CDC Obesity slides. <https://www.cdc.gov/obesity/data/prevalence-maps.html>

5 Key Criteria for Supplements. <https://www.youtube.com/watch?v=rwYC8psM3sM&feature=youtu.be>

Blue Zones. <https://www.bluezones.com/>



My Own Home As Long As Possible

Video Five: “Beating the Odds, The Brain and Memory Care.”

Prio to video.

Comments or questions about the movie “Alive Inside”?



My Own Home As Long As Possible

Discussion Questions:

Where is Alzheimer's on the list of what you fear at the end of life?

Three Baskets: (comments and questions)

1. Cure
2. Prevention
3. Caregiver support

Input from Medical experts: Amen Clinics, Dr Fortenasce, Dr David Katz, Dr David Purlmutter.

Recurring themes:

Inflammation, inflammation, inflammation; medication interactions a problem; prevention makes a HUGE difference (50%, 80%); nutritional supplements are critical (but they better be high quality); EXERCISE!; "No cure in site" so prevention; Current pharmacy not helpful!; stimulate the brain; physical touch; Blue Zones; "culture has to help - "The choices we want to make are always subordinate to the choices we have"; early intervention; gut health is critical; our genes - negative genes, can still reduce the risk and positive genes, can still get in trouble with poor lifestyle choices; sleep.



My Own Home As Long As Possible

1. MusicAndMemory.org - check out the links in the notes.
Alive Inside movie.

Amazing affect on Alzheimer's patients. Use it early instead of trying to pull them back from the brink.



My Own Home As Long As Possible

1. For next time: It is helpful to know about options available to you at the end.
2. Explore at least one option for In-Home Care available to you in your area.
3. Explore at least one option of a older adult, specialized facility available in your area that you don't know anything about yet. Be ready to report on that to your group.



My Own Home As Long As Possible

1. From Video #5 “Notes”

More Resources - <https://agingparentsindependence.com/...>

Coaching help - <https://agingparentsindependence.com/...>

Mark and Becky bio - <https://agingparentsindependence.com/bio>

Feedback is always welcome.

Any Questions? Contact Mark by email. Mark contact info - fatherfitz@gmail.com

On topic: Alzheimer’s Organization. <https://www.alz.org/>

Amen Clinic. <https://www.amenclinics.com/>

Dr Vincent Fortenasce. <https://www.healthybrainmd.com/dr-vincent-fortanasce-md>

Dr David Katz. <https://davidkatzmd.com/>

Dr David Purlmutter. <https://www.drperlmutter.com/>

Use Music to reach Alzheimer’s patients. <https://musicandmemory.org/>

Alive Inside trailer on YouTube. <https://youtu.be/IaB5Egej0TQ> Music and a stutter on YouTube. <https://youtu.be/NFCHbX2jAGI>



My Own Home As Long As Possible

Video Six: “Aging In Place.”

1. Prior to the video. Share the information you discovered about
 1. In-Home Care options;
 2. older adult living facilities in your area.
 3. Comments and questions about in-home care and facilities as an option towards the end of life.



My Own Home As Long As Possible

1. Discussion Questions:
2. “Aging in Place” means YOUR place.
3. Evaluate what is important about that for you. Specifically!
4. What will you be willing to sacrifice to get that?

Safety vs Autonomy. Comments and questions.

Options for In-Home Care. Pros and ‘Amateurs’ can help with ADL and IADL as needed.

HONEST assessment of your current home’s ‘accessibility’ for increased need.

Facility alphabet soup. ILF, ALF, SNF, CCRC and your own local versions...

Plan some tours.



My Own Home As Long As Possible

Institutional Life.

1. Expect more than just 'safety'.
2. Loss of physical independence does NOT mean a life of worth and freedom is impossible.
3. Make life worth living when you can't quite 'fend for yourself' anymore.

Three Plagues of Institutional living (and even your later years at home if you are not careful/intentional)

1. Boredom
2. Loneliness
3. Helplessness

Work hard on PREVENTION, but also be ready for what still might come that are challenges.



My Own Home As Long As Possible

1. For next time: Think about how much medical intervention you want in the event of catastrophic health challenges at the end.
2. Gather your paperwork on Wills, Powers of Attorney, etc.



My Own Home As Long As Possible

1. From Video #6 “Notes”.

More Resources - <https://agingparentsindependence.com/...>

Coaching help - <https://agingparentsindependence.com/...>

Mark and Becky bio - <https://agingparentsindependence.com/bio>

Feedback is always welcome.

Any Questions? Contact Mark by email. Mark contact info - fatherfitz@gmail.com

On topic: Senior’s Guide. <https://www.seniorguide.com/>

Senior Advisor. <https://locate.senioradvisor.com/>

Twitter accounts I follow for aging: - <https://aginginplace.com/> -

National Council on Aging. <https://www.ncoa.org/> - <https://www.caring.com/>



My Own Home As Long As Possible

Video Seven: “Critical Medical Decisions At The End.”

1. Prior to the video: Comments and questions about medical intervention that you desire at the end in case of catastrophic health challenges.
2. Comments and questions about Wills, Power of Attorney documents, etc.

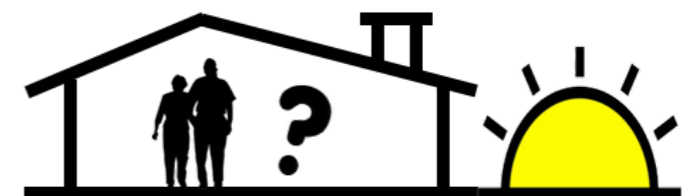


My Own Home As Long As Possible

1. There is no good way to capture all the important information found in the book *Being Mortal*, by Atul Gawande. As the authors of this series, Becky and I strongly suggest that you and your extended family ALL read it completely through. And then plan to have in person (can be done virtually) discussions about the topics raised by the book.

Few of us expect to be in a catastrophic health crisis with major medical decisions being made on a regular basis. Those times are exponentially harder when there has been no thought given to the topic ahead of time.

Are you prepared for the wide range of medical decisions likely to come at the end?



My Own Home As Long As Possible

1. Work your way through the book. Comments and questions from the video?

Is it about “health” or about “well-being”? What do you think those words mean?

Venerating “Independence”. Comments and questions.

Do you have a Geriatric Specialist?

Are you ready for a ‘long slow fade’?

Study Guide for Being Mortal available: <https://bit.ly/3RK2suz>



My Own Home As Long As Possible

1. “Being mortal is the battle to maintain the integrity of one’s own life” Comments and questions.
2. “What is the priority beyond simply prolonging our life?” Comments and questions.
3. The Art of Dying. What would you like to have happen around the time of your death?
4. “Swift death is the exception... “ Comments and questions.
5. “Imagining we have more time than we do.” Comments and questions.
6. Hospice - comments and questions.
7. When do you switch from ‘fighting for time’ to ‘fighting for other things people value’?
8. Courage: to confront the reality of the situation AND to act on it.
9. Ultimate goal is not a “good death” but a “good life”.



My Own Home As Long As Possible

1. Paperwork at the end. Comments and questions.

A Will

Five Wishes

Power of Attorney

DNA - Do Not Resuscitate.

Find an Elder Law specialist.

Complete, Safekeeping for reliable retrieval, Regular Review.

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My Own Home As Long As Possible.

My Own Home As Long As Possible

1. From Video #7 “Notes”.

Full 7 video series offer - <https://agingparentsindependence.com/7videoset1> (Price \$147 for the additional six videos.)

Faith Based resources for individuals and churches: <https://agingparentsindependence.com/faithbased>

PDF file for faith based resources. <https://bit.ly/34PjUcl>

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Feedback is always welcome.

Any Questions? Contact Mark by email. Mark contact info - fatherfitz@gmail.com

On topic: Being Mortal book, By Dr Atul Gawande. <https://www.amazon.com/Being-Mortal-Medicine-What-Matters/dp/0805095152>

Study Guide for Being Mortal written by Mark Schoepp. <https://bit.ly/3RK2suz>

Five Wishes. <https://fivewishes.org/>

